

FREE



MARCH 2024

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So Much To Share About Bloomer Senior Center

A few months ago, it looked like the Senior Nutrition Program was going to be moving from the Senior Center to the Moose Lodge. Further conversations between the Senior Center Board and ADRC made the change unnecessary. Please know that it was never about problems with each other. It was purely financially driven and we are delighted to report that we are staying!!

Along with this, the ADRC has identified that we have so many other ways in which we can strengthen our relationship, and we are looking forward to furthering a mutually beneficial arrangement! Thank you to everyone for their patience and understanding while we worked through this. Also, a giant thank you to the Moose Lodge for opening your doors and for understanding when we decided to stay at the Senior Center.

Speaking of the Senior Nutrition Program...we are desperately in need of volunteers to help package up Meals on Wheels. Many hands make light work so if you can only help a few times a month, that is fine. Just let us know and we will schedule you in. You can always count on a lot of laughs, a little bit of crazy and tons of satisfaction in knowing that you helped with something vital to your Bloomer community. Call Leslie at 715-726-7779 for more information or stop in Monday through Friday around 10 am and see for yourself what it entails.



The Bloomer Senior Center Offers More Than Meals!

Mark your calendars for the following special programs coming to the Bloomer Senior Center (which is located at 2121 Duncan Road, Bloomer). These events are free and open to anyone! No registration required.

March 4 1 – 2pm Care In The Home...Know Your Options
Learn about the various options for home care for you or a loved one. What resources are out there, how do I find them, who pays for the services, and more!

March 11 2 – 3 pm Aging With Insight *A monthly support group to talk about topics related to aging. Join Sue Christensen for an engaging conversation to discuss the challenges and opportunities facing seniors today! Sue is a retired professional counselor who has worked extensively in the field of aging and mental health. Bring a friend and make some new ones.*

March 22 & 23 OPEN HOUSE and Huge...I mean HUGE Thrift Sale! See box ad for more information!

The Senior Center also has exercise classes and other activities going on...you can learn more about those when you come to the open house! See you there.



OPEN HOUSE!

The Bloomer Senior Civic Center, 2121 Duncan Road, will be holding an Open House with free coffee, cookies and a HUGE Thrift Sale! The event will be on Friday, March 22 8am-4pm and Saturday, March 23 8am-2pm. Everyone is invited. **Come and see what we have to offer!**

Staff Spotlight

Meet Carrie

OUR ADMINISTRATIVE ASSISTANT



I am an Administrative Assistant for the ADRC of Chippewa County. When you call the ADRC of Chippewa County we put you in contact with Resources needed to assist you in your daily life, whether it be a new class offered in the area or if its directions to a local attraction, we're here to help out as much as we can (and we LOVE doing it!) I thoroughly enjoy the wonderful stories local people share with us and the eagerness they have when sharing those experiences.

I have lived in the Chippewa Valley my entire life and continue to raise my family here. I continue to take my family to the local parks (State, City, and County) and then for ice cream, just as my parents did with me as a child growing up. In addition, I love the natural landscapes of the region, the lush foliage, and the rich history of Chippewa County. It has been an amazing transformation to watch over the years!

Disabled LGBTQI+ Youth and SSI

Reprinted from: blog.ssa.gov

Roughly 2 million LGBTQI+ youth attend public and private high schools across the United States. About 15% of students today receive special education services – and 1/3 of those students have learning disabilities. Students who are both LGBTQI+ and have a disability often lack the resources necessary to perform well at school.

Tools to Succeed

Schools have different tools to create inclusive environments for LGBTQI+ students with disabilities and help them thrive and succeed. One example is the Individualized Education Program (IEP) for students in public school, and the Instructional/Individual Service Plan (ISP) for those in private school.

Families, teachers, school psychologists, youth specialists, and school administrators work together to develop plans that are tailored to a given student. This includes outlining a legally binding agreement over any specialized services, accommodations, and curriculum modifications the student will receive.

As IEPs and ISPs are unique to each student, there are strategies that can be employed to ensure that they are inclusive. For example, as outlined in the Human Rights Campaign Foundation's Welcoming Schools resource guide on Advocating for LGBTQ Students with Disabilities, schools can accommodate a transgender student by using their chosen name and pronoun, and train members of their IEP team on LGBTQI+ cultural competency.

Supplemental Security Income (SSI)
Social Security can help eligible students



through the SSI program. SSI provides monthly payments to children who:

- Are under age 18 and have physical or mental condition(s) that seriously limits their daily activities for a period of 12 months or more or is expected to result in death.
- Live in a household with limited income and resources.

When you apply for SSI payments for your child based on a disability, Social Security will ask you for detailed information about:

- The child's medical condition.
- How the child's medical condition affects their ability to perform daily activities.

You'll need to give permission to the doctors, teachers, therapists, and other professionals who have information about your child's condition to share information to Social Security. Their Guide for School Professionals outlines how a child's IEP and other evidence helps Social Security make disability determinations.

By providing the necessary support, we can help LGBTQI+ students with disabilities overcome the various challenges they face compared to their peers.

Aging & Disability Resource Center (ADRC) Staff ... *Know us before you need us!*

- ADRC Manager – Leslie Fijalkiewicz
- Administrative Assistants – Breanna Schemenauer, Renee Price, Carmen Olson, Carrie Schick
- Dementia Care Specialist – Carla Berscheid
- Disability Benefit Specialist – Stephanie Rasmussen
- Elder Benefit Specialist – Michelle Fellom
- Nutrition & Transportation Programs Coordinator – Kelly Zimmerman
- Options Counselors – Kasha White, Sarah Hedlund, Erika Stevens, Jessica Gibson, Sue Koepnick
- Nutrition Program Assistant – Jeff Hahn, Jason Kolano
- Nutrition Site Aides – Sue Barnum, Linda Felmlee, Laura Henderson, Darcy Bjerke, Cindy Sarazen, Carolyn Zimmerman, Ann Mueller

Aging & Disability Resource Centers are the first place to go with your aging and disability questions. We are an "information station" where you can get accurate, unbiased information related to aging or living with a disability. Our job is to help you remain as independent as possible! Give us a call at 715-726-7777 or stop in at 711 N. Bridge Street (Courthouse), Room 118, Chippewa Falls.

We Are On Facebook

The ADRC of Chippewa County is on Facebook and you will want to follow us because we have so much more to share than what we can fit in this paper. Learn about other upcoming events, activities, programs and services for older people and people with disabilities. There is also lots information for families and friends too. So look for us, like us, comment on our posts and share our page with others!



Veteran Benefits & News



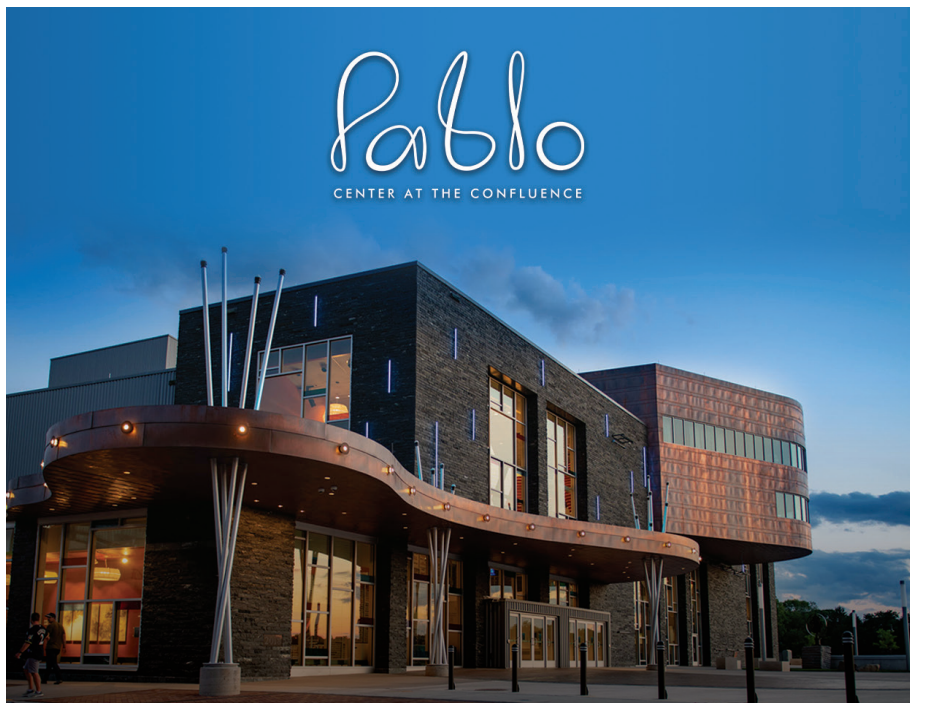
Military-Lifetime National Parks Pass

- \$10 processing fee on online USGS Store, (<https://store.usgs.gov/MilitaryPass>) **Free in person at sites that issue passes.**
- Available to Gold Star Families and Veterans .
 - o Gold Star Families are next of kin of a member of the United States Armed Forces who lost his or her life in a “qualifying situation,” such as a war, an international terrorist attack, or a military operation outside of the United States while serving with the United States Armed Forces, as explained in Department of Defense Instruction 1348.36
 - o Gold Star Family members must self-certify by applying for a Military-Lifetime Pass online at <https://store.usgs.gov/MilitaryPass> or downloading and printing a special voucher to either present to the ranger, exchange for a Military Pass in person, or place on the vehicle dashboard at unstaffed sites. Gold Star Vouchers may be downloaded from <https://www.nps.gov/customcf/goldstar/voucher.htm>
- Obtained in person at Federal recreation sites that charge entrance or standard amenity fees.
- Covers entrance fees at U.S. Fish and Wildlife Service and National Park Service sites and covers Standard Amenity Fees at Forest Service, Bureau of Land Management, Bureau of Reclamation sites, and U.S. Army Corps of Engineers sites.
- Admits the pass owner and any accompanying passengers in a private, non-commercial vehicle at per vehicle fee areas, or the pass owner and up to additional 3 adults (16 and over) at sites that charge per person.
- If purchased from the USGS Store, your name will be printed on your pass.

Required Documentation

Individuals who served in the U.S. Armed Forces, including the National Guard and Reserves, and are able to present one of the following valid non-expired forms of identification when entering or using federal lands:

- Department of Defense Identification Card (DD Form 2, DD Form 2765, or Next Generation USID replacement)
- Veteran Health Identification Card (VHIC)
- Veteran ID Card
- Veterans designation on a state-issued U.S. driver’s license or identification card
 - o When acquiring a pass in person, the actual IDs listed above must be presented. As of September 2022, the VA only provides a digital version of the #3 Veteran ID Card. When acquiring a pass online, photocopies or digital images are accepted. Form DD-214 is not accepted.



Pablo
CENTER AT THE CONFLUENCE

UPCOMING SHOWS



ELVIS: THE CONCERT OF KINGS

MARCH 10 | 7:30 P.M.

Featuring three of the world’s finest Elvis tribute performers, audiences are all shook up by the spot-on look, vocals & charisma brought to life in this amazing salute to the King. Even critics are raving, “this is as close as it gets!” ELVIS HAS NOT LEFT THE BUILDING!



ANDREW WALESCH

MARCH 14 | 7:30 P.M.

Walesch is a traditionalist & an iconoclast rolled into one. His audiences include jazz enthusiasts of a certain age, as well as a younger crowd compelled by his down-home insouciance, & the knowing irreverence of a tried-&-true American nightclub entertainer.



JOHN WAITE

MARCH 21 | 7:30 P.M.

John Waite has been successfully writing, recording, & performing some of the most listenable, enduring, & appreciated popular music for more than 35 years. One cannot help but both recognize & marvel at the shimmering legacy of this British born rock star.

SEE ALL UPCOMING EVENTS AT PABLOCENTER.ORG

SCAMS

Veterans: Guard Against Identity Theft

By Carol Kando-Pineda, Counsel, Division of Consumer and Business Education, FTC

Identity theft can happen in a lot of ways: a stolen wallet, a missing phone, or a hacked online account. Then there are impersonators — scammers who pretend to be almost anyone.



They'll tell you almost any story to get you to trust them, so they can steal your money or information. If you're a veteran, there's another risk: sharing information with someone who claims they'll help with paperwork and filing benefits claims. But instead of helping you for free as they're supposed to, dishonest advisers charge you — and may take and misuse your information, too.

What are some ways to protect yourself from identity theft targeting veterans?

- Don't pay to file — or get help with — VA benefits claims. It's free to apply for any type of veterans' benefits. Scammers may offer to help you for a fee or a percentage of the benefits you get. Don't do it. Get free help from an accredited representative.
- Don't work with anyone who pressures you. Take your time to review paperwork and consider all your options, including doing nothing. Don't sign blank paperwork to be filled in later. Also, be sure your VA benefits are deposited directly into your account — and not the account of an adviser, assisted living facility, or nursing home.
- Safeguard your personal information. Never share your VA login credentials or password. Check out VA's advice on setting up multifactor authentication on your VA accounts.
- Get help if your VA benefits or services are affected. Call the toll-free VA Veteran Identity Theft Helpline: 1-855-578-5492.
- Check your credit report regularly. You're able to get a free copy of your report every week from each of the three credit bureaus at AnnualCreditReport.com.

Finally, if you encounter identity theft, report it at <https://www.identitytheft.gov/#/>. When you report, you're telling law enforcement what happened and you also get step-by-step instructions on how to recover from any type of identity theft.

If you need some guidance on applying for your VA benefits, give the Chippewa County Veterans Service Office a call. Their service is free! 715-726-7990.

Assistive Technology Steady Spoon

Basic needs:
FOOD, WATER,
SHELTER, and
CLOTHING.

It can be highly frustrating to have these essentials but be physically incapable of performing them. Reliance

on others to carry out one's basic daily tasks, life becomes challenging.



However, the Center for Independent Living of Western Wisconsin (CILWW) is here to help you maintain as much independence as possible in your everyday life. One such activity that we can help with is one of everyone's basic needs: EATING!

Many individuals face difficulties due to tremors, weak muscles, or limited dexterity. These obstacles can stem from various health conditions.

The Steady Spoon is an adaptive utensil that stabilizes your spoon while you eat. It features a unique design that empowers individuals who usually struggle to feed themselves, fostering INDEPENDENCE. The spoon incorporates built-in counterweights to ensure the spoon remains level regardless of arm position or tremor intensity. The handle facilitates use without requiring a strong grip, thanks to the hook and loop strap connection.

Before making a purchase, the Steady Spoon is available for loan through CILWW's loan program. Alternatively, it can be bought online from multiple retailers, such as the Rehab Store, Health Products for You, and Performance Health websites, to name a few. The purchase price for the Steady Spoon ranges from \$35 to \$60, depending on the chosen retailer.

If you desire more information on the Steady Spoon or any other assistive technology devices that could enhance your independence, please contact CILWW at 715-233-1070 or 800-228-3287.

CILWW provides services at no cost to individuals. Although CILWW isn't a funding source for purchasing assistive technology, we can lend you the equipment before buying it to ensure it caters to your needs properly.

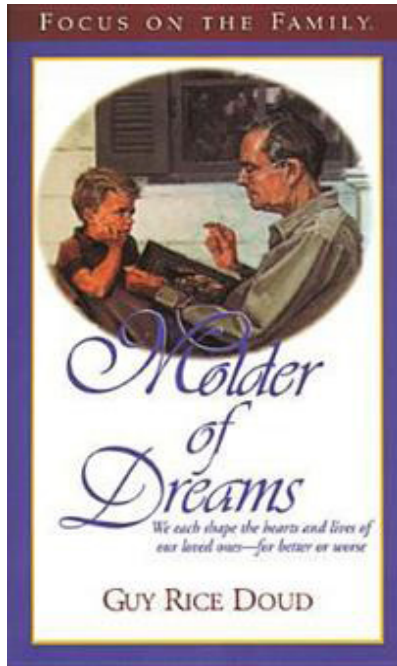
The assistive technology program at CILWW offers various services as part of the WisTech Assistive Technology Program. Upon request, our agency can provide information on WisTech's alternative financing options, including WisLoan, Telework, and TEPP.

Molder of Dreams

By Ken Anderson, *The Mayberry Guru*, themayberryguru@gmail.com

"It takes a village to raise a child" is a proverb that means that an entire community of people must provide for and interact positively with children so that those children can experience and grow in a safe and healthy environment.

In the fictitious town of Mayberry, this proverb is experienced in many of The Andy Griffith Show episodes. Growing up motherless, little Opie Taylor has many caring people watching over him. Deputy Barney Fife, barber Floyd Lawson, teacher Helen Crump, and even town-drunk Otis Campbell all look out for Opie's welfare.



"It takes a village to raise a child" is often found in the real world in villages across our great country. One of my favorite books I have read many times is *Molder of Dreams*, by Guy Doud. Doud was the son of alcoholic parents. In his book, Doud tells the story of his childhood and the people who influenced his life.

Doud overcame the childhood stigma of being overweight to become a much-loved teacher whom President Reagan named the 1986

National Teacher of the Year. In *Molder of Dreams*, Doud credits his success and love of teaching to all the special "little people" who influenced him in many ways.

Each time I read Doud's book, I cannot help but reflect on the many people in my early life who helped me and, in small ways, were influential in my becoming a teacher. I recall Mr. and Mrs. Krueger, owners of a grocery store in Dorchester, who "rigged" a contest in their store so I would win the much-coveted prize of a baseball and glove. The owners of Weix Drug Store were always so welcoming when I came to their store with a nickel to spend. When I was a bit older, they hired me to sell newspapers on their front steps when they were gone.

Neighbors, Mr. and Mrs. Werner, were always welcoming when I helped with farm chores, and Max Kronschnable gave me my first job as a pinsetter. My 8th-grade teacher and coach, Jim Eiden, taught me how to lose gracefully after our team was defeated by Athens 88-0 in three quarters. Most of all, Mr. Eugene Laurent persuaded me to enroll in Taylor County Teachers' College.

At the end of a school year in 1992, a parent presented me with a copy of *Molders of Dreams* with this inscription. "Mr. Anderson, Thank you for being Melisa's "Molder of Dreams," and thanks again for all your help and patience."

I cherish my copy of *Molder of Dreams* to this day.

The Aging and Disability Resource Center of Chippewa County Presents

Medicare & You Classes



Receive Unbiased Medicare Information!

New to Medicare or want to know more about those Medicare commercials you keep seeing? Wondering where you can go for objective Medicare information?

We will cover multiple topics including enrolling in Medicare, the parts of Medicare, the difference between Advantage Plans, Supplements & drug coverage options.

This is open to anyone new to Medicare, currently on Medicare, caregivers, families and community partners. There is no cost to attend.



Follow the ADRC of Chippewa County on Facebook

Registration Required (3 ways)

1. Visit www.chippewacountywi.gov/adrc
2. Or use your phone's camera to scan this code & register online.
3. Or call us to register: 715-726-7777

Located at the Chippewa County Courthouse
711 North Bridge Street, Chippewa Falls, WI

2nd Tuesdays..... 1:00 – 3:00 pm*
4th Tuesdays..... 5:00 – 7:00 pm

*Virtual attendance available on select dates

*March 12 1:00 – 3:00 pm
March 26 5:00 – 7:00 pm

2024

Senior Resource Fair

ALL AGES WELCOME!

FREE

Join us for free information from local organizations, door prizes, and more!



MARCH 8, 2024



MANY LOCAL PARTNERS!

- Home care services
 - Veteran services
 - Community involvement opportunities
 - Medical care services
- And much more!

LOCATION:

CHIPPEWA FALLS LIBRARY

TIME:

9AM-2PM

BROUGHT TO YOU BY



Living Well with Memory Loss Events

For more information and program flyers, check out the ADRC calendar events at www.chippewacountywi.gov/government/aging-disability-resource-center-adrc/adrc-events

Memory Café - Cornell/Lake Holcombe COFFEE • SOCIALIZATION • COMMUNITY

Who: Individuals with early to moderate stage dementia and their care partners and friends
When: 4th Tuesday of the Month
Time: 10:00 am to 11:30 am
Where: Our Saviors Lutheran Church
201 S. 6th Street, Cornell

For more information, call the ADRC at 715-726-7777

Lively discussion, laughter, fun and friendship... and it's FREE

2024 Dates:

January 23 | February 27 | March 26 | April 23 | May 28
June 25 | July 23 | August 27 | September 24
October 22 | November 19 | December 17

Dementia LIVE

Have you ever wondered what it might feel like to have dementia?

When: March 14, 2024
Time: 10:00 - 11:00 am
Where: Chippewa Falls Public Library
105 W. Central Street, Chippewa Falls

Registration is required. Call the library at 715-723-1146

Join us for this free dementia simulation. You will also learn effective communication tips to use with people living with dementia.

Dementia Support

When: 2nd Thursday of the month
Time: 1 pm - 2:30 pm
Where: Central Lutheran Church
28 East Columbia Street, Chippewa Falls

For more information, call the ADRC at 715-726-7777

This group meets to support those living with dementia and their care partners.

Growing Connections of Chippewa County Gardening Club

No green thumb required

When: 4th Thursday of the Month
Time: 1:00 to 2:30 pm
Where: Chippewa Falls Public Library
105 W. Central Street, Chippewa Falls

RSVP 715-723-1146

This FREE program is designed for people living with dementia & their caregivers. Enjoy indoor & outdoor gardening projects and social engagement! Light refreshments provided.

Virtual Support Groups

Are you a family caregiver of someone living with dementia? You don't have to do it alone. We have several virtual support groups available.

Monday DISH

First Monday of the Month 7-8 pm.
Contact Scott at scott.seeger@adrc-cw.org

Circle of Support

Third Tuesday of the month 2-3 pm
Contact Teresa at teresa.gander@vernoncounty.org

Evening Conversations

Every Thursday night 7:30-8:30 pm
Contact Teresa at teresa.gander@vernoncounty.org

Savvy Caregiver Support Group

1st Tuesday of the month, 10-11am
Contact Lisa at lisa.wells@eauclairecounty.gov

Lewy Body Dementia Caregiver Support Group

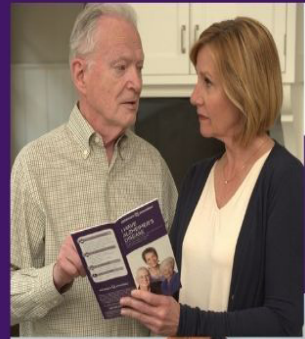
2nd & 4th Wednesday of each month 1:30-3:30 pm
Contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us

Questions about brain health, dementia, and/or caring for a person with dementia?

Contact Carla Berscheit, Dementia Care Specialist, ADRC
715-738-2584 or 715-944-8091 | cberscheit@chippewacountywi.gov

National 24/7 Helpline 1-800-272-3900





JOIN US!

Ten Warning Signs

This workshop shares the 10 warning signs of Alzheimer's, separates the myth from reality and addresses commonly held fears.

March 28th from 3-4:00pm

St. Johns Lutheran

215 Seminary St, Cadott, WI

Call to Register at 800.272.3900



Join the Movement!

CHIPPEWA VALLEY
Dementia Coalition

- ✓ Family caregivers & professionals
- ✓ Six meetings per year
- ✓ Community events

Contact us to join our efforts!

(Lisa) lisa.wells@eauclairecounty.gov
715-839-4735

(Carla) cberscheit@chippewacountywi.gov
715-726-7777



Caring for Your Loved One at Home A Skills Fair for Family Caregivers

PRESENTED BY THE CHIPPEWA VALLEY DEMENTIA COALITION

Thursday, May 9, 2024 • 8AM - 3PM

Jacob's Well Church • 989 122nd St • Chippewa Falls
Centrally located between Chippewa and Eau Claire County!

WHO SHOULD ATTEND

Family caregiver of a spouse, adult child, parent, friend or neighbor who is living with dementia, Parkinson's disease, stroke, etc.

EVENT DETAILS

This Family Caregiver Skills Fair will help you learn practical skills with hands-on demonstrations by a registered nurse and physical, occupational, and speech therapists. Caregivers will learn how to provide everyday care for their loved ones. Visit the vendors with a variety of community resources too.

TOPICS COVERED

- Oral Care · Handling Medications
- Bathing & Dressing · Incontinence Management
- Body Mechanics and Transfer Equipment Demos
- Adaptive Equipment and More!

Plus, presentations on Mapping Out Your Caregiver Support Options; Reflections of the Day; and Dementia Live (a simulation experience that immerses participants into what it might be like to live with dementia, resulting in deeper understanding and empathy).

REGISTRATION REQUIRED BY MAY 2

Online: <http://www.adrcevents.org>
Call: 715-839-4735

Thanks to our generous sponsors, a light breakfast and lunch are provided at this no-fee event. Goodie bags and door prizes too! **You must register by May 2 and commit to attending.**

"Thank you so much for this event! It helped me feel more confident in my skills and knowledge. Most importantly, it provided a network of support for me going forward, thank you!"
-2023 Caregiver Attendee

EVENT COORDINATORS



Tip #4

Help Yourself to Better Health Exercise Your Brain

Engaging in activities that are mentally stimulating can benefit your brain, so take steps to keep your mind active. Learn a new skill – or teach one. Read. Work or volunteer. Do puzzles or play games. Start or revive a creative hobby. **Do something that challenges you – and your brain.**



Chippewa Manor
Residential Living

Convenient & Flexible!

SENIOR LIVING WITH REAL OPTIONS

- 1 & 2 bedroom apartment layouts
- Assisted living care provided in your apartment
- Flex on/off assisted living monthly as needed
- Located near clinics, hospitals, Hwy 53 & 29
- Fix your own meals or choose a dining plan-option

Scan the QR code for a virtual apartment tour!

Ask about Home Care or Short-Term Rehab apartment options

For more information call **(715) 723-4437** ▶ www.chippewamanor.com

Researchers at the University of Wisconsin-Madison Seek Volunteers for Improving Bladder and Bowel Health

A study conducted by the Center for Disease Control (CDC) found that more than 60% of women experience incontinence (bladder and/or bowel leakage), showing these are common conditions in older women, but they don't have to be! According to Dr. Heidi Brown at the University of Wisconsin School of Medicine and Public Health, "It is possible to prevent or improve these problems, without medicine or surgery, but most women don't know that there are good solutions available. I take care of women in my clinic who have suffered for years before they end up getting help."



Dr. Brown is conducting a research study that is focused on how to best support women to prevent or improve bladder and/or bowel leakage. The goal of this study is to see how women use an online program that offers simple exercises, and tips on eating and drinking intended to prevent or improve the symptoms of bladder/bowel leakage. Examples of information on the website include exercise suggestions (such as pelvic floor muscle exercises, also known as Kegels), how much and when to drink during the day, and how much fiber we should be eating every day. Women in the study will be asked to share a bit about their experience with incontinence and using the online program by

responding to survey questions and one optional interview with the research study staff. The study activities (online program and surveys) are all in English and take place over a 6-month period.

Who can join the study?

Women who are:

- At least 50 years old
- Have access to email
- Have an Internet-connected device (like a computer, tablet, or smart-phone)
- Able to read and write English because this study is conducted in English

What does being in the study involve?

Women in this 6-month study will be asked to:

- Use a free online continence promotion program (on a computer, tablet, or smart-phone)
- Complete 4 email surveys -- about 15 minutes each, spread over 6 months
- Complete 1 optional phone or video interview -- about 30 minutes

Are women paid to participate in this study?

Yes, participants will receive up to \$125 for their time and participation

Want to learn more or join the study?

Please visit <http://www.obgyn.wisc.edu/womenonthego>.

If you have questions, you can also contact the lead researchers, Megan Piper, by phone (608-265-5472) or Heidi Brown, by email (hwbrown2@wisc.edu).

Email is generally not a secure way to communicate sensitive or health related information as there are many ways for unauthorized users to access email. You should avoid sending sensitive, detailed personal information by email. Email should also not be used to convey information of an urgent nature. If you need to talk to someone immediately or would prefer not to receive study communication by email, please contact Dr. Megan Piper, Lead Researcher at 608-265-5472.

Stepping On

© Clemson, Swain & Mahoney 2022



A fall could change everything

One in four people age 65 or older has a fall each year.

You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you will learn:

- Strength and balance exercises you can adapt to your individual level
- How vision, hearing, medication, and footwear affect your risk of falling
- To identify and remove or avoid fall hazards in your home and outside
- To get back on your feet the right way if you do fall

7-week Fall Prevention Workshop

WHEN: Tuesdays, 10:00 am - 12:00 noon
April 9 - May 21, 2024

WHERE: Grace Lutheran Church
202 W Grand Avenue, Eau Claire

COST: No fee (\$10 suggested contribution)

Registration

Please register at least one week in advance by calling **715-839-4735** or online at www.adrcevents.org.

Stepping On has been researched and proven to reduce falls by 31%!



Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703
715.839.4735 1.888.338.4636 tty: use Relay (711) www.eauclairadrc.org adrcc@co.eau-claire.wi.us

STRONG People™

STRONG BODIES

Workshop is FREE and includes a set of hand weights!

Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

For more information, contact 715-726-7779

Virtual StrongBodies - Spring 2024 Session

Dates: April 9 - June 27, 2024

Time: Tuesdays and Thursdays, 9:00 – 10:15 am

Deadline to register: Friday, May 3rd

Offered virtually via Zoom

How to Sign Up: Call Leslie at the ADRC 715-726-7779 to register.

An AA/EEO employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

Don't Forget to Register!!

Medication errors can result in unwanted effects from medicines, and worse, falls, hospitalizations and even death. Poor communication and medication coordination problems with multiple people prescribing a person's medications, can increase these errors even more.



Med Wise Rx is a skills-based educational program to improve older adults' communication with pharmacists and other providers for safer medication management.

- Meets for two 1.5-hour classes, separated by one week for home practice.
- It's free, convenient, and empowering!
- Join the program evaluation study by the University of Wisconsin School of Pharmacy.
- Participants will receive up to \$75 in thank you gift cards for participating in this study.

The pharmacist is important to help people manage their medications and address their medication-related questions and concerns. Yet, patients and caregivers often are unsure what questions to ask their pharmacist or how to ask them. **Med Wise Rx** is for you!

Who is eligible?

- Older adults (at least 65 years old)
- Taking 4 or more multiple medicines regularly (this includes nonprescription drugs),
- Able to navigate and join two Webex meetings (at home, ADRC, library, etc.),
- Able to participate in phone interviews and provide feedback

WHEN: **Tuesdays, 9:30 - 11:00 am / March 5 & 19, 2024**
OR
Fridays, 9:30 - 11:00 am / May 3 & 17, 2024
 (depending on which group you are randomly assigned to)

TIME: **1:00 - 2:30 pm**

LOCATION: Virtually, from the comfort of your home or office

SIGN UP: Call the Aging & Disability Resource Center at **715-839-4735** or go online www.adrcevents.org

This project is a partnership between the UW School of Pharmacy, ADRCs of Eau Claire and Calumet Counties, and Community-Academic Aging Research Network (CAARN).



Find us at seniorreviewnewspapers.com

Healing Hearts Grief Group

Presented By

Barbara Jacobsen, Social Worker
 Cassandra Prince, Social Worker



1st and 3rd Wednesday of the month
10am - 11am

Event Details

Healing Hearts is a free, ongoing support group for adults that are grieving the loss of a loved one. Everyone's grief journey is unique, yet sometimes grief can be difficult to process on your own. Connect with others, learn coping skills, and discuss your personal grief experience in a safe, affirming and nurturing setting.

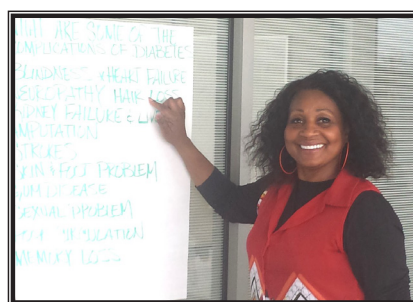
This group will meet on the 1st & 3rd Wednesday of each month starting December 6th, 2023. You do not have to attend all sessions, but participate in the dates that work for you. This group is open to the public.

Chippewa Falls Public Library
 105 W Central St | Chippewa Falls, WI 54729

No Registration Required. For questions about this Support Group, please email bereavement@stcroixhospice.com

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- Short-term goal setting
- Feedback and problem-solving
- Stress and depression management
- Preventing low blood sugar, strategies for sick days, foot care, medication management
- Managing difficult emotions
- Tips for physical activity and exercising
- Working with and communicating more effectively with family, friends, and medical providers
- Dealing with difficult emotions, and more!

Participants receive a complimentary companion book, "Living a Healthy Life with Chronic Conditions."

Thursdays, 10:00 - 12:30 pm
April 18 - May 23, 2024
 (plus Certified Diabetes Educator on May 30)

Location:
 Grace Lutheran Church
 202 West Grand Avenue, Eau Claire

No fee (\$10 suggested contribution)

Registration
 Please register at least one week in advance at www.adrcevents.org or call 715-839-4735.



Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703
 715.839.4735 1.888.338.4636 tty: use Relay (711) www.eauclairadrc.org adrc@co.eau-claire.wi.us

Cabbage Is a Versatile and Delicious Food

March is a great month to celebrate cabbage as we honor Irish and Greek American Month. Cabbage is enjoyed by both cultures in a variety of delicious ways. Many of us associate corned beef and cabbage as a traditional Irish dish but did you know that corned beef is not an Irish national dish? The connection with Saint Patrick's Day specifically originates as part of Irish-American culture and is often part of their celebrations in North America. The corned beef was used as a substitute for bacon by Irish immigrants in the late 19th century.



Cabbage is 90% water so it can help keep you hydrated. Cabbage is an excellent source of vitamin C, and a good source of fiber, vitamin K, B6 & folate.

The world's largest cabbage was grown in England in 1865 and weighed 123 pounds!

Dianne Richardson, Registered Dietitian with the ADRC Nutrition Program, will be sharing some cabbage fun facts and food samples at different locations where Senior Dining Meals are served. The presentations are open to the public and no registration is required. However, if you would like to have lunch while you are there, please call the location phone number shown below no later than 11:00 am the day before (call by 11:00 on Friday for Chippewa Falls). Join Dianne at the following locations, dates and times:

Chippewa Falls Senior Center (715-579-2896)
March 11 @ 11:45 am

Our Saviors Lutheran Church Cornell (715-579-2910)
March 13 @ 11:45 am

Bloomer Civic Senior Center (715-579-2889)
March 14 @ 11:45 am

You don't need to call if you are just coming for the presentation, but we would love to have you come for lunch. Lunch is offered on a donation basis with a suggested donation of \$4.50/meal.

Recipe: Irish Heritage Cabbage

Ingredients

- 2 slices Irish or Canadian bacon, diced (you can use regular bacon too)
- 1 medium head cabbage, cored and cut into wedges
- 2 tablespoons melted butter
- 2 teaspoons ground nutmeg
- 2 cups water
- ½ cup red wine vinegar

Directions

- Place cabbage into a large pot. Add water and bring to a boil. Simmer over low heat until tender, about 15 minutes. Meanwhile, cook bacon, drain and set aside.
- Drain cabbage, and drizzle with melted butter. Sprinkle with bacon and nutmeg. Transfer to a baking dish.
- Place under your oven's broiler until the top layer is lightly browned, about 5 minutes. Serve with salt, pepper, and vinegar as desired.

(Recipe adapted from allrecipes.com)



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Volunteer Corner

What to do when a participant does not answer the door or their phone.

Another important part of the Senior Nutrition Program is that volunteers are checking on the participants. If someone is scheduled to receive a meal that day and they do not answer the door, there are protocols necessary to make sure the participant is safe:



- Call the participant—they may not have heard you knock.
- If there is no answer—call the emergency contact listed on the route sheet.
 - Inform the contact who you are and what the situation is. They may know where the participant is.
- If the emergency contact person does not answer their phone, leave a message and the site cell phone number so they can call the site manager when they receive the message.
- Inform the site manager that the participant is not home and you've tried their emergency contact.
- Leave a “sorry we missed” you note that should be provided to you when you deliver the meals.
- Never leave a meal. This is a food service program and we follow Wisconsin Food Code safety measures. Leaving a meal, is leaving the meal unsafe to consume after a certain amount of time.
- Never assume someone is okay. If you do not hear or see a participant, there could be something more seriously wrong and should notify the site aide.

Thank you for all you do to make sure a meal is delivered safely and that the participant is okay.

Thank You Lake Wissota Lions!



A big **THANK YOU** goes out to the Lake Wissota Lions Club for their donation to the Meals on Wheels program. We are blessed with groups like the Lions for their ongoing support of this vital community program. Pictured here is Barb Eisold from the Lake Wissota Lions Club presenting a check for Meals on Wheels to Leslie Fijalkiewicz, ADRC Manager.

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Divestments: What Are They And Why Are They Important?

By the Greater Wisconsin Agency on Aging Resources Legal Services Team

What is a Divestment?

Divestment is a term related to long-term care Medicaid. It is defined as the giving away of something for less than fair market value. This could mean giving something away as a gift or for less than the item is worth in the commercial market. A divestment can be done intentionally by giving someone money, or unintentionally by not doing something that the person should have done.

Here are some examples of divestments:

- selling one's home at a discounted price;
- adding a person's name to the deed of a house if they did not pay towards the purchase of it;
- giving away a life estate or remainder interest in a home property without being paid for it;
- agreeing to waive a debt that is owed by another person;
- adding a person's name as a joint owner to a bank account, and then allowing that person to withdraw money from the account for their own personal spending;
- paying off debts or loans that the person is not legally obligated to pay for;
- donating more than 15% of a household's annual income to a religious or charitable organization;
- refusing to accept an inheritance, settlement, or other lump sum of money the person is entitled to;

Why is it important to be aware of divestment policy issues?

If a person makes a divestment, a divestment penalty period may be imposed upon them if they later apply for long-term care Medicaid benefits. For example, if a person makes a \$100,000



divestment, then they will be ineligible for long-term care Medicaid for 323 days—that's almost a full year!

Do divestment penalties apply to all forms of Medicaid?

No, divestment penalties only apply to long-term care Medicaid, including institutional Medicaid (in the nursing home or hospital), FamilyCare, IRIS, PACE, and Partnership. Divestment penalties do not apply to card-services Medicaid (BadgerCare+, MAPP, Medicaid deductible, categorically

needy Medicaid, etc.). Under federal law, divestment penalties also do not apply to Medicare Savings Programs such as QMB, SLMB, and SLMB+.

If a divestment penalty is assessed but inaccurate, how can that be resolved?

A person who is assessed a divestment penalty but believes it to be inaccurate can call the local Income Maintenance Consortium, which is Great Rivers Consortium (888-283-0012) to discuss the situation. They can also file an appeal with the Division of Hearings and Appeals, a state agency that decides Medicaid appeals in Wisconsin. Be aware that there is a 45-calendar day appeal window and there are no provisions for late appeals.

Where can more information on divestments be found?

For more information, look at the Medicaid Eligibility Handbook, section 17 or the WI DHS website <https://www.dhs.wisconsin.gov/medicaid/divestment.htm>



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The Power of Endowment

By Denna Grangaard - Communications and Donor Services Manager, Community Foundation of Chippewa County

The Community Foundation of Chippewa County makes charitable contributions go farther and have a greater impact. This nationally accredited nonprofit manages endowment funds to create permanent charitable capital that forever benefits the people and services of Chippewa County.

People who establish endowment funds are visionaries with a charitable intent. These individuals, families, or organizations seek out the Community Foundation to make their gift a permanent source of capital that will persistently meet community needs.

First, talk to the Community Foundation about a charitable passion for which you care deeply. They will help you form a clear picture of possibilities. Then, when ready, they will coordinate activities with your financial and/or legal team to appropriately transfer assets. Gifts



of cash, stocks, bonds, real estate, or other assets can be used to create your endowment fund. Most charitable gifts qualify for maximum tax advantages under federal law.

Once you are a fundholder, your endowment will be administrated by the Community Foundation of Chippewa County. Your fund is wisely invested to increase its giving power far beyond what one-time gifts can offer. The fund earnings are distributed in the form

of community grants that serve your charitable intent now and for generations to come.

You are empowered to plan your own charitable legacy. Contact Jill Herriges, Executive Director of the Community Foundation of Chippewa County, at 715-723-8125 or yourlegacyforever.org.

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A Matter of Perspective: The Parable of the Pothole

By Carl A. Trapani, MA, MS, LPC, Chippewa Manor Campus Chaplain

There once was a man who had a pothole in front of his house. It was left over from some work done on the gas lines done a few years earlier; right in the middle of the road. It started out small, but it quickly grew larger because it was hard to see until you were right on top of it. It seemed to the man that every car that went by his house hit it, and the noise shook the man's house and bothered him. The man was so bothered by the pothole that he called the city to request they repair it. They said they had a lot of other potholes and roadwork to do, but they would fix it as soon as they could.



Time passed, and the pothole remained unfixed. This upset the man. He called the city again and pleaded for a remedy, but was again told they were very busy fixing other roads all over the city and would repair it just as soon as they could.

A few weeks later, he was driving home from work and noticed road-repair crews working on the street next to his. He stopped his car, got out, and asked the road-repair foreman if he would please come to the spot in front of his house and fix the hole. He was told, "If we have any material left from fixing all the holes on this street, we will come over and fix yours." The man went home and waited hopefully on his front porch for the truck and workers to arrive.

Some time passed, and then the man saw the truck slowly coming up his street. He watched as it drove past his house. As it went by, the man ran off his porch to flag it down. Like so many other drivers, the repair crew had completely missed seeing the pothole and had passed right over it! The flustered man ran out to the pothole, stood beside it, and hollered pleadingly to the workers, waving his arms, "Hey, you missed it! You missed it! It's right here." The workers politely acknowledged him, and then backed up and repaired the hole in the road in front of his house. Almost the end of this story. . .

Well, you might say, "OK, what's the point?" Here it is: The pavement in front of this man's house was in really good condition except for that one spot; that one worrisome blemish that constantly consumed this man's thoughts. Ninety-nine percent of the street in front of his house was perfectly fine! It was just that 1% that got his attention and rattled his nerves. He was focused on one small fault. He was looking at the molehill-sized pot-hole problem, not seeing the mountains of blessings in the miles of good roads all around him. This is a lesson for us all to learn. Don't dwell on negative things – look at all the positive things instead.

In light of the little parable above, Wisconsin's potholes are nothing compared to Florida's 27,000 sinkholes. Potholes can damage your car, but sinkholes can swallow you alive! Some sinkholes have swallowed houses, yards, roads, and even entire neighborhoods.

There's a Bible verse that can help you know what to focus on. Philippians 4:8 (MSG) "Summing it all up, friends, I'd say you'll do

best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse."

The non-Christian Roman emperor, Marcus Aurelius, shared this wisdom. "Very little is needed to make a happy life; it is all within yourself, in your way of thinking. The happiness of your life depends upon the quality of your thoughts." He believed that happiness comes from within if we cultivate a positive and grateful mindset, and that our own thoughts and attitudes are more important than our external circumstances.

If you consider the thousands of miles of good pavement we have in Wisconsin compared to a few temporary potholes, our roads are wonderful. Focus on all the good things around you. Then be glad you don't live in Florida with its sinkholes and only have to contend with Wisconsin's winter potholes!

Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. For more information please call (715) 723-4437 or email him at carl.trapani@chippewamanor.com.



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