



# Hi SENIOR Lites

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RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

## Watch Out For Social Security Scam Texts By the GWAAR Legal Services Team



*Submitted by Bethany Schneider, ADRC Elder Benefit Specialist*

Some scammers have been using a new strategy to reach potential victims. The Social Security Administration (SSA) has received reports from people who received text messages on their cell phones that look like they were sent from SSA. The texts typically warn recipients about an issue with their Social Security Number (SSN) or their benefits and ask them to call a number to resolve the problem. Unfortunately, the goal of the texts is to convince recipients to call the number and disclose personal information, including SSNs, which may then be used to commit identity theft.

SSA will only send text messages to individuals who have opted in to receiving



texts from the agency. In addition, SSA will only send texts:

- When individuals have subscribed to receive updates and notifications by text, or
- As part of the agency's enhanced security when individuals access their personal my Social Security accounts.

SSA will not send texts asking for return calls to an unknown number

If you owe money to SSA because of an overpayment, you will receive a letter that explains your appeal rights and payment options. The agency will not:

- Threaten you with arrest or other legal action unless you immediately pay a fine;
- Promise an increase in your benefits in exchange for payment;
- Require payment by gift card, wire transfer, bitcoin, or by mailing cash; or
- Send official letters or reports with your personal information via email.

If you receive a call, text, or email from SSA that appears to be suspicious, do not respond. Instead, you should report it online at <https://oig.ssa.gov/scam-awareness/report-the-scam/>.





# Aging & Disability Resource Center of Dunn County

## 3001 US Highway 12 East, Suite 160, Menomonie, WI 54751 Phone: 715-232-4006

Manager: Tracy Fischer  
Social Workers: Amy White/Ruth Huske/  
 Wendy Sterry  
Nutrition Director: Bernie Allen

Elder Benefit Specialist: Bethany Schneider  
Caregiver Coordinator: Casey Schnacky  
Dementia Care Specialist: Carla Berscheit  
Disability Benefit Specialist: Lisa Schuler

Community Health Worker: Alida Moua  
ILSP Program Assistants: Mary Linberg,  
 Kathleen Kjenslee and Amy Lynch

**MONDAY'S MEAL:** Free, nourishing meal lovingly prepared from scratch at Menomonie United Methodist Church, 2703 Bongey Drive, Menomonie, WI 54751. Curbside pickup only, available from 5:00-6:00 pm every Monday evening.

**TUESDAY'S TABLE:** Free HOME COOKED meal. Tues, 5 to 6 p.m. St. Joseph's Church basement 10th St and Wilson Avenue in Menomonie. Come and enjoy good company, Great food! Handicapped accessible.

**WEDNESDAY'S TABLE** Free meal served from 5 to 6:00 p.m. at Christ Lutheran Church, 1306 Wilcox Street, Menomonie, every Wednesday.

**THURSDAY'S TABLE:** First Congregational Church, 420 Wilson Ave. Menomonie. Free meal served from 5-6pm.

**KNAPP COMMUNITY PROJECTS/PLATES & KNAPPKINS FOOD PANTRY:** Open every Thursday from 2:00 to 5:00 p.m. Food Distribution every 5th Saturday of a month. Open from 7:00 a.m. to 9:00 a.m. Located at 508 Highway 12 next to the BP station in Knapp.

**FOOD HARVEST MINISTRY:** Food distribution will be the third Saturday of each month 8:00 am until 10:00 am located at 1002 Main Street, Boyceville. No Requirements and No Questions Asked!!! All food is good quality surplus, some perishable, that otherwise would be wasted!!! Please bring bags or boxes to carry your food. If you have any questions or your church or organization would like to become involved, please call 619-6979.

## UPDATED v10.23 FOOD PANTRY HOURS

Stepping Stones of Dunn County

Located at 1602 Stout Rd, Menomonie -- Enter through 17th St

<b>MONDAY</b> <i>Inside Only</i> 1:00p to 4:00p	<b>TUESDAY</b> <i>Inside Only</i> 10:00a to 1:00p	<b>WEDNESDAY</b> <i>Curbside Only</i> 2:00p to 6:00p	<b>FRIDAY</b> <i>Curbside Only</i> 2:00p to 6:00p	<b>SATURDAY</b> <i>Inside Only</i> 9:00a to 12:00p
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Mon/Tue/Sat - **Inside Shopping Only**. No curbside available.

Wed/Fri - **Curbside Shopping Only**. No inside shopping available.

**Check-in to receive meat, dairy, dry goods, bakery, fresh fruits & vegetables\***

\*as available

Pick-up once a week  
This service is free and open to anyone.



## POP-UP CURBSIDE FOOD PANTRY



Stepping Stones Food Pantry provides this service for families and individuals in rural Dunn County who have limited access to a food pantry.

### EVERY 1ST TUESDAY



**Elk Mound**  
11:30 am - 12:30 pm  
Village Hall  
E206 Menomonie St, Elk Mound

**Rock Falls**  
1:00 pm - 2:00 pm  
Township Hall  
N995 County Rd H, Rock Falls

### EVERY 1ST AND 3RD THURSDAY



**Sand Creek**  
11:30 am - 12:30 pm  
Arts Center  
E9311 County Rd I, Sand Creek

**Ridgeland**  
1:30 pm - 2:30 pm  
Community Center Lot  
200 Diamond St, Ridgeland

### EVERY 2ND AND 4TH THURSDAY



**Downsville**  
11:30 am - 12:30 pm  
New Hope Lutheran Church  
N2698 460th St, Downsville

**Colfax**  
2:00 pm - 3:00 pm  
Viking Bowl and Lounge  
N108 S Main St, Colfax

For more information, contact Kris Pawlowski:  
715.235.2920 ext. 202 | k.pawlowski@steppingstonesdc.org

*All pop-up pantries are closed holidays.*

### FOR RENT

#### MEMORIAL HEIGHTS APARTMENTS

Menomonie, Wisconsin  
Income Based Housing

This institution is an equal opportunity provider and employer

715.235.0656

### FOR RENT

#### SUNNYSIDE APARTMENTS

Knapp, Wisconsin  
Income Based Housing

This institution is an equal opportunity provider and employer

715.308.3158

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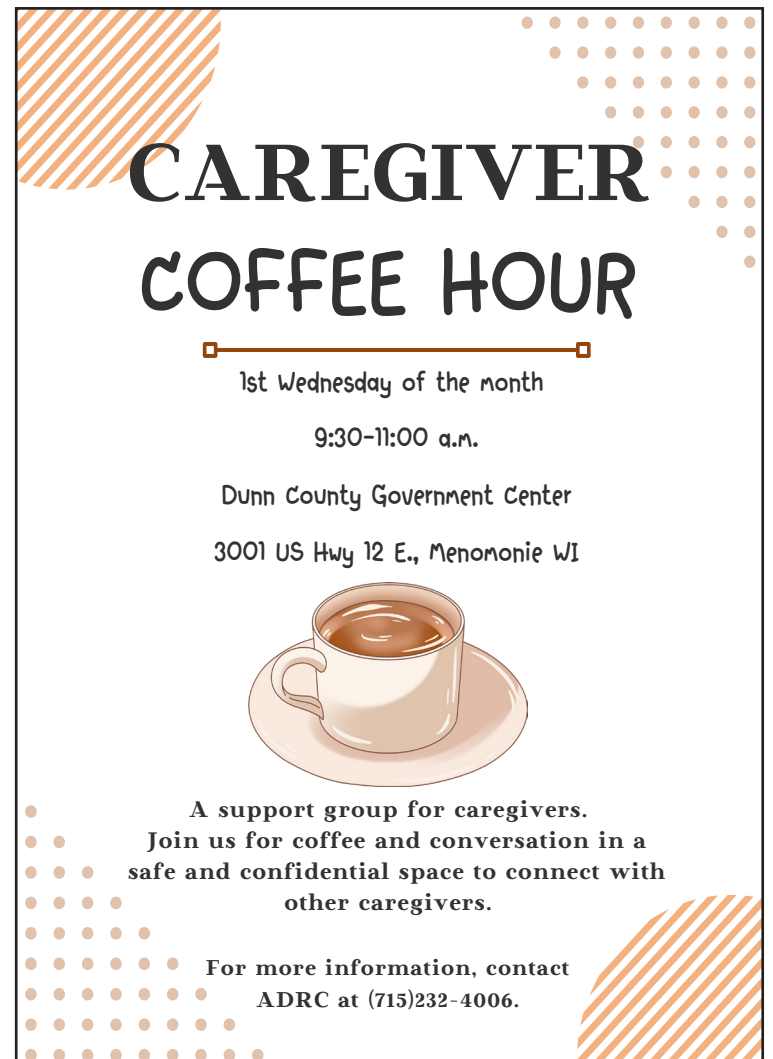
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# ADRC DUNN COUNTY NUTRITION PROGRAM

Colfax	M - Th	962-2550	Tantara in Menomonie	M - F	556-0266
Hosford-Rich Apts.	M, T, Th, F	235-4047	Sand Creek	M - F	658-1335
Ridgeland	M - F	949-1937	ADRC Office for Dunn County	M - F	232-4006

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Ham, Scalloped potatoes, Green bean casserole, Dinner roll, Cheesecake 	2 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, 24 hour fruit salad	3 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	4 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Apple slices	5 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins
8 Crumb topped baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies	9 Cornflake chicken, Roasted vegetable rice pilaf, Creamy cucumber salad, Tropical fruit	10 Roast beef, Mashed potatoes with brown gravy, Country blend vegetables, Dinner roll, Blueberry crisp	11 Barbecued spareribs, Baked beans, Spiral pasta salad, Fresh banana	12 Tuna salad sandwich on wheat, Lettuce leaf, Hearty vegetable soup, Peachy pudding
15 Italian meatballs with sauce, Rotini, Parslied cauliflower, Garlic bread, Mandarin oranges	16 Barbecue glazed chicken, Baked beans, Marinated cucumber salad, Wheat bread, Melon medley	17 Baked ham, Scalloped potatoes, Broccoli, Dinner roll, Applesauce	18 Breaded baked fish, Baked potato with sour cream, Carrots with parsley, Strawberry shortcake	19 Salisbury steak, Mashed potatoes with brown gravy, Whole kernel corn, Rhubarb crumble
22 Roast beef with brown gravy, Mashed potatoes with brown gravy, Sliced beets, Raisin oatmeal cookies	23 Baked ham, Apple sweet potato bake, Parslied cauliflower, Cherry crisp	24 Herb baked chicken, Baby bakers, Peas and carrots, Wheat bread, Blueberries	25 Hamburger on bun with lettuce/onion/pickle, Potato salad, Red gelatin with mandarin oranges	26 Baked fish with lemon butter sauce, Side winder fries, Broccoli, Buttered rye bread, Fresh strawberries
29 Roasted turkey breast, Boiled potato with turkey gravy, Seasoned brussels sprouts, Dinner roll, Grapes	30 Orange chicken, Steamed rice, Broccoli, Raisin sour cream bars, Tomato juice			




## CAREGIVER COFFEE HOUR

1st Wednesday of the month

9:30-11:00 a.m.

Dunn County Government Center  
3001 US Hwy 12 E., Menomonie WI



A support group for caregivers. Join us for coffee and conversation in a safe and confidential space to connect with other caregivers.

For more information, contact ADRC at (715)232-4006.



**Stepping Stones of Dunn County**  
Food, Shelter, Support.

1602 Stout Rd | Menomonie, WI | 54751  
715.235.2920

People helping people strengthen the Dunn County community by providing food, shelter and support.

**FOOD PANTRY**      **EMERGENCY SHELTER**

**COMMUNITY CONNECTIONS**

**Give Help**      **Get Help**

- Words:** Follow us on Facebook and tell others about our work in the community.
- Work:** Volunteer in our office, pantry, shelter, or community.
- Wallet:** Donate money, food, and supplies to help those in need.
- Pantry:** offers in-person, curbside, and pop-up options. See our website for dates/times of operation.
- Shelter:** provides emergency housing, assistance and referral services.
- Community Connections:** links volunteers to neighbors to provide supportive services.

For more information, visit [www.steppingstonesdc.org](http://www.steppingstonesdc.org)  
Stepping Stones is a tax-exempt 501(c)(3) charitable organization.



### PUT ME ON THE HI-LITES MAILING LIST

If you consider yourself homebound and are interested in having the Senior Hi-Lites delivered to you by mail, please complete the information slip below and return to our office. We will gladly add you to the list. Please Print. Check the box if you are interested in receiving information on the Home Delivered Meal Program.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Phone \_\_\_\_\_



## ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF APRIL FOR SITES IN DUNN COUNTY (CHECK MONTHLY MENU FOR SITE CLOSINGS)

### COLFAX GRAPEVINE SENIOR CENTER (715-962-2550)

- Dine-In Meals Monday through Thursday at 11:30 am
- Congregate and Home Delivered Meals
- Cards and Bingo – Call for Details

### HOSFORD-RICH APARTMENTS (715-235-4047)

- Dine-In Meals Monday, Tuesday, Thursday and Friday at 11:30 am
- Congregate and Home Delivered Meals

### TANTARA APARTMENTS DINING ROOM (715-556-0266)

- Dine-In Meals Monday through Friday
- Congregate and Home Delivered Meals

For all questions regarding the Dunn County Nutrition Program, please call the ADRC at 715-232-4006.

## SUPPORT GROUPS

**THE BRIDGE TO HOPE:** The Bridge to Hope offers FREE and confidential services to victims and survivors of domestic abuse, sexual assault and human trafficking in Dunn and Pepin Counties. For ongoing and current weekly support group dates and times, please call 715-235-9074.

**DIABETES SUPPORT GROUP:** From September through May on the 1st Thursday of the month, the Diabetes Support Group meets from 7 to 8 p.m. in the Mayo Clinic Health System in Menomonie Education Center.

**MISCELLANEOUS:** Dunn County Genealogical Society meets on the third Saturday of each month at 10 a.m. at the Russell J. Rassbach—Dunn County Historical Museum. For more information, call 715-232-8685. Do not meet in August and December



# Artful Expressions

SECOND MONDAY OF THE MONTH  
10:30 – NOON  
SHIRLEY DOANE SENIOR CENTER  
1412 6TH ST. EAST MENOMONIE  
CALL: 715-235-0954 TO REGISTER

This free program is for people with dementia and their care partners. Explore the arts and find your creative spark!

Program sponsored by  
 MAYO CLINIC

## Dementia Support Group

This group is for people living with dementia and their caregivers, friends and neighbors. Join us for support, strategies and resources

**First Wednesday of the Month**

**1:00 pm**

**Grapevine Senior Center**

**121 Main Street - Colfax**

For more information, contact the ADRC of Dunn County at 715-232-4006



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chippewacrementation.com



# HELP END ELDER ABUSE

- Emotional Abuse
- Financial Abuse
- Physical Abuse
- Neglect or Self-neglect
- Harassment

## COUNTY HELPLINES

**DUNN COUNTY DEPT. OF HUMAN SERVICES & ADRC**  
 Adult Protective Services 715-232-4006  
**DOMESTIC ABUSE VICTIM ADVOCATE**  
 24-Hour Crisis Line 800-924-9918  
 Dunn County Sheriff's Office 715-232-1348  
 Aging & Disability Resource Center 715-232-4006  
 Bridge to Hope 715-235-9074



## MAPP Disability Redetermination Notices

By the GWAAR Legal Services Team



Submitted by Bethany Schneider,  
ADRC Elder Benefit Specialist

Some counties have recently seen a surge in Medicare Purchase Plan (MAPP) members receiving notices telling them that they need to submit information for a reevaluation of prior disability determinations. These notices appear to be going out due to a relatively new automated process that does not account for the policies in the Medicaid Eligibility Handbook that identify people who should be continuously eligible without a redetermination.

Examples of people who might be getting these erroneous notices include those who were determined disabled by the Social Security Administration (SSA) before the age of 65 and those who initially applied for disability related Medicaid benefits through the Department of Health Services (DHS) and were later determined to qualify for disability benefits by SSA.

MAPP members who have a disability determination in the past and who receive a notice requiring redetermination should contact their regional Income Maintenance Consortium (IM) to confirm whether they need to submit redetermination information.

Policies relating to MAPP disability redeterminations can be found at Medicaid Eligibility Handbook (MEH) sections 5.7.1 and 26.3.2.



## Walk & Talk

With the  Aging & Disability Resource Center

First Thursday of the Month • 12:30–1:30 pm

### SHIRLEY DOANE SENIOR CENTER

Join us at the Menomonie Senior Center gym!



Are you connected with the Aging and Disability Resource Center (ADRC)? Do you know all we have to offer? Do not wait until you need us to get to know us. Come and walk and talk with ADRC staff, receive general information and/or answers to your specific questions.

#### 2024 dates

January 4	July 11
February 1	August 1
March 7	September 5
April 4	October 3
May 2	November 7
June 6	December 5

No registration required. Questions, Contact the Aging & Disability Resource Center at 715-232-4006

## STRONG People™



Join us for the StrongBodies Program! FREE

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  
Dunn County ADRC 715-232-4006

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 715-232-4006 – The ADRC has a limited amount of FREE enrollment spaces so sign up soon!



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



# The Benefits Of Staying Physically Active Throughout Our Lives

Submitted by Maddalyn Bates, UW- Stout Dietetic Intern

There are many benefits to being physically active throughout our lives, older adults specifically may find that being active may allow them to live independently longer, be healthier, improve quality of life, and reduce the need to medical care.



Adults aged 65 and older need at least 150 minutes a week of moderate-intensity activity (going on a walk) or 75 minute a week of vigorous-intensity activity (hiking or jogging). Two days out of the week should include activities that strengthen muscles that can improve balance.

It is never too late to start being physically active, and not every activity has to be going to the gym or rock climbing. Activities such as gardening & yardwork, household chores, walking to the store, seated exercises, playing with grandchildren, and participating in home exercise videos can all contribute to being physically active.

Make activities work for you and your abilities, and everything you do counts. Even a few minutes of activity a day can make a large difference. Setting achievable goals can get you motivated to keep going, such as starting with 5 minutes rather than 30 minutes.

Some tips to stay safe while being physically active:

- Start slow & build up
- Remember to warm up and stretch
- Stay hydrated
- Avoid extreme temperatures
- Dress comfortably for your activity
- Don't overdo it!

## April Recipe

### Dijon-Honey Pork Chops

Recipe from TasteofHome.com

#### Ingredients:

- 4 boneless pork loin chops (5 ounces each)
- 1 teaspoon salt-free lemon-pepper seasoning
- 2 teaspoons canola or avocado oil
- ½ cup orange juice
- 2 tablespoons Dijon mustard
- 1 tablespoon honey



#### Directions

1. Sprinkle pork chops with lemon-pepper seasoning. In a large skillet, heat oil over medium heat. Brown pork chops on both sides.
2. In a small bowl, whisk orange juice, mustard and honey until well blended; pour into skillet with chops. Bring to a boil. Reduce heat, and simmer covered for about 5-8 minutes or until a thermometer inserted in the pork read 145°.
3. Remove pork chops from pan; keep warm. Bring sauce to a boil; cook mixture until it is reduces to about ¼ cup, stirring occasionally. Serve with chops.

Total Time: Prep and Cook: 20-25 minutes.

Yield: 4 Servings.

Nutrition Information: 1 pork chop with one tablespoon of sauce: 244 calories, 11g fat (3g saturated fat), 68 mg cholesterol, 134mg sodium, 9g carbohydrate, 28g protein.

## GOVERNMENT SUBSIDIZED HOUSING

in Dunn County

**Gaylord Nelson Manor - 603 E 21st Ave Menomonie**  
Physically disabled housing, available immediately.

**Warren Knowles Manor - 507 Cedar Court Menomonie**  
Physically disabled housing, available immediately.

**LEAVE YOUR MAINTENANCE WORRIES BEHIND**  
Most properties are pet-friendly and include community rooms, on-site laundry and off-street parking.  
Residents are responsible for 30% of adjusted income

**ImpactSeven.org 715-419-2238**



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**CREMATION SOCIETY OF WISCONSIN- 715.834.6411**  
**STOKES, PROCK & MUNDT FUNERAL CHAPEL - 715-832-3428**  
535 S. Hillcrest Parkway, Altoona WI 54720



# Exploring Dementia



*A support group for those caring for someone living with dementia*

**Fourth Monday of the Month  
10:30 am to Noon**

**2024 Dates:**

January 22	May 20	September 23
February 26	June 24	October 28
March 25	July 22	November 25
April 22	August 26	December 16

**Shirley Doane Senior Center  
1412 Sixth Street E, Menomonie**

The Dementia Adult Day Services (DADS) program is an option during this meeting. To find more about this program and availability, contact the Senior Center at 715-235-0954



# THE PURPLE PERK



AT THE MENOMONIE SENIOR CENTER  
1412 Sixth Street E, Menomonie WI

THE 3RD MONDAY OF THE MONTH  
10:00-11:30 A.M.

Feb. 19	June 17	Sept. 16
March 18	July 15	Oct. 21
April 15	Aug. 19	Nov. 18
May 20		Dec. 16

A welcoming place for individuals, families, and friends of those living with memory changes. Come join us for coffee, conversation, and activities in a safe and inclusive space.



For more information, call the ADRC at (715)232-4006.

**Menomonie Area Senior Center**  
1412 6th Street East  
Menomonie, WI 54751  
715-235-0954 email: seniors@wwt.net  
Facebook: Shirley Doane Senior Center

## Menomonie Area Senior Center April 2024



SUN	MON	TUE	WED	THU	FRI	SAT
31 Happy Easter!	1 9-10:30am Tai Chi 10am-2:30pm DADS* <b>10-11:30am ADRC Relatives Raising Children</b> 12-3pm Open Walking Gym	2 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am Cribbage 11-11:45am Stronger Seniors Basic	3 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	4 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic <b>12:30-1:30pm ADRC Walk &amp; Talk</b> 1pm 500 Cards/Open Party Bridge	5 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo <b>10amCVLR Foreign Affairs*</b>	6
7	8 9-10:30am Tai Chi 10am-2:30pm DADS* <b>10:30am-Noon Artful Expressions*</b> 12-3pm Open Walking Gym 1pm Mah Jongg 1pm Euchre	9 8:30-9:15am Chair Yoga <b>8:30am BOARD MEETING - SR CNTR</b> 9:45-10:45am Stronger Seniors Intermediate <b>10am-12pm CL BloodPressure&amp;SugarScreening</b> 10am Cribbage 11-11:45am Stronger Seniors Basic	10 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* <b>11:30am ADRC Women Connected</b> 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	11 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic 1pm 500 Cards	12 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo <b>10amCVLR Foreign Affairs*</b>	13
14	15 9-10:30am Tai Chi 10am-2:30pm DADS* <b>10-10:30am ADRC Purple Perk</b> 12-3pm Open Walking Gym 1pm Mah Jongg 1pm Euchre	16 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am Cribbage 11-11:45am Stronger Seniors Basic	17 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* <b>11:30am-12:30pm Senior Center Chicken Meal*</b> 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	18 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic 1pm 500 Cards/Open Party Bridge	19 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo <b>10amCVLR Foreign Affairs*</b>	20
21	22 9-10:30am Tai Chi 10am-2:30pm DADS* <b>10:30-Noon ADRC Exploring Dementia</b> 12-3pm Open Walking Gym 1pm Mah Jongg/Euchre	23 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am Cribbage 11-11:45am Stronger Seniors Basic	24 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	25 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic 1pm 500 Cards	26 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo <b>10amCVLR Foreign Affairs*</b>	27
28	29 9-10:30am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Mah Jongg/Euchre	30 8:30-9:15am Chair Yoga 9:45am Stronger Seniors Intermediate 10am Cribbage 11am Stronger Seniors Basic		<b>* Reservations Required</b>		

# Volunteering with the ADRC



By Tracy Fischer, CSW ADRC manager for the ADRC of Dunn County

More than 77 million Americans volunteer a total of 6.9 billion hours a year doing everything from fighting fires to raising funds for cancer research. These efforts help others and support communities. But volunteering also tends to benefit the volunteers themselves.

## 1. Boosting your health, especially if you assist others

Volunteering has long been associated with good mental and physical health, particularly for older people. In a long-term study, researchers at the University of Wisconsin found that volunteering was linked to psychological well-being, and the volunteers themselves said it was good for their own health.

## 2. Making more connections

Volunteering, especially when it's done on a regular basis, can help you make new acquaintances. Whether you volunteer for an organization on a daily, weekly or monthly basis, over time you are bound to develop strong relationships, typically with other volunteers and staff members.

## 3. Preparing for career moves

When volunteers gain and strengthen skills and meet more people, it can help them find new paid work by honing their social and job skills and expanding their professional contacts.

## 4. Reducing some risks associated with aging

Older people who engage in mentally stimulating leisure activities on a regular basis may have better memory and executive function than those who don't, according to an analysis of related studies.

And because volunteers may need to tackle new problems, interact with clients and staff or drive to a new location, volunteering can be a highly stimulating leisure activity.

We at the ADRC of Dunn County feel extremely fortunate that we have many dedicated volunteers from our community who selflessly give of their times and talents in order to make the lives of their fellow citizens better. Volunteers work in a variety of roles, from organizing and facilitating support groups for caregivers and those with dementia, to working with Meals on Wheels, to driving citizens with little access to transportation services to medical appointments and to being a

supportive contact through our Caring Calls program.

If anyone is interested in volunteering, we would love to have you in any of our volunteer capacities, but we are especially looking for drivers for our Meals on Wheels Program and our medical appointment transportation program. Your involvement can be as much or as little as you are looking for. We have some people that are substitute drivers or only available on certain days, and this is just fine! We will work around your schedule and are happy to have any time you are willing to give!

For more information on any of our volunteer opportunities, please call the ADRC of Dunn County at 715-232-4006. We would love to talk to you!



## 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](mailto:scott.seeger@adrc-cw.org)

**Circle of Support** - Third Tuesday of the month 2-3 pm. Contact Becky at [becky.kamrowski@co.trempealeau.wi.us](mailto:becky.kamrowski@co.trempealeau.wi.us)

**Evening Conversations** - Every Thursday night 7:30-8:30 pm. Contact Becky at [becky.kamrowski@co.trempealeau.wi.us](mailto:becky.kamrowski@co.trempealeau.wi.us)

**Lunch Bunch** - Third Thursday of the month 11:30 - 12:30 pm. Contact Katrina at 715-279-7870

**Lewy Body Dementia** - Second Wednesday of the month, 6-8 pm. Contact Janell at [romatowskiji@comcast.net](mailto:romatowskiji@comcast.net)

**Savvy Caregiver Support Group** - 1st Tuesday of the month, 10 - 11am. Contact Lisa Wells [lisa.wells@eau Clairecounty.gov](mailto:lisa.wells@eau Clairecounty.gov)



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# 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



# Women Connected

A SUPPORT GROUP FOR WOMEN CAREGIVERS

*Menomonie Senior Center*  
1412 6th St. E., Menomonie, WI

**11:30 a.m. 2nd Wednesday of the month 2024**

Jan. 10	May 8	Sept. 11
Feb. 14	June 12	Oct. 9
March 13	July 10	Nov. 13
April 10	Aug. 14	Dec. 11

*Gain a sense of empowerment and reduce the feelings of loneliness and social isolation. Share tips and improve or learn new, healthy coping skills.*

For more information, contact the ADRC at (715)232-4006.

## SAVE THE DATE

# Dunn County Veterans Outreach Conference

\*\*\*\*\*

**APRIL 27, 2024**  
**8:30 A.M. - 2:00 P.M.**

**Alliance Church of Menomonie**  
**502 21st St NE**  
**Menomonie, WI 54751**

## Veterans Resource Fair

**Topics will include:**  
**Toxic exposure**  
**Mental health & trauma,**  
**Veterans Benefits overview**

*Register Here* →



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- ▶ **PROTECT** your personal information
- ▶ **DETECT** suspected fraud, abuse, and errors
- ▶ **REPORT** suspicious claims or activities



SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).



# Steady Spoon - CILWW Assistive Technology

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

It can be highly frustrating to have these essentials but be physically incapable of performing them. Reliant on others to carry out basic daily tasks, life becomes challenging.

However, we're here to help you maintain as much independence as possible in your everyday life.

Today, we want to highlight an item that can aid with one of these 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.

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[www.neighborsdc.org](http://www.neighborsdc.org)

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We care for the whole person and well-being of all by offering services that promote independence, value diversity, and inspire self-advocacy.

For Long-Term Care options contact your local [Aging and Disability Resource Center](#).  
[www.dhs.wisconsin.gov/adrc/](http://www.dhs.wisconsin.gov/adrc/)

[www.mychoicewi.org/hh](http://www.mychoicewi.org/hh)  
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