



Hi SENIOR Lites

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RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Ten Real-Life Strategies for Dementia Caregiving

By Family Caregiver Alliance



Submitted by Casey Schnacky, ADRC Outreach-Caregiver Coordinator

As caregivers, we often use intuition to help us decide what to do. No one ever gave us lessons on how to relate to someone with memory loss. Unfortunately, dealing with Alzheimer's disease and other dementias is counterintuitive; i.e., often the right thing to do is exactly opposite that which seems like the right thing to do. Here is some practical advice:

1. Being Reasonable, Rational, and Logical Will Just Get You into Trouble. When someone is acting in ways that don't make sense, we tend to carefully explain the situation, calling on his or her sense of appropriateness to get compliance. However, the person with dementia doesn't have a "boss" in his brain any longer, so he does not respond to our arguments, no matter how logical.



Straightforward, simple sentences about what is going to happen are usually the best.

2. People with Dementia Do Not Need to Be Grounded in Reality. When someone has memory loss, he often forgets important things, e.g., that his mother is deceased. When we remind him of this loss, we remind him about the pain of that loss also. When someone wants to go home, reassuring him that he is at home often leads to an argument. Redirecting and asking someone to tell you about the person he

has asked about or about his home is a better way to calm a person with dementia.

3. You Cannot Be a Perfect Caregiver. Just as there is no such thing as a perfect parent, there is no such thing as a perfect caregiver. You have the right to the full range of human emotions, and sometimes you are going to be impatient or frustrated. Learning to forgive your loved one as well as yourself is essential in the caregiving journey.

4. Therapeutic Lying Reduces Stress. We tend to be meticulously honest with people. However, when someone has dementia, honesty can lead to distress both for us and the one we are caring for. Does it really matter that your loved one thinks she is the volunteer at the day care center? Is it okay to tell your loved one that the two of you are going out to lunch and then "coincidentally" stop by the doctor's office on the way home to pick something up as a way to get her to the doctor?

...continued on page 4

Aging & Disability Resource Center of Dunn County

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

Manager: Tracy Fischer
Aging & Transportation Programs Manager:
Bernie Allen
Elder Benefit Specialist: Bethany Schneider

Social Workers: Amy White, Wendy Sterry and
Kelly Bien
Outreach Coordinator: Casey Schnacky
Dementia Care Specialist: Carla Berscheit

Disability Benefit Specialist: Lisa Schuler
Case Worker: Mary Linberg

LOCAL FREE MEALS & FOOD PANTRY

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. Tuesday, 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 & KNAPPINS 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.

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FOOD PANTRY HOURS

MONDAY (Inside Only) 1:00 pm to 4:00 pm

TUESDAY (Inside Only) 10:00 am to 1:00 pm

WEDNESDAY (Curbside Only) 2:00 pm to 6:00 pm

SATURDAY (Inside Only) 9:00 am to 12:30 pm



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

www.SteppingStonesDc.org

POP-UP PANTRY SCHEDULE

EVERY 1ST AND 3RD THURSDAY OF EACH MONTH

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 OF EACH MONTH

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

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

EVERY 1ST TUESDAY OF EACH MONTH

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, Mondovi



Households may receive approximately 4 to 5 days' worth of food. Items available include non-perishables, fresh or frozen produce, bread, dairy, and meat.



www.SteppingStonesDc.org

ADRC DUNN COUNTY NUTRITION PROGRAM

Colfax
Hosford-Rich Apts.
Ridgeland

M - Th
M, T, Th, F
M - F

962-2550
235-4047
949-1937

Tantara in Menomonie
Sand Creek
ADRC Office for Dunn County

M - F
M - F
M - F

556-0266
658-1335
232-4006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Closed 	2 Breaded Fish on a Bun, Baked Beans, Creamy Cucumber Salad, Raisin Oatmeal Cookie
5 Breaded Pork Chop, Oven Roasted Sweet Potatoes, Pinto Beans, Wheat Bread, Grapes	6 Western Omelet, Raisin Bran Muffin, Diced Peaches	7 Baked Spareribs, Sauerkraut, German Potato Salad, Spinach Salad, Pumpkin Bread	8 Beef & Vegetable Stir Fry, Steamed Rice, Steamed Cauliflower, Cheesecake w/Cherry Topping	9 Honey Mustard Glazed Salmon, Parslied Red Potatoes, Asparagus Cuts, Wheat Bread, Fruit Ambrosia Salad
12 Hamburger Gravy, Mashed Potatoes, Corn, Wheat Bread, Banana	13 Roast Turkey, Boiled Potato, Glazed Carrots, Wheat Bread, Applesauce	14 Meat Lasagna, Green Beans, Garlic Bread, Bread Pudding w/ Raisins	15 Baked Fish Filet, Parmesan Potatoes, Broccoli, Wheat Bread, 24 Hour Fruit Salad	16 Three Bean Chili with Meat, Mixed Green Salad, Cornbread, Mixed Berries
19 CLOSED Martin Luther King Jr. Day 	20 Baked Ham & Pineapple, Scalloped Potatoes, Pinto Beans & Bacon, Creamy Frosted White Cake	21 Meatloaf, Baked Potato, Creamy Corn Casserole, Apricots	22 Deluxe Chicken Pot Pie, Sliced Carrots, Dinner Roll, Cherry Cobbler	23 Beer Batter Fish, Side Winder Fries, Coleslaw, Frosted Pumpkin Bar
26 Beef Pot Roast, Parslied Red Potatoes, Carrots, Wheat Rolls, Banana Cake	27 Oven Fried Chicken, Mashed Potatoes, Corn, Wheat Bread, Watermelon	28 Pork Chops w/ Apples, Baby Bakers, Winter Squash, Sugar Cookies	29 Hot Ham & Cheese on Bun, Bean with Bacon Soup, Coleslaw, Diced Pears	30 Italian Meat Sauce w/ Spaghetti Noodles, Spinach Cranberry Salad, Garlic Breadstick, Iced Brownie

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 _____



Vibrant Voices *Memory Choir of Menomonie*

Join our vibrant choir for those living with memory loss, their care partners and singing volunteers. No musical experience necessary to participate.

Music Director: Dominique Stewart

Accompanist: Oxana Kramova

Rehearsals will take place on
Thursdays 1:00 pm to 2:30 pm
January 15 - April 9
(no rehearsal April 2)
Concert & Social time: April 16 at 1:00pm
Our Savior's Lutheran Church
910 9th Street East, Menomonie

If you are interested, please contact Dominique at vibrantvoicesdirector@gmail.com



Stepping Stones

of Dunn County

"People helping people strengthen the Dunn County Community by providing food, shelter, and support"

GET HELP

 **Food Pantry:** Offers in-person, curbside, and pop-up options.



Shelter: Provides emergency housing, assistance, and referral services.



Community Connections: Links volunteers to neighbors to provide supportive services.

1602 Stout Rd, Menomonie, WI 54751
715.235.2920 | www.SteppingStonesDC.org

ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF JANUARY 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.

...continued from page 1

5. Making Agreements Doesn't Work. If you ask your loved one to not do something ever again, or to remember to do something, it will soon be forgotten. For people in early stage dementia, leaving notes as reminders can sometimes help, but as the disease progresses, this will not work. Taking action, rearranging the environment, rather than talking and discussing, is usually a more successful approach. For example, getting a tea kettle with an automatic "off" switch is better than warning someone of the dangers of leaving the stove on.

6. Doctors Often Need to Be Educated By You. Telling the doctor what you see at home is important. The doctor can't tell during an examination that your loved one has been up all night pacing. Sometimes doctors, too, need to deal with therapeutic lying; e.g., telling the patient that an antidepressant is for memory rather than depression.

7. You Can't Do It All. It's OK to Accept Help Before You Get Desperate. When people offer to help, the answer should always be "YES." Have a list of things people can do to help you, whether it is bringing a meal, picking up a prescription, helping trim the roses, or staying with your loved one while you run an errand. This will reinforce offers of help. It is harder to ask for help than to accept it when it is offered, so don't wait until you "really need it" to get support.

8. It Is Easy to Both Overestimate and Underestimate What Your Loved One Can Do. It is often easier to do something for our loved ones than to let them do it for themselves. However, if we do it for them, they will lose the ability to be independent in that skill. On the other hand, if we insist individuals do something for themselves and they get frustrated, we just make our loved one's agitated and probably haven't increased their abilities to perform tasks. Not only is it a constant juggle to find the balance, but be aware that the balance may shift from day to day.

9. Tell, Don't Ask. Asking "What would you like for dinner?" may have been a perfectly normal question at another time. But now we are asking our loved one to come up with an answer when he or she might not have the words for what they want, might not be hungry, and even if they answer, might not want the food when it is served after all. Saying "We are going to eat now" encourages the person to eat and doesn't put them in the dilemma of having failed to respond.

10. It Is Perfectly Normal to Question the Diagnosis When Someone Has Moments of Lucidity. One of the hardest things to do is to remember that we are responding to a disease, not the person who once was. Everyone with dementia has times when they make perfect sense and can respond appropriately. We often feel like that person has been faking it or that we have been exaggerating the problem when these moments occur. We are not imagining things—they are just having one of those moments, to be treasured when they occur.

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

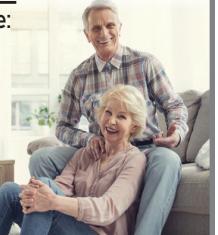


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COUNTY HELPLINES

DUNN COUNTY DEPARTMENT OF HUMAN SERVICES & ADRC

Adult Protective Services.....715-232-1116

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 Hope715-235-9074



2026 Medicare Costs

By the GWAAR Legal Services Team



Submitted by
Bethany Schneider,
ADRC Elder Benefit Specialist

The Centers for Medicare & Medicaid Services (CMS) recently released the 2026 premiums, deductibles, and coinsurance amounts for Medicare Part A and Part B as well as the 2026 income-related monthly adjustment amounts for Part B, Part B-ID, and Part D.

Medicare Part A Costs

Most Medicare beneficiaries do not have to pay a Part A premium because they paid Medicare taxes while working for long enough to qualify for premium-free Part A. This usually means they worked for at least 10 years. People who do not qualify for premium-free Part A may be able to buy it by paying a monthly premium. In 2026, the premium will either be \$311 or \$565 each month, depending on how long a beneficiary or beneficiary's spouse worked and paid Medicare taxes.

Part A covers inpatient hospitalizations, skilled nursing facility care, hospice, inpatient rehabilitation, and some home health care services. The Part A inpatient hospital deductible covers the first 60 days of inpatient hospital care in a benefit period. Beneficiaries must pay a coinsurance amount for additional days of hospital care. For skilled nursing facility care, beneficiaries do not pay anything for the first 20 days, but they must pay a daily coinsurance for days 21 through 100. In 2026, these costs will be as follows:

- Inpatient hospital deductible: \$1,736
- Daily hospital coinsurance for 61st-90th day: \$434
- Daily hospital coinsurance for lifetime reserve days: \$868
- Skilled nursing facility daily coinsurance for 21st-100th day: \$217

Medicare Part B Costs

Part B covers physicians' services, outpatient hospital services, some home health care services, durable medical equipment, and some other services that are not covered by Part A. In 2026, beneficiaries enrolled in Part B will pay a monthly premium of \$202.90. In addition, they will pay an annual deductible of \$283.

Individuals whose full Medicare coverage ended 36 months after a kidney transplant and who do not have other insurance that covers immunosuppressive

drugs, may enroll in the Part B Immunosuppressive Drug (Part B-ID) benefit. This benefit only covers immunosuppressive drugs. It does not cover any other items or services. In 2026, beneficiaries enrolled in Part B-ID will pay a monthly premium of \$121.60.

Income-Related Monthly Adjustment Amounts for Part B, Part B-ID, and Part D

Beneficiaries who are on Medicare and who have higher incomes may have to pay a higher monthly premium amount for their Part B, Part B-ID, and prescription drug coverage. These higher premiums are called "Income-Related Monthly Adjusted Amount" (IRMAA). Fewer than 5 percent of people with Medicare will pay an IRMAA, so most people are not affected.



Whether a beneficiary must pay an IRMAA depends on the beneficiary's tax filing status and yearly income from two years ago. That means that in 2026, an IRMAA will be based on the beneficiary's 2024 tax return, as shown in the table below.

If your income in 2024 was:

File individual tax return	File joint tax return	File married & separate tax return	You pay each month (in 2026) for Part B	You pay each month (in 2026) for Part B-ID	You pay each month (in 2026) for Part D
\$109,000 or less	\$218,000 or less	\$100,000 or less	\$202.90	\$121.60	Plan Premium
Above \$109,000 up to \$137,000	Above \$218,000 up to \$274,000	Not applicable	\$284.10	\$202.70	\$14.50 + plan premium
Above \$137,000 up to \$171,000	Above \$274,000 up to \$342,000	Not applicable	\$405.80	\$324.30	\$37.50 + plan premium
Above \$171,000 up to \$205,000	Above \$342,000 up to \$410,000	Not applicable	\$527.50	\$445.90	\$60.40 + plan premium
Above \$205,000 and less than \$500,000	Above \$410,000 and less than \$750,000	Above \$109,000 and less than \$391,000	\$649.20	\$567.50	\$83.30 + plan premium
\$500,000 or above	\$750,000 or above	\$391,000 or above	\$689.90	\$608.10	\$91.00 + plan premium

Top 10 Healthy New Year's Resolutions for Older Adults



Submitted by *Bernie Allen*,
Aging & Transportation Programs Manager

Welcome to 2026! It's the start of a new year and, no matter your age, there is no better time to get started on your wellness goals. Here are 10 healthy New Year's resolutions you can try today:

1. Get Enough Sleep. Even as an older adult, you should aim for seven to nine hours of sleep per night. This amount of rest helps to maintain your immune system and improves memory and concentration.

Many seniors have difficulty falling or staying asleep. To combat insomnia, follow these suggestions:

- Avoid using your television, cell phone, and/or computer in your bedroom.
- Don't drink caffeinated or alcoholic beverages in the evening.
- Keep your bedroom cool, comfortable and quiet.
- Stick to a schedule. Go to bed and get up around the same time each day, avoid long naps.
- Stay active during the day.
- Check with your physician to see if any of your medications or medical conditions can affect sleep.

2. Eat Well and Stay Hydrated. Eating a healthy diet is arguably one of the most important health goals for seniors. Focus on consuming high-fiber fruits, vegetables, and whole grains. Along with nuts, low-fat dairy and leaner cuts of meat. Limit your consumption of fatty meat, sugar, butter, salt and pre-packaged foods. Following these guidelines can help protect against cancer, heart disease, Parkinson's and Alzheimer's, as well as common illnesses caused by viruses and bacteria.

Also, don't forget to stay hydrated! Keep a container of water near you and take frequent sips throughout the day. Make sure to refill often!

3. Stay Social. Research has indicated that the importance of social interaction for older adults cannot be overstated. Loneliness has become known as the "silent killer" of seniors. Stay connected with family members and reach out to your friends. It's never too late to make new ones!

4. Use Your Brain. You may have heard the saying, "use it or lose it." This phrase is especially relevant to your gray matter as you age. Experts suggest seniors keep their minds sharp with puzzles like crossword and Sudoku. There are also many other activities such as reading, writing and trying a new hobby that can help you ward off a decline in brain health.

5. Exercise. Staying physically active is one of the best health goals for seniors in the new year. Studies have shown that regular exercise has many benefits for seniors, including:

- Weight management
- Alleviation of depression
- Strong bones and muscles
- Better sleep
- Improved balance and fall prevention
- Decreased risk of heart disease, type 2 diabetes, high blood pressure and high cholesterol

Aim for at least 30 minutes of exercise per day. Low impact activities like biking, walking, water aerobics and yoga are popular exercise options for many older adults.

6. Practice Prevention.

It is typically easier to prevent illness than to treat it. That is why a key new year's resolution for seniors focuses on preventative health measures. Here are a few ideas to get you started:

- Schedule your annual physical and screenings to detect and monitor chronic conditions.
- Get vaccinated against the flu and other common viruses.
- Connect with your doctor to discuss any health concerns when they occur; don't put it off.
- Actively manage your medications. Consult with our doctor or pharmacist if you feel you are experiencing side effects.



7. Kick Your Bad Habits. One of the most popular new year's resolutions involves quitting smoking and/or drinking. These habits can have some serious health issues attached to them. Smoking is directly related to cancer, high blood pressure and osteoporosis. Heavy drinking has a variety of long-term health risks, and it also increases your risk of a fall.

It's never too late to quit smoking and/or reducing your alcohol intake. There are many tobacco and alcohol addiction support programs available. Talk to your doctor to get connected with one.

8. Maintain Your Purpose in Life as You Age. Not all health goals are related to physical health. Studies have shown that optimists are more likely to reach, and surpass, the age of 85! It is very important to make an effort to manage your stress, relax and focus on your mental health.

Sometimes when people retire, they feel like they have lost their life's purpose and can feel down or depressed. Some great ways for older adults to stay connected with their purpose include:

- Keeping a gratitude journal
- Volunteering
- Joining, or becoming more involved, with local organizations
- Surrounding yourself with other positive people
- Setting reasonable expectations for yourself and accepting the things you cannot change

9. Evaluate Your Home's Safety. Is your home conducive to aging well? The way your house is set up can affect your health as you age. Risks to evaluate include fall hazards, adequate lighting and the need for assistive devices. In-home fall hazards include:

- Blocked walkways
- Cluttered high traffic areas (extra furniture such as coffee tables, plant stands and magazine racks)
- Slippery, loose rugs
- Wrinkled carpets
- Stairs

As your eyes age, you will most likely need stronger, brighter illumination, even during the day.

10. Plan Ahead. While it is important to "kick back and relax" in retirement, don't avoid planning for your future needs.

January Recipe:

One-Pot Meaty Spaghetti

Recipe from tasteofhome.com

Ingredients

- 1 lb extra-lean ground beef (90-95% lean)
- 2 garlic cloves, minced
- 1 teaspoon sugar
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon pepper
- 1 can (28 ounces) diced tomatoes, undrained
- 1 can (15 ounces) tomato sauce
- 2 cups water
- 1/4 cup chopped fresh parsley
- 8 ounces uncooked whole wheat spaghetti, broken in half
- 1/4 cup grated Parmesan cheese
- Additional chopped parsley



Directions

1. In a 6-qt. stockpot, cook beef and garlic over medium heat until no longer pink, 5-7 minutes, breaking up beef into crumbles. Stir in sugar and seasonings. Add tomatoes, tomato sauce, water and 1/4 cup parsley; bring to a boil. Reduce heat; simmer, covered, 5 minutes.
2. Stir in spaghetti, a little at a time; return to a boil. Reduce heat to medium-low; cook, uncovered, until spaghetti is al dente, 8-10 minutes, stirring occasionally. Stir in cheese. Sprinkle with additional parsley.

Servings: 6 | Total Time: Prep: 10 minutes Bake: 25 minutes

Menomonie Area Senior Center

1412 6th Street East
Menomonie, WI 54751
715-235-0954 seniors@wwt.net
Web: menomonieseniorcenter.org

Menomonie Area Senior Center January 2026



SUN	MON	TUE	WED	THU	FRI	SAT
			31 <u>Senior Center Closed</u>	1 <u>Senior Center Closed</u>	2 10am-2:30pm ADS*	3
4	5 8:30am-9:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	6 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9am Cribbage 9:45-10:45am Stronger Seniors Intermediate 11-11:45am Stronger Seniors Basic 1pm Euchre	7 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	8 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic	9 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	10
11	12 8:30am-9:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	13 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9am Cribbage 9:45-10:45am Stronger Seniors Intermediate 10:00-Noon CIL Sponsored Blood Pressure/Glucose Check Clinic 11-11:45am Stronger Seniors Basic 1pm Euchre	14 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 11:30am-12:30pm Senior Center In-House Meal 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	15 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic	16 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	17
18	19 <u>Senior Center Closed</u> <u>Martin Luther King Jr Day</u>	20 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9am Cribbage 9:45-10:45am Stronger Seniors Intermediate 11-11:45am Stronger Seniors Basic 1pm Euchre	21 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	22 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic 12:30pm Sr. Center Annual Meeting 1:30pm Sr. Center Board Meeting	23 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	24
25	26 8:30am-9:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	27 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9am Cribbage 9:45-10:45am Stronger Seniors Intermediate 11-11:45am Stronger Seniors Basic 1pm Euchre	28 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	29 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic	30 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	31

Women Connected

2026

A support group for women caregivers that focuses on self-care and connection.

Join us for meaningful conversations, practical self-care ideas, and a welcoming space to recharge. Together, we share, learn, and lift each other up—helping every woman feel supported and refreshed.

2nd Tuesday of the month
1:00pm-2:30pm

ADRC Resource Room
Dunn County Aging and Disability Resource Center
3001 US Hwy 12 E, Suite 160

For more information, contact Casey at 715-308-3527.

Swivel Silverware: Overview, Purpose, and Beneficiaries

Submitted by Compass IL

Swivel silverware, also referred to as rotating or self-leveling utensils, is an adaptive kitchen tool designed to facilitate eating for individuals with limited hand, wrist, or arm control. While it may resemble standard utensils, its distinctive rotating joint allows the utensil head to remain level regardless of handle positioning. This simple mechanical feature effectively addresses a common challenge faced by many individuals with motor impairments.



Purpose of Swivel Silverware

The development of swivel silverware primarily aims to assist individuals experiencing involuntary hand or wrist movements that hinder food stability on a utensil. Conditions such as tremors, muscle weakness, or restricted range of motion can make eating a challenging and time-consuming activity. Standard utensils require users to maintain a steady, level wrist, which may not be feasible for everyone.

These utensils are engineered to eliminate that requirement. The rotating mechanism ensures the spoon or fork remains upright, minimizing spills and reducing the effort needed during meals. This innovation promotes greater independence for users.

Intended Users of Swivel Silverware

Swivel silverware is designed for individuals with:

- Tremors (e.g., Parkinson's disease)
- Limited wrist or hand mobility (arthritis, injury, age-related stiffness)
- Muscle weakness (such as multiple sclerosis, stroke, muscular dystrophy)
- Poor motor coordination (cerebral palsy, developmental disabilities)
- Restricted range of motion due to surgery, pain, or neurological conditions

It is also frequently utilized in:

- Rehabilitation settings, where patients are relearning fine motor skills
- Long-term care facilities supporting residents with mobility challenges
- Home care environments aimed at maintaining independent mealtime routines

The utensils are suitable for both children and adults who require assistance controlling utensil angles during meals.

Benefits of Swivel Silverware

Swivel utensils enhance mealtime experience in multiple ways:

1. Minimize Spills

The leveling feature keeps the utensil upright despite hand tilt, significantly reducing food drops.

2. Promote Independence

Users can self-feed with less assistance, fostering confidence and preserving autonomy.

3. Reduce Fine Motor Demands

Because the utensil adjusts automatically, there is less need for precise wrist movements, accommodating users with limited motor control.

4. Enhance Comfort during Meals

Eating becomes smoother and less stressful, contributing to a more positive emotional and nutritional experience.

5. Mechanical Simplicity

Compared to powered alternatives, swivel silverware operates through a straightforward mechanical joint. It is lightweight, cost-effective, durable, and easy to clean.

While a small innovation, swivel silverware offers meaningful support for individuals with mobility limitations. By compensating for tremors, weakness, or restricted movement, these utensils empower users to eat independently and with dignity. Whether utilized in home, clinical, or care settings, swivel silverware is a practical and thoughtful tool that helps preserve a fundamental human activity: enjoying a meal.

There are many variations and sets of swivel silverware for purchase. Amazon has the biggest selection with prices averaging \$25. Most pieces are around 6" x 1.5" and between 1-6 oz.

Compass IL offers the opportunity for individuals to borrow or try out items mentioned in our articles before making a purchase.

To learn more about this assistive device or other devices that can improve your independence, please contact Compass IL at 715-233-1070 or 800-228-3287. Our services are provided free of charge. However, we do not directly fund the purchase of assistive technology. Through the WisTech Assistive Technology Program, Compass IL provides a variety of services, including information on alternative financing options like WisLoan, Telework, and TEPP, upon request.

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Caregiver Support Groups

2026

Join our facilitators to learn about resources available and find a sense of community and understanding.

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Monthly Self-Care & Wellness

1st Tuesday of the month
12:00 p.m.-1:30 p.m.
ADRC Resource Room

Relatives Raising Children

2nd Thursday of the month
9:30 a.m.-11:00 a.m.
ADRC Resource Room

Exploring Dementia

2nd & 4th Mondays of the month
10:30 a.m.-12:00 p.m.
ADRC Resource Room

Caregiver Support Group

3rd Wednesday of the month
2:00 p.m.-3:30 p.m.
ADRC Resource Room

Virtual meeting options available.
Contact Casey at (715)808-3527.
>>>>>>>>



ADRC Resource Room
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3001 US Hwy 12 E,
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What: A Menomonie Community Choir that has been specifically designed to support and empower and build community for people living with dementia and their care partners. Vibrant Voices is a dementia-friendly space where NO singing experience is needed and joy in abundance.

When: Thursdays, from 1:00-2:15p.m. with a social time and refreshments after rehearsal.

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Veteran's Corner

Staff: Greg Quinn, Jessica Christianson, & Amy Lynch

Contact: 715-232-1646 or vet@co.dunn.wi.us.

Office hours: Monday-Friday / 8:00am-4:30pm



Happy 2026 from Your Veterans' Service Office Team!

COLA increase

The COLA increase for veterans in 2026 is confirmed to be 2.8%. The first payment reflecting this increase will be issued on January 1, 2026. This adjustment is based on the annual COLA set by the Social Security Administration. The increase applies to military retirees and disabled veterans.

Updates to dependents and addresses

January is a great time to check and possibly update VA information. To change your address, you may update it here in our office, online within VA.gov, or by calling Ask VA at 800-827-1000.



To add or remove dependents, you can complete VA Form 21-686c or VA Form 21P-509 here in our office, online or by mail. You'll need to provide proof of dependency status, such as marriage, birth, or death certificates. Dependent update forms should be submitted within 12 months of a qualifying event to ensure timely benefit updates. Any questions? Give us a call at 715-232-1646!

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Celebrating International Quality of Life Month



By Tracy Fischer, ADRC Manager for the ADRC of Dunn County

Every January, International Quality of Life Month serves as a reminder to focus on improving the well-being and living conditions of individuals around the world. Observed throughout the month, this awareness initiative encourages people to reflect on their own lives and the quality of life of those around them, while promoting actions that contribute to better health, happiness, and fulfillment.

The concept of "quality of life" encompasses a wide range of factors that contribute to an individual's overall sense of well-being, including physical and mental health, access to essential services, safety,

education, and economic stability. It goes beyond material wealth and income to focus on happiness, life satisfaction, personal relationships, and the ability to enjoy life's simple pleasures.



The month-long observance highlights the importance of addressing issues that impact quality of life on a global scale, including poverty, healthcare access, environmental concerns, and social equality. It also emphasizes the need for personal growth, well-being, and making positive changes to achieve a balanced and fulfilling life.

International Quality of Life Month is an opportunity to raise awareness about mental and physical health challenges and encourage people to take proactive steps towards self-care. Whether through exercise, mindfulness, or social connection, the month encourages practices that promote mental clarity, emotional health, and physical vitality.

By supporting initiatives that aim to improve access to healthcare, reduce poverty, and encourage positive lifestyle choices, people around the world can collectively contribute to elevating the overall quality of life for all. This observance serves as a call to action to build a world where everyone has the opportunity to live a healthy, happy, and prosperous life.

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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 - 2:30 pm

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121 Main Street - Colfax

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



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Wednesday's Table

Wednesdays from 5:00-6:00 PM

Christ Lutheran Church

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In Person Dining & To Go



Tuesday's Table

Tuesdays from 5:00-6:00 PM

St. Joseph's Church

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(lower level)

In Person Dining

Thursday's Table

Thursdays from 5:00-6:00 PM

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United Church of Christ

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Creative Caregiver

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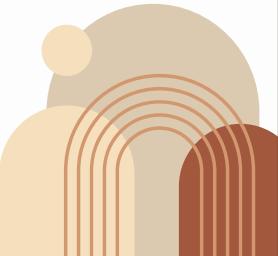
3rd Wednesday of the Month

2:00pm-3:30pm

ADRC Resource Room
3001 US Hwy 12 E., Suite 160
Menomonie, WI 54751

The caregiver support group is a safe and confidential gathering of people who are in a similar situation. They meet to give and receive help, advice, friendship and emotional support. Participants also gain knowledge of local resources and other issues related to their situation.

Call Casey at 715-308-3527 for more information or any questions.



Relatives Raising Children Support Group



2nd Thursday of the month

9:30 am-11:00 am

ADRC Resource Room
3001 US Hwy 12 E, Suite 160
Menomonie, WI

A confidential space for grandparents and other relatives raising children. Meet and connect with other caregivers, develop a network of support, and be heard by others with shared experiences.

The Relative Caregiver Program provides information, support, and other resources to help grandparents and other older relatives who have taken on the responsibility of surrogate parenting due to the absence of the parents.

Contact Casey at (715)308-3527 with any questions or for more information.



Virtual Dementia Support Groups



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For Caregivers of someone living with dementia:

Monday Coffee Connect - Every Monday 10-11 am.

Contact Kelsey at kflock@lacrossecounty.org

Monday DISH - 1st Monday of the month 7-8pm.

Contact Carla at cberscheit@chipewacountywi.gov

Circle of Support - 3rd Tuesday of the month 2-3pm.

Contact Teresa at teresa.gander@vernoncountywi.gov

Evening Conversations - 2nd Thursday of the month 7:00-8:00pm.

Contact Teresa at teresa.gander@vernoncountywi.gov

Minds & Voices - 2nd Wednesday of the month, 10:30 - 11:30am

contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us

Lewy Body Dementia Caregiver Support Group - 2nd & 4th

Wednesday of each month 1:30-3:30pm.

Contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us

Friday Support - Every Friday morning 9-10am.

Contact Karen at karen.tennyson@co.rock.wi.us

Third Wednesday - Third Wednesday of the month 6:30 - 7:30 pm

contact Tricia at tricia.rotering@co.trempealeau.wi.us

For those living with MCI or early stage dementia

Conversations - 1st & 3rd Wednesday of the month, 10:30 am - noon
contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us

How to Trip- and Fall-Proof Your Home for Elderly Loved Ones

Creating a safer living environment for an older adult doesn't require a full renovation—just thoughtful adjustments to reduce hazards and improve mobility. Falls are one of the most common causes of injury among seniors, but many of the risks can be significantly reduced with careful planning. Here are practical ways to trip- and fall-proof a home and help your loved ones maintain independence and confidence.

1. Start With a Clear, Uncluttered Pathway

One of the simplest yet most effective steps is removing everyday clutter. Shoes, loose papers, small décor items, and stacks of magazines can create dangerous obstacles. Aim for wide, clear walking paths through all main areas, especially hallways and the route between the bedroom and bathroom. If the home has pets, consider using gates or designated pet areas to prevent unexpected obstacles underfoot.



2. Secure or Remove Loose Rugs

Rugs may be decorative, but they can easily slide or curl at the edges, creating a major tripping hazard. If rugs must stay, use non-slip backing or rug-gripping pads to keep them firmly in place. High-pile, thick, or fringed rugs are especially risky and should be removed when possible.

3. Improve Lighting Throughout the Home

Many falls occur simply because an older adult couldn't see an obstacle clearly. Bright, consistent lighting can greatly improve safety. Replace dim bulbs with brighter LEDs, add night-lights in hallways and bathrooms, and consider motion-activated lights for convenience. Pay special attention to stairways, entryways, and transition areas between rooms, where shadows tend to create hidden risks.

4. Reorganize Frequently Used Items

Reaching for objects on high shelves or bending low for heavy items increases the risk of imbalance. Rearrange cabinets, closets, and kitchen areas so that everyday items—medications, dishes, cleaning supplies, clothing—are at an easy-to-reach height. This reduces unnecessary stretching and makes daily living more manageable.

5. Add Supportive Handrails and Grab Bars

Handrails and grab bars provide stability where balance is most often challenged. Install sturdy handrails on both sides of staircases and consider adding grab bars in bathrooms, especially near toilets and inside showers or tubs. These simple additions help prevent slips on wet surfaces and provide steady support when standing up or moving around.

6. Make Bathroom Safety a Priority

Bathrooms are common fall zones due to moisture and hard surfaces. Non-slip mats inside and outside the tub, raised toilet seats, and shower chairs can make a significant difference. Ensure towel racks are not used as substitute grab bars—only safety-rated equipment should support weight.

7. Check Furniture Layout and Height

Furniture that is too low, too soft, or oddly positioned can make sitting and standing difficult. Arrange seating so there is enough room to move easily, and choose chairs with firm cushions and stable armrests. Avoid furniture with sharp corners or unstable legs.

8. Ensure Proper Footwear Indoors

Encourage the use of supportive, non-slip shoes indoors instead of slippers or socks. This simple change greatly improves traction on smooth flooring.

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4	Grief Support Group Menomonie Senior Center 12:00pm	5	6	7	8 Relatives Raising Children ADRC Resource Room 9:30am 	9 National Law Enforcement Day
11 National Milk Day	Exploring Dementia ADRC Resource Room 10:30am Grief Support Group Menomonie Senior Center 12:00pm	12	13	14	15 National Hat Day 	16 NATIONAL NOTHING DAY JANUARY 16
18	 ADRC Closed	19	20	21	22 National Hot Sauce Day 	23 24
25	Exploring Dementia ADRC Resource Room 10:30am Grief Support Group Menomonie Senior Center 12:00pm	26	27	28 Medicare and You ADRC Resource Room 2:30pm Please call to Register.	29 National Puzzle Day 	30 31 National Hot Chocolate Day

The ADRC Resource Room is located in the Aging and Disability Resource Center at 3001 US Hwy 12 E, Suite 160, Menomonie WI.
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A heartfelt thank you to the Chippewa Valley Dementia Coalition for the generous grant that helped launch Creative Caregivers. Your support makes this program possible.



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www.co.dunn.wi.us/adrc

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What to Do After Visiting Elderly Loved Ones for the Holidays and Realizing Changes Are Needed

By Shelley Krupa, Business Operations Coordinator at Lake Hallie Memory Care

Post-holidays are a common time for the feelings of concerns about a loved one and their safety to pop up to keep you and your family wondering, "What are the next steps if this happens to Nana?" It's an opportune time to look for the options and start your planning before it's too late. May your family's story be like this wise granddaughter who recognized signs in time to help her grandmother.



I didn't expect the moment to hit me as hard as it did. It was the day after Christmas, and I was helping my grandmother put away leftovers. She moved slowly—much slower than last year—and at one point, she reached for a dish on the counter and lost her balance just enough for my heart to stop. She caught herself, brushed it off with a laugh, and insisted she was "just a little tired." But I knew. That tiny wobble felt like a flashing red light. During that visit, I saw what I had, during previous visits, been too busy to notice: bills stacked on the table, expired food in the fridge, and a loneliness that hung in the air heavier than I remembered.

Driving home, I realized change wasn't optional anymore—it was necessary. And like so many families after the holidays, I found myself wondering what steps to take next.

The first step is acknowledging what you observed, even if it feels uncomfortable. In my case, I listed everything from mobility concerns to signs of forgetfulness. Writing these observations down helped me separate emotion from facts. It also prepared me for conversations with family members who hadn't been there to see what I saw.

Next, I scheduled a health checkup for my grandmother, framing it as a routine visit rather than a reaction to worry. Many aging adults resist the idea that anything is changing, so approaching this gently matters. A doctor's evaluation can uncover issues families aren't trained to notice—early cognitive decline, medication mismanagement, hearing or vision changes, or fall risks. That appointment became one of the most important steps we took because it gave us clarity.

I also realized how risky her home environment had become, which led to the third step: making practical safety modifications. In her story, that meant installing grab bars, adding brighter lighting, and clearing cluttered pathways. For other families, it may mean reviewing smoke

detectors, removing throw rugs, or setting up a medical alert system. These simple adjustments can drastically reduce the chances of an accident.

Another issue that became obvious was the growing isolation she felt. So the next step was building a support network. I reached out to neighbors, church members, and a local senior program to create a circle of connection. Whether it's arranging weekly visits, hiring part-time help, or setting up meal deliveries, consistent social engagement and support can transform both safety and emotional well-being.

Finally, I learned the importance of initiating compassionate conversations. Instead of telling my grandmother what had to change, I shared what I felt during that moment in the kitchen. I told her I wanted her to stay independent for as long as possible—and that taking a few steps together could make that happen. When older loved ones feel included rather than managed, they're much more open to accepting help.

The holidays reveal what everyday routine hides. If you left your visit feeling uneasy, trust that instinct. Use what you saw as the starting point for action, support, and meaningful change that keeps your loved one safe while preserving their dignity.



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Winter Safety Tips for Seniors: Driving With Care

As the days get shorter and the roads get icy, it's time to brush up on important winter safety tips for seniors. While the winter season may be full of family, friends and food, it also brings weather concerns, which can make it more complicated to get out of the house, especially when you're the one driving.

Snow, ice, sleet and cold temperatures create new and potentially dangerous challenges for senior drivers. Seniors who rely on their own vehicles for transportation should be aware that driving in winter weather requires additional safety measures and extra care.



Winter Safety Tips: Eight Considerations

Because driving abilities change with age, senior drivers should be prepared to take some extra precautions to help them drive safely in harsh weather conditions. These tips will help both seniors and those traveling with elderly parents keep safe through the winter months.

1. Winterize Your Vehicle - Give your vehicle a little extra care during the winter months. Make sure that your brakes, headlights and windshield wipers are working properly. Ensure visibility by checking car mirrors and external cameras.

Also, check on the antifreeze levels, oil levels and tires. It is important, especially for seniors, that the heater and defroster are fully functioning as seniors are more susceptible to the frigid winter temperatures.

2. Check Weather Conditions - Before you leave the house, always remember to check the weather conditions in your area. In times of extreme weather like sleet or heavy snowfall, you may want to delay your trip. For necessary trips, you can also make alternative arrangements like scheduling a car service.

3. Always Have a Full Tank of Gas - There is nothing worse than running out of gas when it's freezing cold and snowing outside. Keep your gas tank full during the winter months to avoid harmful condensation forming inside your gas tank and freezing in the fuel line. It may be pricey to keep your tank full, but it is less expensive than towing and repairs to frozen fuel lines.

4. Dress Warm - When leaving the house, dress as if you'll be outdoors without the luxury of a car heater. Remember your winter coat, thick socks, gloves and a hat. While this may seem unnecessary while in the comfort of your car, it's helpful in emergencies if your car breaks down and the heater no longer works.

5. Avoid Rush Hour and Back Roads - During heavy traffic periods, there are more people on the road and higher chances for traffic accidents. If you must go out during rush hour, be aware of black ice and traffic jams. If the roads are bad, avoid using back roads and shortcuts. Because there are fewer cars on the road, they are less likely to be plowed or salted and may be more dangerous than well-traveled roads.

6. Drive With Extra Caution - During extreme weather, remember to adjust your speed and avoid sudden movements like turns or braking; these can cause skidding.

Increase your following distance to provide extra time for braking. Finally, use your headlights and always wear any necessary eyeglasses or sunglasses to improve visibility.

7. Travel With a Companion - Having a travel companion can be great during the winter months. Not only do they keep you awake and aware, but senior travel companions can also help you to navigate the slippery roads and get through heavy traffic.

If you don't have someone to travel with in bad winter weather, make sure that someone knows where you're going and that you have a charged cell phone with you in case of an emergency.

8. Prepare for an Emergency - Emergency preparedness is paramount in ensuring your safety. If you're traveling during the winter months, especially for an extended period of time, it is helpful to be over-prepared. Put together an emergency kit to store in the trunk of your car, including (but not limited to):

- A blanket
- Food and water
- A flashlight with extra batteries
- A first-aid kit
- Jumper cables
- An ice scraper
- Sand, salt or non-clumping kitty litter to provide extra tire traction
- Extra clothing, boots and gloves
- A charged cell phone and charging cable

Final Winter Safety Tips

This winter, take your time driving when the roads are snowy and slick. If you don't feel comfortable driving in the winter weather don't hesitate to ask for help. Winter weather can be challenging for senior drivers, but if you plan accordingly and are aware of the dangerous conditions, you can arrive safely at your destination.

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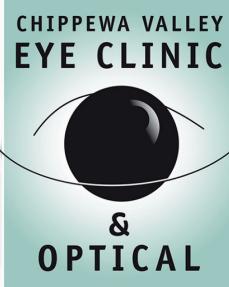
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