



AUGUST 2026

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Summer Heat Safety: Helping Older Adults Stay Safe This Summer



By: Bronson Stelzer, Dementia Care Specialist

Summer brings sunshine, family gatherings, and time outdoors, but it also brings higher temperatures that can be dangerous, especially for older adults and individuals living with dementia.

A few simple steps can make a big difference:

- **Drink water throughout the day.** Many older adults don't feel thirsty even when they need fluids, so make hydration a daily habit.
- **Plan activities wisely.** Schedule walks, appointments, yard work, and errands during the cooler morning or evening hours. Limit time outdoors during the hottest part of the day, typically between 11 a.m. and 4 p.m.
- **Keep cool before you travel.** Start your vehicle a few minutes before leaving to allow the air conditioning to cool the vehicle.
- **Check on family, friends, and neighbors.** A quick phone call or visit can ensure they are staying cool, drinking enough water, and feeling well.
- **Know where to cool off.** If your home becomes too warm, consider spending time at an air-conditioned location such as a local library, community building, or other designated cooling center. During periods of extreme heat, locations like the Chippewa Falls YMCA may serve as cooling centers, and additional locations are often announced through Wisconsin 2-1-1. (211 Wisconsin)

Watch for signs of heat-related illness, including dizziness, confusion, headache, nausea, weakness, or excessive fatigue. If these symptoms occur, move to a cooler place, drink water if appropriate, and seek medical attention if symptoms worsen.

A little preparation goes a long way. By staying hydrated, avoiding peak afternoon heat, and checking in on one another, we can help everyone enjoy a safe and healthy summer.



Dementia Care Specialist Tip of the Month

Carry a reusable water bottle wherever you go. Taking a few sips every 15-20 minutes can help prevent dehydration before you even feel thirsty. Water fill up stations are typically available throughout Chippewa County in many parks, public buildings, libraries and community facilities, making it easy to stay hydrated while you're on the go.

Find us at
seniorreviewnewspapers.com

Staff Spotlight: Stephanie

Hello, my name is Stephanie Rasmussen, and I am the Disability Benefit Specialist for the ADRC of Chippewa County. I started this position in 2022 on my favorite holiday (Halloween)! My husband and I live in the Valley with our amazing fur babies; a Jack Russell Terroir named Mylo, and a tortoiseshell (tortie) cat named Nova.



The role of the Disability Benefit Specialist is to be an advocate for those ages 17.5-59 specifically when it comes to understanding their benefits and/or with any benefit related issues they may be having. I understand that navigating Social Security disability, Medicare, and Medicaid can be very complex and am happy to help you understand the programs and benefits more or solve a problem you may be facing. Some of the common problems I can help you with are applying for and/or appealing Social Security, appealing your Social Security overpayment, comparing your Medicare options, and completing a benefit check-up or review. I can help Chippewa County residents determine the benefits they are eligible for and explain and/or assist with any necessary paperwork too! There is no charge for Disability Benefit Specialist Services.

Visit our website at www.chippewacountywi.gov/adrc and click on the “Disability Benefits” page for more information about what a Disability Benefit Specialist can help with.

Chippewa Valley Grief Support Group

If someone you love or care deeply about has died (spouse, partner, parent, child, friend, colleague), you may feel a need to discuss your feelings, thoughts and concerns with others in the same situation.



You may do so with the Chippewa Valley Grief Support Group, located at Central Lutheran Church, 28 E. Columbia Street, Chippewa Falls, WI. Our group meets on the Second and Fourth Monday of every month, at 3:00-4:30 p.m.

This group is led by well-trained volunteers who have themselves gone through the grieving process. The group is open-ended, meaning you may come for as long as you feel the need, from one time to over a year. There is no fee.

For more information, call Ron at 715-797-3817 (rpottere@gmail.com) or Wendy (715-208-0003).

The ADRC is Online!

Subscribe for FREE to get this eNewsletter emailed to you each month at www.chippewacountywi.gov/adrc or scan the QR code below. You can always pick up this free newspaper at most local grocery stores, or pay \$16/year for a mailed subscription. **Call the ADRC at 715-726-7777.**

Website	Resource Guide	Facebook	Events	Leave Us a Review	eNewsletter
					

Aging and Disability Resource Center (ADRC) Staff ... *Your Bridge to Support!*

- | | | |
|---|--|--|
| <ul style="list-style-type: none">• ADRC Manager – Sarah Zielke• Administrative Assistants – Renee Price, Carmen Olson, Karen Herbison• Benefit Specialist Assistant – Breanna Schemenauer• Dementia Care Specialist – Bronson Stelzer | <ul style="list-style-type: none">• Disability Benefit Specialist – Stephanie Rasmussen• Elder Benefit Specialist – Cory Miller• Nutrition & Transportation Programs Supervisor – Kayla Colbenson• Nutrition Program Assistants – Jason Kolano, Jen Buckley | <ul style="list-style-type: none">• Nutrition Site Aides – Sue Barnum, Linda Felmlee, Cindy Sarazen, Ann Mueller, Cindy Irish, Vicky Steinmetz• Options Counselors – Sarah Hedlund, Erika Stevens, Jessica Gibson, Libby Leinenkugel, Brittany Lofquist |
|---|--|--|

Aging and 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.

There is No Place Like Home

By Ken Anderson, themayberryguru@gmail.com

For many people, summer means vacations and travel to exciting places. However, for me, summer truly means appreciating home. Throughout our 56 years of marriage, my wife and I have taken several long trips, but we have always found ourselves eager to return home. We value the comfort and familiarity of being in our own surroundings and among friends. While we always enjoyed our travels, the best part was always coming home.

I have lived in six communities since my family moved to Dorchester in 1951, and all of them have been in Wisconsin. All but one of these communities had fewer than 1000 people. It was my choice to live in small towns and to always stay in Wisconsin. There is no other place in the world where I would rather live. To me, there truly is "No Place Like Home".

"There is no place like home" is a very familiar saying. It means your own home is the best and most comfortable place in the world. No matter how nice other places are, nothing beats the safety and familiarity of where you live.



On April 1, 1968, Andy Griffith left The Andy Griffith Show. As a result, the writers had Andy move to Raleigh, where he got a more important job. However, on April 13, 1986, Andy moved back to Mayberry in the movie Return to Mayberry. It was the heartwarming story of Andy returning to his beloved Mayberry after being gone for so many years.

Most people are very familiar with the classic movie The Wizard of Oz. Dorothy is caught up in a tornado and ends up in the magical land of Oz. All she wants to do is go back home to Kansas. After all her exciting exploits seeking her way home, she finally discovered that

all she had to do was click her shoes together three times and say, "There is no place like home."

In 1989 the movie No Place Like Home told the story of a family who lost their house. The movie shows their struggles as they try to stay together while living in a homeless shelter. All they want to do is go back home again and have their lives the way they once were.

Save The Date

Friday, October 16, 2026



Speakers
Vendors
Food
Friends

Contact
Cardinal Community Learning Center
for more information
715.720.3749

Registration is
Required
Begins on
October 1st

EVENT SPONSORS:

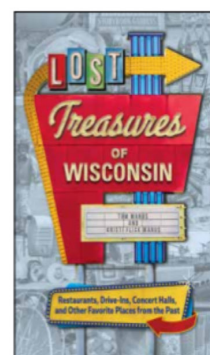


Assisted Living Advisors
Aveanna Home Health
Compass IL
Chippewa Falls Public Library
Dove Healthcare
Grace Lutheran Communities

Heritage Senior Living
Pederson Volker Funeral Chapel & Cremation Service
Senior Medicare Patrol
St Croix Hospice
TMG

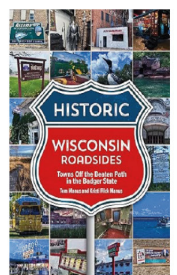
Lost Treasures of Wisconsin

AUTHOR TRAVELPROGRAM



Eau Claire authors and travel writers Tom and Kristi Manus talk about their latest book, *Lost Treasures of Wisconsin*.

The couple has been featured on TV and radio stations across the Midwest, including WGN Chicago and NPR. Books will be available for purchase and signing.



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For more information visit us at 1519 17th Ave.,
online at bloomerpubliclibrary.org or call 715-568-2384.

What are Short-term and Long-term Disability and How Do I know if I Qualify?



Submitted by: Stephanie Rasmussen,
Disability Benefit Specialist

Short-term and Long-term disability are income insurances intended to replace a significant portion of your earned income through periodic payments while you are disabled either from sickness or injury. These benefits provide either monthly or weekly payments of a specified amount during a period of disability.

There are two types of disability insurance benefits.

- **Short-term Disability** covers a portion of your income for a short period of time, typically from three to six months following a disability. The specific time period and percentage of replaced income vary by policy.
- **Long-term Disability** coverage typically begins after you have been disabled and unable to work for at least six months. It can extend for a specified number of years or until you retire or reach the age of 65, depending on the policy.

Some points to check are:

- What is the policies definition of disability? Does it cover both injury and sickness? Is it for partial or total disability? Is it defined as inability to perform your current occupation or as inability to perform any occupation of which you are capable?
- When does coverage begin? Is it different for injury and sickness?
- How long will benefits be paid? What is the weekly or monthly benefit?
- How much of your income will be replaced?
- Will it automatically renew or continue?



Disability insurance income policies may specify that income benefits will not be paid to a disabled person if the disability results from certain causes. Check the policy for any exclusions or limitations that might apply. If you have any questions, ask your human resources department.

Wisconsin SMP

SCAM SPOTLIGHT

Excessive or Unnecessary Tests and Services

MORE IS NOT ALWAYS BETTER

Medicare pays for services that are **medically necessary** to diagnose or treat a medical condition.

When providers order excessive or unnecessary tests, services, or equipment, it can be Medicare fraud.

Examples of Unnecessary Services May Include:

- Ordering tests that are not needed
- Frequent visits without medical reason
- Providing equipment the patient did not need
- Unnecessary procedures or treatments
- Billing for therapy or home health visits that are not needed

REAL-LIFE EXAMPLES OF THIS FORM OF MEDICARE FRAUD

UNNECESSARY GENETIC TESTING

Beneficiaries are offered "free" genetic or cancer screening tests that are not medically necessary. Medicare is billed thousands of dollars for tests they did not need.

EXCESSIVE DURABLE MEDICAL EQUIPMENT (DME)

Suppliers send equipment or supplies you did not ask for or need—such as braces or catheters—and bill Medicare every month.

UNNECESSARY HOME HEALTH OR THERAPY

Providers may continue therapy or home health visits longer than needed and bill Medicare even when not medically justified.

FREQUENT DIAGNOSTIC TESTING

Clinics may order expensive tests—such as nerve tests, ultrasounds, or cardiac screenings—without a clear medical need.

WARNING SIGNS

Be cautious if:

- You are offered "free" tests or equipment
- A provider pressures you into services you do not understand
- You receive supplies you did not order
- Your Medicare Summary Notice lists services you don't recognize
- You are told Medicare "covers everything" without explanation
- A provider asks you to sign blank forms or paperwork

HOW TO PROTECT YOURSELF

- ✓ Review your Medicare Summary Notices (MSNs) regularly.
- ✓ Ask questions about tests, treatments, or equipment.
- ✓ Talk with your primary doctor before agreeing to unfamiliar services.
- ✓ Keep records of appointments and equipment received.
- ✓ Report suspicious billing or services.

If something doesn't seem right, trust your instincts and speak up.

Asking questions can help stop fraud and protect your health and Medicare benefits.

To report suspected Medicare Fraud, Errors, or Abuse contact Wisconsin SMP: 800-818-2611 or Email address: smp-wi@gwaar.org

This project was supported, in part, by grant number 90MPPG0102, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

The Aging and Disability Resource Center of Chippewa County Presents

Medicare & You Classes

Free 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.

Upcoming Second Wednesdays at 1:00 PM - 3:00 PM | Chippewa Courthouse

SHIP
State Health Insurance Assistance Program
Navigating Medicare

This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,061,673 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

Registration Required (3 ways)

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

In person and Virtual attendance are offered. See our website for the full schedule.

Get \$25 to Spend at Local Farmers Markets

Senior Farmers Market Voucher Program

Each year, the Senior Farmers Market Nutrition Program—funded through the federal Farm Bill and administered by the State of Wisconsin—helps older adults access fresh, locally grown produce.



In Chippewa County, the Aging and Disability Resource Center (ADRC) distributes \$25 vouchers to eligible, low-income seniors. These vouchers can be used at local farmers' markets and farm stands to purchase fresh fruits and vegetables.

Best of all, farmers receive 100% of the voucher value—supporting local agriculture while helping bring new customers to the market.

Who is eligible?

You must meet all of the following:

- Be a Chippewa County resident (or apply in your county of residence)
- Be age 60 or older (age 55 or older for Native Americans)
- Have a gross monthly household income at or below:
 - \$2,460.50 for a one-person household
 - \$3,336.16 for a two-person household (add in any deducted Medicare premiums)

Note: This is not limited to 1/household. Anyone in the house that's eligible can apply for their own set of vouchers.

How to apply

Applications open June 1, first-come, first-served basis:

- **Online:**
www.chippewacountywi.gov/adrc or scan the code
- **By mail:** Call 715-726-7777 to request an application
- **In person:** **ADRC of Chippewa County (Courthouse)**, Monday through Thursday, from 7:30 am to 4:30 pm, and Fridays, from 7:30 am to 11:30 am
- **Print:** Download from our website

Scan the code with your camera for the online application June 1st



Other ways to save at the market

If you're not eligible, you may still be able to stretch your food dollars. Many markets offer "Market Match," which doubles FoodShare benefits—for example, spend \$10 and receive \$20 to use at the market. Contact the ADRC for participating locations.

The WIC Farmers' Market Nutrition Program is also available for eligible WIC participants who are pregnant, postpartum, or have a child at least 9 months old. Contact your local WIC office for details.

This institution is an equal opportunity provider.



CHIPPEWA VALLEY GRIEF SUPPORT GROUP

For individuals dealing with the death of a loved one: spouse, partner, child, parent, friend, colleague. Share feelings, thoughts and concerns.

If someone you love or care deeply about has died, you may feel a need to discuss your feelings, thoughts and concerns with others in the same situation. You may do so with the **Chippewa Valley Grief Support Group**. Our group meets on the Second and Fourth Monday of every month. This group is led by well-trained volunteers who have themselves gone through the grieving process. The group is open-ended, meaning you may come for as long as you feel the need, from one time to over a year. There is no fee.

This is a volunteer support group and not intended for therapy purposes

Chippewa Valley Grief Support Group

Second and Fourth Monday every month

3:00 – 4:30 PM

No Fee

LOCATION:

Central Lutheran Church
28 E. Columbia Street
Chippewa Falls, WI

Contacts:

Ron: 715-797-3817
rpottore@gmail.com

Wendy: 715-208-0003

FREE: Power of Attorney Clinic



Why everyone 18 and older should have a POA

Did you know that **Wisconsin doesn't recognize relatives** as automatic decision makers when someone is incapacitated?

Completing a POA is a gift to your family and friends because they won't be left wondering what you would like.

You can save money by avoiding the need for court-appointed guardianship.

Attend a FREE event where knowledgeable staff from Chippewa County DHS will provide unbiased information on the POA for Health Care and POA for Finance.

Please plan to attend the entire presentation. No registration required.

Save the 2026 dates!

- Tuesday, February 3
 - 10:00 – 11:30 am
- Wednesday, April 8
 - 3:00 pm – 4:30 pm
- Tuesday, June 2
 - 10:00 – 11:30 am
- Wednesday, August 12
 - 3:00 pm – 4:30 pm
- Tuesday, October 6
 - 10:00 – 11:30 am
- Wednesday, December 9
 - 3:00 pm – 4:30 pm

Chippewa County Courthouse
Third Floor Conference Room – 302

For questions, contact the ADRC.
715- 726-7777 or find more info online:
www.chippewacountywi.gov/ADRC/events



Veteran Benefit Information and News

By: Peter Johnston Veterans Service Director

Understanding VA Caregiver Support Programs

Providing care for a veteran can be both meaningful and demanding, particularly as veterans age or experience disabilities. Family members and friends often play a vital role in helping veterans maintain their independence by assisting with daily activities, coordinating medical care, managing medications, and providing ongoing emotional support. The U.S. Department of Veterans Affairs (VA) offers several caregiver support programs designed to enhance the well-being of both veterans and those who care for them.

The VA Caregiver Support Program offers education, guidance, and access to valuable resources for caregivers. Depending on the veteran's eligibility, additional services may also be available, including:

- **Caregiver Support Program:** Individualized assistance from a VA Caregiver Support Coordinator, caregiver education, training, and support groups.
- **Program of Comprehensive Assistance for Family Caregivers (PCAFC):** For eligible caregivers, this program may provide a monthly stipend, respite care, caregiver training, mental health services, and health care coverage.
- **Homemaker and Home Health Aide Services:** Assistance with personal care, meal preparation, light housekeeping, and other activities of daily living.
- **Respite Care:** Temporary relief for caregivers through in-home services, adult day health programs, or short-term residential care.

- **Adult Day Health Care:** Structured daytime programs that offer nursing care, rehabilitation services, meals, and social activities in a supervised setting.

These programs are intended to support caregivers while helping veterans remain safely and comfortably in their homes whenever possible. Eligibility requirements vary based on the veteran's service history, disability status, and health care needs. A VA Caregiver Support Coordinator can help determine which services may be available and guide families through the application process.

For additional information or assistance navigating VA caregiver benefits, please contact the **Chippewa County Veterans Service Office**. Our staff is available to help veterans, caregivers, and family members understand available programs and connect them with the benefits they have earned. The office can be reached at **715-726-7990** or by email at veterans@chippewacountywi.gov.



Events:

Chippewa County Veterans Service Office Outreach
Bloomer Library
August 11 from 11:30 am to 1 pm

DEMENTIA P.A.C.T.

Positive & Assertive Caregiver Training



JOIN USE FOR FREE QUARTERLY TRAININGS TO INCREASE YOUR SKILLS AS A CAREGIVER.
ALL TRAININGS WILL BE HELD AT
ASPIRUS STANLEY HOSPITAL FROM 10AM - 11:30AM

COPING SKILLS FOR CAREGIVERS **FEBRUARY 10**

Caregiving can take a toll. Learn practical strategies to care for yourself while caring for others

DICE APPROACH TO DEMENTIA **AUGUST 11**

Sometimes people with dementia can have behaviors related to their brain changes. Learn practical strategies to manage them.

DEMENTIA LIVE **MAY 12**

Have you ever wondered what it might feel like to have dementia? Come and check out our dementia simulation!

DEMENTIA & HOME SAFETY **NOVEMBER 10**

Learn how tech and high tech devices that can help keep your loved one safe at home.

Join Hannah Quicker, Dementia Care Specialist to gain knowledge, understanding and resources.



Attend some or all of the trainings

Registration is required



715-644-6153

Diane.Finn@aspirus.org

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Supporting Healthy Aging From the Inside Out: Why Gut Health Matters

by WIHA Wisconsin Institute for Healthy Aging

Protecting our health often means focusing on heart health, mobility, memory, and independence. But one powerful and often overlooked factor connects them all: gut health.

The gut microbiome – the trillions of bacteria living in our digestive tract – plays a critical role in digestion, immune function, inflammation regulation, metabolism, and even brain health. A diverse and balanced gut microbiome helps regulate blood sugar, supports cardiovascular and immune health, and keeps your digestive system working well. This is very important as we age. Chronic inflammation and metabolic imbalances are key drivers of many chronic conditions. A healthy gut can help reduce inflammation, strengthen the immune system, and support metabolic health – all essential for maintaining resilience and independence.

How Whole, Minimally Processed Foods Help

One of the simplest and most effective ways to support gut health is to eat whole, minimally processed foods. Highly processed foods are often low in fiber and high in added sugars and refined ingredients. Research has linked high consumption of ultra-processed foods with increased risk of cardiovascular disease and other chronic conditions. Whole foods provide the fiber and nutrients that feed beneficial gut bacteria and help your microbiome thrive.

Key Takeaways for Healthy Aging

- **Eat a variety of whole foods:** Vegetables, fruits, whole grains, lean proteins (like fish, chicken or turkey breasts, eggs, tofu, and/or legumes), and healthy fats (such as olive oil, avocado, nuts, and some dairy) support a diverse and healthy gut microbiome.
- **Choose balanced dietary patterns:** Overall eating patterns support gut health better than focusing on single “superfoods” or supplements.
- **Minimize ultra-processed foods:** Packaged and highly processed foods can reduce microbial diversity and promote inflammation.

- **Each person has unique food preferences and potential sensitivities:** It is helpful to explore what is best for your individual health by working with a dietician in order to determine your unique situation and dietary requirements.



Dietary patterns rich in whole, minimally processed foods are consistently associated with lower risk of heart disease, diabetes, and other chronic conditions – all central to healthy aging.

Bottom Line

Healthy aging isn't just about adding years to life – it's about adding life to years. While each person has unique nutritional needs, nourishing your gut with whole, minimally processed foods is a simple, practical, evidence-based step toward staying active, engaged, and independent.



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- 2 LED TVs
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Lake Hallie Memory Care

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of Exceptional Care**



 **715-738-0011**

  **@MemoryCarePartners**

Virtual tour available at: LakeHallieMemoryCare.com

Sweet Corn Spotlight

A Tasty Summer Favorite with Healthy Benefits

Nothing says summer quite like fresh sweet corn! Whether you enjoy it on the cob, in a salad, or added to soup, sweet corn is a delicious way to add flavor and nutrition to your meals.



Why Sweet Corn Is Good for You

Sweet corn is packed with nutrients that support healthy aging. One medium ear of sweet corn provides approximately:

- Calories: 90–100
- Carbohydrates: 21 grams
- Fiber: 2–3 grams
- Protein: 3 grams
- Fat: 1–2 grams

Important Nutrients

Fiber

- Supports healthy digestion.
- Helps you feel full longer.
- May help manage cholesterol levels.

Vitamin C

- Supports the immune system.
- Helps the body heal wounds.
- Acts as an antioxidant to protect cells.

Lutein & Zeaxanthin

- Natural plant compounds that help protect eye health.
- May reduce the risk of age-related vision problems.

Potassium

- Helps maintain healthy blood pressure.
- Supports muscle and nerve function.

B Vitamins

- Help your body turn food into energy.
- Support healthy brain and nervous system function.

Healthy Ways to Enjoy Sweet Corn

- Grill or boil corn without adding too much butter.
- Sprinkle with herbs, pepper, or a squeeze of lime.
- Add kernels to salads, soups, salsa, or whole-grain pasta dishes.
- Mix corn with black beans, tomatoes, and avocado for a colorful side dish.

Shopping & Storage Tips

- Choose ears with bright green husks and fresh-looking silk.
- Store corn in the refrigerator and enjoy within 1–2 days for the sweetest flavor.
- Fresh, frozen, and no-salt-added canned corn are all nutritious choices.

Did You Know?

Sweet corn is considered a whole grain when eaten as a fresh vegetable, making it a unique food that provides both vegetables and whole-grain nutrition.

Healthy Reminder

If you have diabetes, enjoy sweet corn as part of a balanced meal. Pair it with lean protein (such as chicken or fish) and plenty of non-starchy vegetables to help maintain steady blood sugar levels.

Recipe Idea: Fresh Summer Corn Salad

Ingredients

- 2 cups cooked sweet corn kernels
- 1 cup cherry tomatoes, halved
- ½ cucumber, diced
- 2 tablespoons chopped fresh basil
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Black pepper to taste



Directions:

Combine all ingredients, toss gently, and chill before serving. Enjoy as a refreshing side dish with grilled chicken or fish.

SENIOR

FARMERS

Market Nutrition Program



ADRC
Aging and Disability Resource Center
of Chippewa County

THANKS TO THE FEDERAL FARM BILL, THE ADRC PROVIDES ELIGIBLE SENIORS WITH **\$25 VOUCHERS** BEGINNING JUNE 1 TO PURCHASE FRESH PRODUCE AT LOCAL FARMERS' MARKETS.

60+ YEARS OLD
55 IF NATIVE AMERICAN

APPLY ONLINE & OTHER WAYS:
WWW.CHIPPEWACOUNTYWI.GOV/ADRC

UNDER INCOME LIMITS
185% FPL

FIRST COME FIRST SERVE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

**VOLUNTEERS
NEEDED!**



Volunteers Needed for Meals on Wheels!

Make a difference in your community—one meal at a time. We're looking for caring volunteers to help deliver nutritious meals to homebound seniors. Just a little of your time can brighten someone's day and help them remain independent.

Mileage reimbursement is available.

Join our team today and help deliver more than a meal—you'll deliver a smile!

Apply online at chippewacountywi.gov or visit the Volunteer Opportunities page to get started.



PRESERVING YOUR HARVEST WORKSHOP

**Thursday
August 13
3 PM**



Register at bit.ly/registerBPL

Join UW-Extension Educator Jeanne Walsh to learn about the different ways that you can preserve your harvest.



Extension
UNIVERSITY OF WISCONSIN-MADISON

GE Bleskacek Family Memorial
BloomerPublicLibrary
Jump into reading.

For more information visit us at 1519 17th Ave.,
online at bloomerpubliclibrary.org or call 715-568-2384.

Cooking for Brain Health Using MIND Diet Foods



**August 24
3 pm**



Cooking is more than preparing food — it can be a brain-boosting activity that engages memory, attention, planning, and creativity. Participants will be coached by Chef Lori to learn how to incorporate more MIND Diet foods into their everyday life.

- Watch a virtual cooking demo
- Enjoy tasty samples
- Collect new recipes



Register at bit.ly/registerBPL

GE Bleskacek Family Memorial
BloomerPublicLibrary
Jump into reading.

For more information visit us at 1519 17th Ave.,
online at bloomerpubliclibrary.org or call 715-568-2384.

Get Healthy with Eat Smart, Move More, Weigh Less Online



ADRC of CHIPPEWA COUNTY
IS OFFERING A NEW WELLNESS INITIATIVE

NEW SERIES BEGINS SOON.

Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle! All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants. Participants can conveniently attend classes from home or office using a computer or mobile device.



For registration code, please contact
Sarah Zielke at (715) 726-7777
or adrc@chippewacountywi.gov



Go to www.esmmweighless.com to view class times for the upcoming series beginning soon.

Healthy Living Programs Available to YOU

The ADRC of Chippewa County has partnered with the ADRC of Eau Claire County to allow Chippewa County residents the ability to enroll in any of their healthy living programs. If you would like more information about any of these programs or would like to register, please call the ADRC of Eau Claire County at 715-839-4735 or go to www.adrcevents.org

Med Wise Rx

Medication errors can result in unwanted effects from medicines, and worse, falls, hospitalizations and even death.

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 or how to ask them. In this program you will learn to identify potential risks with medicine use and to ask key medication questions to learn more about your medicines. Two 1 - 1 ½ hour presentations, separated by one week for home practice.

Fridays, 10:00 - 11:00 am/ September 4 & 18, 2026

Fairchild Public Library, 208 Huron Street, Fairchild



StrongBodies Information Session for new participants

Strength training is especially important as we age. Being physically active and socially connected are both essential for health and well-being. The StrongBodies program provides a safe environment for older adults to improve strength and balance with a fun group of peers. Learn more in this free orientation and sign up for classes starting September 28, 2026.

Thursday, 10:00 - 11:15 am/ September 3, 2026 (virtual and phone conference)

Stepping On fall prevention program

Are you feeling unsteady on your feet? Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just 7 weeks, you will learn: Strength and balance exercises you can adapt to your individual level, to identify and remove or avoid fall hazards both inside and outside your home. How vision, hearing, medication, and footwear affect your risk of falling, to get back on your feet the right way if you do fall.

Tuesdays, 10:00 am - 12:00 pm/ September 8 - October 20, 2026
Lake Street Methodist Church, 337 Lake Street, Eau Claire

REGISTER at least one week prior: Call the ADRC at 715-839-4735 or go to www.adrcevents.org.

Find us at
seniorreviewnewspapers.com

STRONG BODIES Senior Exercise Class for Strength, Balance & Vitality

Location: Bloomer Senior Center

Days: Every Tuesday & Friday

Time: 9:30 AM – 10:30 AM

Program Begins: Tuesday, September 9

Cost: Free to attend!

Please note: There will be no class on Friday, September 26

What You'll Gain:

- Improved strength & flexibility
- Better balance & coordination
- Boosted energy & mood
- A fun, social environment
- Expert guidance from a certified instructor

All fitness levels welcome! Whether you're new to exercise or looking to stay active, Strong Bodies is designed to help you feel empowered and energized.

How to Join: No need to pre-register—just show up and join the fun!

Questions? Contact Maria Seibel at 715-577-7728

Let's build strength together—one movement at a time. Wear comfy clothes, bring water, and come ready to feel great!

Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter

Healthy Bowels, Healthy Bladder

This workshop is researched, proven to help, and designed to give women the tools they need to take control of their bladder and bowel symptoms.

It consists of three 2-hour sessions meeting every other week in a private group setting.

What will I learn in the workshop?

- Information about bladder and bowel control
- At-home techniques and exercises to help prevent or improve symptoms
- Tools to help you set goals and mark your progress

Workshop Dates:

Aug. 28, Sept. 11 & Sept. 25

9:30 am - 11:30 am

Bloomer Public Library

Registration Required, Limited Spots Available

Call the ADRC at 715-726-7777

Register Online:

www.chippewacountywi.gov/adrc/events



Scan Code to Register

When Memory Changes... Money Can Change Too

Why Household Wealth Drops with Dementia Diagnosis

By Chippewa County Extension educator Jeanne Walsh



A recent January 2026 working paper released by the National Bureau of Economic found that some people started losing money about 6 years before a dementia diagnosis.

This happened even before clear memory problems were noticed. The issue was not mainly from medical bills or retirement spending. Instead, it was linked to changes in thinking and decision-making.

Where Money Loss Happens Most

Losses often happen in accounts that are harder to manage. These include stocks, bonds, and mutual funds

What Can Help

Taking small steps early can protect money and reduce stress:

- Talk about finances early
- Set up automatic bill pay
- Review accounts together
- Name a trusted helper (Power of Attorney)
- Use alerts to watch for unusual activities
- Simplify financial arrangements

Simple Takeaway

Changes in thinking can affect money years before dementia is diagnosed. Watching for early signs can help protect financial well-being. Talking about money and memory may feel hard—but it helps keep people safe, independent, and supported.

To talk about other important family and financial topics, contact Chippewa County's Extension educator Jeanne Walsh at (715)726-7950. Visit <https://chippewa.extension.wisc.edu/> for more information.



Extension
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CHIPPEWA COUNTY

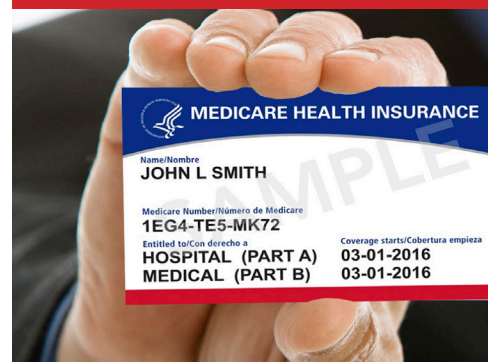
Grant Acceptance



Kayla Colbenson, Nutrition and Transportation Programs Supervisor, receiving a \$30,810 grant for Meals on Wheels from The Community Foundation of Chippewa County's Executive Director, Jill Herriges.

"This grant is an investment in our community's most vulnerable residents. It will allow us to deliver not only nutritious meals but also compassion, wellness checks, and the support people need to age safely and independently at home."

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www.smpwi.org

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

The Dangers of Ignoring Cataract Symptoms *Today's Caregiver*

Delaying Treatment of Advanced Forms of the Common Eye Disease Can Increase Risk of Permanent Blindness and Injury

The American Academy of Ophthalmology urges seniors and their caregivers to be aware of the dangers of ignoring the symptoms of cataracts, a leading cause of visual impairment that will affect more than half of all Americans by the time they are 80 years old. Delaying diagnosis and treatment of age-related cataracts can increase seniors' risk of permanent blindness and can lead to both physical and psychological damage.

Cataracts are caused by the clouding of the lens of the eye and are most common among older adults as the condition develops as the eye ages. Many seniors cope with cataracts — accepting vision loss as an inevitable part of the aging process rather than seeking medical treatment. Due to the incapacitation caused by blurred vision, leaving cataracts undiagnosed and untreated can lead to physical danger such as injuries from falls or running into unseen objects, as well as psychological harm like depression and social isolation. In addition, the longer advanced forms of cataracts are left untreated, the more difficult it can be to successfully repair the damage caused to the eye.

Adults age 65 and older should have regular eye exams to monitor for the development of cataracts, in addition to other common eye



conditions and diseases, such as age-related macular degeneration (AMD) and glaucoma. People with diabetes, a family history of cataracts, and those who smoke tobacco are at an increased risk of developing cataracts. Common symptoms such as dull, blurry vision, colors appearing less vibrant, and halos around lights may begin to be noticeable as cataracts develop. This cataract simulator demonstrates how vision is affected by cataracts.

Cataracts are nearly always treatable with surgery, but it may not be necessary until performing daily activities becomes difficult. If daily life isn't disturbed, a change in a person's eyeglass prescription may be all that is necessary until visual impairment becomes more severe. If completing everyday tasks is challenging, cataract surgery should be discussed with an ophthalmologist — a medical doctor specializing in the diagnosis, medical and surgical treatment of eye diseases and conditions.

"Seniors who find themselves giving up normal tasks like reading, exercising or driving due to cataract symptoms should know that they do not need to suffer in silence," said Rebecca Taylor, M.D., spokesperson for the American Academy of Ophthalmology. "Cataract surgery can help these individuals regain their sight and their independence. It is one of the most common and safest procedures performed in medicine, so seniors should not resist seeking help. Getting treatment can vastly improve your quality of life."

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Register online or call 715-726-7777
www.chippewacountywi.gov/adrc/events

Visit our website for the full schedule, locations, and virtual options

Upcoming Session

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NOV. 12-15

JAMF, PABLO

Jagged Little Pill is a Tony and Grammy Award-winning musical based on Alanis Morissette's iconic album.

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DEC. 3-13

GRAND THEATRE

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JAN. 14-24

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It's the popular funny and touching story of a group of tightknit southern women.

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FEB. 11-21

GRAND THEATRE

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DIAL M FOR MURDER

MAR. 11-21

GRAND THEATRE

It's a suspense thriller tale of jealousy, deception and murder and filled with plenty of twists.

Fiddler on the Roof

MAY 6-9

JAMF, PABLO

Poor Jewish milkman Tevye tries to keep his traditions in this beautiful Tony Award-winning musical!

THE PLAY

JUNE 10-12

GRAND THEATRE

"8" is the compelling trial that overturned Prop 8, banning same-sex marriage in California.

12 | Bridging Chippewa County

Tile by Life360

If you struggle with short-term memory loss or executive dysfunction, you probably know the stress of misplacing your wallet or car keys. One solution is Tile—a small Bluetooth tracker that comes in a variety of shapes to suit your most essential items, like a keychain, a card that slips into your wallet, or a sticker you can place on just about anything. Once your Tile is attached, just open the free Life360 app (available on both Android and iOS), and use the feature to play a chime from the Tile device, helping you to find your item. You can also choose to see its location on the map. If you misplaced your cell phone, you can locate any of your connected Tile trackers and use them to ring your phone—even if you left it on silent mode.



Tile has a number of trackers and bundles that can be purchased on their website, Life360.com.

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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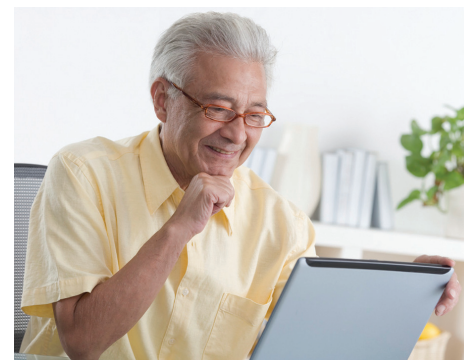

Planning AHEAD

Thursdays September 11 -
October 23, 2025

11:00 a.m. to 12:00 p.m.
on Zoom

Register here:
<https://go.wisc.edu/plu9h7>

View the flyer:
<https://gwaar.org/api/cms/viewfile/id/2008661>



Registration is required and space is limited.

Registration is \$30 (includes program materials)

Planning AHEAD - Advance directives, Handling financial changes, Estate planning, and Arriving at Decisions for the end of this life 7-Session virtual program to help participants understand how to prepare for the end of life for themselves or a loved one. For questions, contact Life Span Program Manager, Sara Richie, at sara.richie@wisc.edu

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Contact us to learn more or apply:

Aging and Disability Resource Center of Chippewa County

711 North Bridge St. Rm 118 Chippewa Falls, WI 54729

www.chippewacountywi.gov/ADRC

ADRC@ChippewaCountyWI.gov

715-726-7777



When Weariness Sets In

Why taking time to rest isn't being lazy – it's being smart

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

There comes a point every August when even the squirrels seem to move in slow motion. The lawn mower suddenly weighs twice as much, the grocery store parking lot feels three miles wide, and simply walking to the mailbox becomes "today's exercise." Summer heat has a remarkable way of reminding us that we're not twenty-five anymore. And August can be really hot – sort of a warm-weather spillover from July.

Of course, weariness isn't just about hot weather. Life itself can wear us down. We get tired from caring for others, running errands, keeping medical appointments, worrying about family, paying bills, solving problems, and trying to remember why we walked into the kitchen in the first place. (Usually the answer is, "I forgot.")

One of the funniest things about getting older is how differently we define a "busy day." Years ago, a busy day meant working eight hours, mowing the lawn, coaching Little League, fixing the sink, and still having energy to grill hamburgers. Today, a busy day might include getting dressed, finding your glasses—which were on your head the whole time—going to one doctor's appointment, and because of that limited activity, feeling like you've ran a marathon and climbed Mt. Everest by the time supper is served. Let me reassure you that's perfectly okay.

Part of weariness comes from our culture that celebrates being constantly busy. The media promotes the admiration of people who are always rushing somewhere - burning their candle at both ends as well as the middle. Yet even rechargeable batteries eventually run down. Your cellphone reminds you to plug it in every night. Your car needs fuel. Even professional athletes schedule recovery days because muscles become stronger during rest—not during exercise. So why do we think people should be different? Sometimes the most productive thing you can do is...take a nap.

Ask almost any grandparent, and they'll tell you that a twenty-minute afternoon nap can accomplish what three cups of coffee never could. Somehow the world looks a little brighter afterward. Problems seem smaller, patience returns, and you stop wondering whether the television remote has secretly learned how to hide from you. Rest isn't just sleeping, either.

Rest can be sitting on the porch watching birds argue over the bird feeder. It can be reading a good mystery novel, listening to your favorite music, working a jigsaw puzzle, fishing without worrying whether anything bites, or enjoying a quiet conversation with a friend who doesn't mind comfortable silences.

Scientists have long known that regular periods of rest improve memory, lower stress, sharpen concentration, and even help the body heal. Our brains continue sorting information while we're relaxing, much like a computer installing updates in the background. No wonder we often think of solutions after we've stopped trying so



hard. Have you ever noticed that your best ideas and answers to questions that have been puzzling you often arrive while you're taking a shower, walking the dog, or sitting quietly with a cup of coffee? That's no accident. When you allow your brain a chance to rest up and slow down, it often finds ways to open up new neuronal pathways leading to solutions.

Many people feel guilty about slowing down, as though resting is somehow wasting time. But consider this: if you keep driving a car with the gas gauge on empty, sooner or later you'll end up sitting beside the road. People work much the same way. The goal isn't to

see how long we can run without stopping. The goal is to enjoy the journey—and have enough energy left to appreciate it.

So, if you're feeling weary this summer, give yourself permission to slow down. Sit in the shade. Read another chapter. Watch the sunset. Call an old friend. Take that nap. The dishes will still be there. And if they aren't, someone else finally washed them. Now that is refreshing.

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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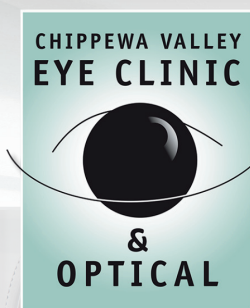
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Why “I Don’t Want to Talk About It” Is Still a Conversation

By Stokes, Prock & Mundt Funeral Chapel

When a loved one says, “I don’t want to talk about it,” it can feel like the conversation has ended. For adult children, spouses, or close family members, those words can be frustrating, especially when important decisions need to be made. You may be worried about your parent’s health, future care, finances, funeral wishes, or what would happen in an emergency. But for the person being asked to plan ahead, the topic may feel overwhelming, frightening, or simply too painful to face.

In many families, resistance to end-of-life planning is not really about stubbornness. It is often about fear. Talking about aging, illness, assisted living, funeral arrangements, or final wishes can make the future feel suddenly real. A person who has spent a lifetime being independent may feel as though these conversations take away their control. Others may worry that talking about death will upset their children or make them appear weak. Some may believe that avoiding the topic protects everyone from discomfort.

Denial can also be a form of coping. When someone says they do not want to talk about it, they may be saying, “I am scared,” “I am not ready,” or “I do not know where to begin.” They may need time to process the reality of aging before they are ready to make decisions. Understanding this can help families approach the subject with more patience and compassion.

It is important to remember that planning does not have to happen all at once. Families often imagine one big, serious conversation around the kitchen table, where every decision is made in a single afternoon. In reality, planning can begin with small, gentle questions over time. Instead of asking, “What kind of funeral do you want?” you might begin with, “Have you ever thought about what would make things easier for us someday?” Rather than pushing for immediate answers, you can simply open the door.

Sometimes the best first step is to talk about practical matters instead of emotional ones. A loved one may not be ready to discuss final wishes, but they may be willing to show you where important documents are kept. They may be comfortable sharing the name of their attorney, insurance agent, doctor, or preferred funeral home. These small pieces of information can make an enormous difference later.

It can also help to frame the conversation as an act of care, not a loss of control. Planning ahead allows a person’s wishes to be known and respected. It can prevent family members from having to guess during a stressful time. It can reduce disagreements and give loved ones the comfort of knowing they are honoring what the person truly wanted.



For families, the key is to listen more than you speak. If your loved one becomes uncomfortable, pause. If they change the subject, let the conversation rest for a while. You can return to it later. A gentle comment such as, “I know this is hard to talk about, but I want to make sure we do things the way you would want,” may be enough for now.

Even silence tells us something. It tells us the topic matters. It tells us there may be fear, uncertainty, or grief beneath the surface. And it reminds us that these conversations

require trust.

“I don’t want to talk about it” does not have to be the end. It can be the beginning of a slower, more compassionate process. With patience, honesty, and respect, families can move toward planning in a way that feels less like pressure and more like love.



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