AGING & DISABILITY RESOURCE CENTER OF DUNN COUNTY NOVEMBER 2026

ADRC Aging and Disability Resource Center of Dunn County

Hi SENIOR Lites

Happy Thanksgiving!



- How to Find a Lawyer in Wisconsin
- Technology Resources
- New Group Starting in November!
- Harnessing Habits: The Power of Routines on the Brain
- Staying Healthy During Cold and Flu Season
- Spotlight on Our Dementia Care Specialist
- Managing Holiday Stress and Loneliness

RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

How to Find a Lawyer in Wisconsin

By the GWAAR Legal Services Team



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

Aging & Disability Resource Centers (ADRCs) and Aging Units are a wealth of information; these organizations can assist with most issues related to health insurance, Medicare, Medicaid, Social Security, and many other public benefits and housing issues. In some cases, however, issues fall outside the areas in which a Benefit Specialist can assist. If this happens to you, you may be encouraged to seek assistance from an attorney who charges a fee (often called a "private attorney").

You can always ask friends, family, or co-workers for recommendations for a private attorney, or search online. If you still don't know where to start, here are a few places to consider:

Lawyer Referral Service (also called LRS) – A legal assistant will help you locate the best source of help, which may mean you need to hire an attorney. If so, the assistant will refer you to an attorney near you who is familiar with your legal situation. Attorneys with LRS agree to charge no more than $20 for the first consultation, up to one half-hour. In some cases, you will resolve your legal issue at the first meeting. If your problem requires work beyond the first half-hour, you will be charged the lawyer's regular fees.

- Phone: (800) 362-9082 or (608) 257-4666 (in Dane County and outside of Wisconsin).
- Online: LRIS Request

Wisconsin State Bar Modest Means Panel The Modest Means Program of the State Bar of Wisconsin is designed to assist people whose income is too high to qualify for free legal services, but too low to pay a lawyer's standard rate. The Modest Means Program is run by the LRS (see above). Qualifying for services through the Modest Means Program is based on your income level and area of legal need. To determine if you may qualify for the Modest Means Program, you can fill in and submit a questionnaire available on its website.



- Phone: 1-888-529-7599
- Online: https://www.wisbar.org/forPublic/INeedaLawyer/Pages/Modest-Means.aspx

...continued on page 3

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

AFFORDABLE RENTALS!
Accepting applications for seniors/disabled persons.
1 and 2 bedrooms. Income based rent.
Most utilities included.

Pick up an application at our office:
1202 10th St. East, Menomonie
715.235.0656

Housing Authority OF THE City of Menomonie
Equal Housing Opportunity



Stepping Stones of Dunn County

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



Mon/Tues/Sat - Inside Shopping Only. No curbside available.
Wed - Curbside Shopping Only. No inside shopping available.
Check-in every 14 days to receive meat, dairy, dry goods, bakery, fresh fruits & vegetables (as available).

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

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ADRC DUNN COUNTY NUTRITION PROGRAM

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

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger Gravy, Mashed Potatoes, Corn, Wheat Bread, Banana, Milk	3 Roast Pork-Gravy, Boiled Potato, Glazed Carrots, Wheat Bread, Applesauce, Milk	4 Three Bean Chili with Meat, Mixed Green Salad, Cornbread, Cherry Cobbler, Milk	5 Baked Fish Fillet-Lemon Butter Sauce, Parmesan Potatoes, Broccoli Florets, Wheat Bread, Pears, Milk	Meat Lasagna, Capri Blend Vegetable, Bread Pudding w/ Raisins-Vanilla Butter Sauce, Milk
9 Open Face Hot Turkey Sandwich with Gravy, Mashed Potatoes, Seasoned Peas, Apple, Milk	10 Baked Ham & Pineapple, Scalloped Potatoes, Green & Gold Beans, Chocolate Chip Cake, Milk	11 Meatloaf, Baked Potato-Sour Cream/Butter, Creamy Cucumber Salad, Apricots, Milk	12 Chicken Pot Pie, Sliced Carrots, Wheat Rolls, Sweet Cherries, Milk	13 Beer Battered Fish, Side Winder Fries, Coleslaw, Frosted Pumpkin Bar, Milk
16 Beef & Vegetable Stir Fry, Steamed Rice, Green Beans Almondine, Fruit Cocktail, Milk	17 Oven Fried Chicken, Mashed Potatoes-Chicken Gravy, Corn, Wheat Bread, Watermelon, Milk	18 Pork Chops with Apples, Baby Bakers, Winter Squash, Sugar Cookie, Milk	19 Turkey & Swiss Cheese, Bean & Bacon Soup- Crackers, Mixed Berries, Tomato Juice, Milk	20 Italian Meat Sauce, Spaghetti Noodles, Spinach Cranberry Salad, Garlic Breadstick, Brownie, Milk
23 Sailsbury Steak-Gravy, Parslied Potatoes, Carrots, Wheat Bread, Pineapple, Milk	24 Roast Turkey, Mashed Potatoes-Gravy, Stuffing, Sliced Carrots, Cranberry Sauce, Pumpkin Pie	25 Shepards Pie, Wheat Roll, Rutabagas, Mandarin Oranges, Milk	26 	27 Meal Site Closed 
30 Pork Fajitas, Black Beans & Rice, Grapes, Milk	31 Western Omelet, Tri-Tator, Raisin Bran Muffins, Peaches, Milk			

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 _____ ☐

...continued from page 1

Legal Action of Wisconsin – Legal Action serves all counties in Wisconsin since its merger with Judicare, effective January 1, 2026. Offices are located in Green Bay, La Crosse, Madison, Milwaukee, Oshkosh, Racine, and Wausau. This organization focuses on housing, employment, debt and taxes, public benefits, family law, and victim support. They also work with specific populations, including veterans, seniors, farmworkers, people who use drugs or are in recovery, students, and those near release or recently released from prison.

- Phone: 855-947-2529
- Online: http://www.legalaction.org/contact-us

Legal Action offers a program that is specific to elder financial and physical abuse. Contact this program if you are a victim of elder abuse, or know someone who is a victim.

- Phone: 855-947-2529.
- Online (email): elderabuse@legalaction.org

Wisconsin State Public Defender Program – This program is dedicated to providing attorneys for criminal cases. In most cases, applicants must meet financial guidelines in order to qualify for appointment of an attorney. Applicants may apply at the local office that serves the county in which the case will be heard. A staff member will assist the applicant by completing the financial eligibility form. The application process typically takes approximately 15 minutes, although in some cases the applicant may need to provide additional documentation in order to verify information.

You can locate your county's public defender office here:

- Phone: 608-266-0087
- Online: http://wispd.org/

National Academy of Elder Law Attorneys (NAELA) – This national organization focuses on elder law, which means planning for incapacity and long-term care, Medicaid and Medicare coverage (including coverage of nursing home and home care), health and long-term care insurance, and health care decision-making. It also includes drafting of special needs trusts, the selection of long-term care providers, home care and nursing home problem solving, retiree health and income benefits, retirement housing, and fiduciary services or representation. If you visit their website, you can click "Find a Lawyer" to locate an elder law attorney in your area.

- Online only: https://www.naela.org/

If you are unsure whether a Benefit Specialist can assist you or if you need a private attorney, you can always contact your ADRC or Aging Unit. Make sure that if you have a deadline, you reach out for help well before that deadline so you have plenty of time to find assistance.

ACTIVITY CALENDAR FOR SITES IN DUNN

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

COLFAX GRAPEVINE SENIOR CENTER (715-962-2550)

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

HOSFORD-RICH APARTMENTS (715-235-4047)

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

TANTARA APARTMENTS DINING ROOM (715-556-0266)

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

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

SUPPORT GROUPS

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

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

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



November 2026

ADRC Aging and Disability Resource Center of Dunn County

SUN	MON	TUE	WED	THU	FRI	SAT
1 Daylight Savings Ends	2 Día de Los Muertos; Virtual Dementia Support Group 7:00pm; Grief Support Group Menomonie Senior Center 12:00pm	3 Cooking with Caregivers@ OSL Call to sign up; GO VOTE!; Women Connected Caregiver Support Group ADRC Resource Room 12:00pm	4 National Candy Day	5	6 National Nachos Day	7
8	9 Exploring Dementia ADRC Resource Room 10:30am; Grief Support Group Menomonie Senior Center 12:00pm	10 Creative Caregiver ADRC Resource Room 1:00pm	11 VETERANS DAY November 11th	12 Relatives Raising Children ADRC Resource Room 9:30am	13	14
15	16 Grief Support Group Menomonie Senior Center 12:00pm	17 World Peace Day	18 Long Distance Caregiver Virtual Support Group 11:00am; Caregiver Support Group ADRC Resource Room 2:00pm	19	20 Medicare & YOU ADRC Resource Room 2:30pm	21
22	23 Exploring Dementia ADRC Resource Room 10:30am; Grief Support Group Menomonie Senior Center 12:00pm	24	25 GOBBLE Til You WOBBLE	26 ADRC Closed; Happy Thanksgiving	27 ADRC Closed	28
29	30 Grief Support Group Menomonie Senior Center 12:00pm; National Mason Jar Day	DEC. 1 National Christmas Lights Day	2	3	4 National Cookie Day	5

HELP END ELDER ABUSE

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

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 Hope 715-235-9074

ADRC Aging and Disability Resource Center of Dunn County

Technology Resources *By the GWAAR Legal Services Team*



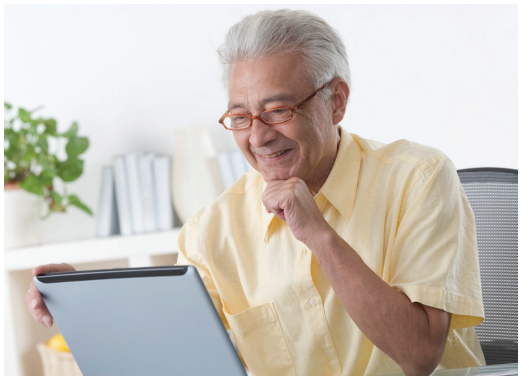
Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

Technology is useful when it works and you know how to use it. Learning to use technology can take some time and be frustrating. There are many organizations that offer free help with technology issues. Many public benefits, medical providers, and social programs use technology to allow access to a broader audience. Understanding how to use technology can ease anxiety around its use and allow you to stay connected. Below are a few places to go for help when you're trying to use technology that isn't cooperating.

Public Libraries
Many of the public libraries in Wisconsin have not only technology available for you to use, but may offer classes or one-on-one tech support. They may have classes available to help you learn how to use the internet, a laptop, or even your smartphone. Some even offer time slots to meet with someone to walk through technology issues. If you don't have internet or a computer, you can use theirs for free. Call or visit your local library to see what technology support they offer.

United Way
United Way offers a program called Techquity that focuses on developing digital skills, tech support, and connecting individuals with technology and the internet. They have navigators available to help one-on-one with technology issues like setting up the internet. They can troubleshoot technology issues and help walk you through issues. They also help connect people with low-cost internet access and laptop computers. Find a navigator near you at https://www.techquitywi.org/digital-navigator or look up more information about this program at https://www.techquitywi.org/.

Cell Phone Providers
If you have issues with your cell phone, you should call or visit your cell phone provider. They are there to help with technical issues and to answer your questions. They can walk you through issues and help solve problems related to your cell phone or cell phone service.



AARP
AARP offers free online classes on a variety of topics. They offer classes about technology. You can learn about online safety, online scams, cell phones, and artificial intelligence, or AI. Once you learn more about technology and get comfortable with it, you can take other online classes like a stretch class or join an online discussion on aging. You can find a class on SeniorPlanet at https://seniorplanet.org/classes?page=1.

Cyber-Seniors
Cyber-Seniors is an online nonprofit organization that offers technology support and online classes. This organization offers one-on-one technology support phone calls. They also provide online classes to help update technology skills. To learn more about this organization go to https://cyberseniors.org/.

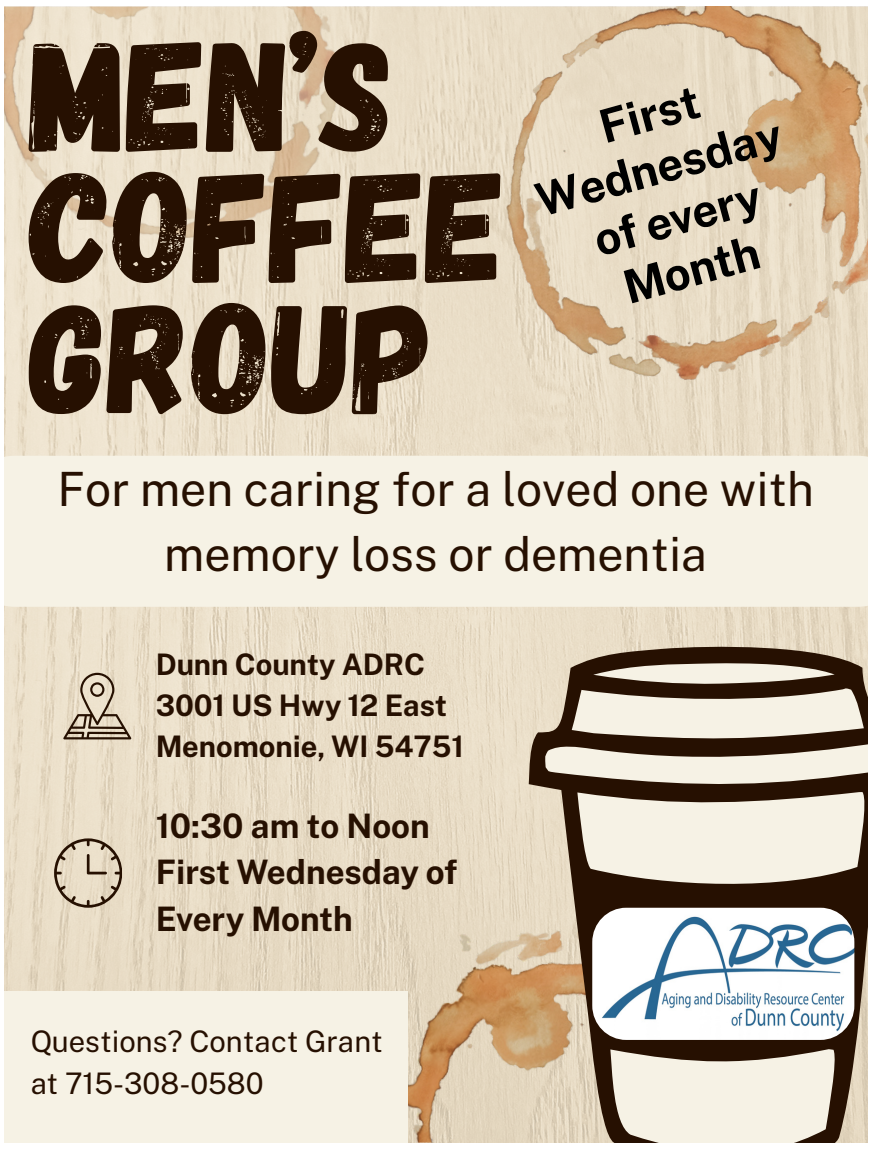
Utilize these free technology resources to solve technology issues and build your technology skills. Understanding technology will help you stay connected and ensure that you use technology safely. Build confidence using technology to utilize telehealth appointments, request prescription refills online, sign up and manage health benefits on your cell phone, pay bills online, learn something new in an online class, and connect with loved ones or new friends online.



New Group Starting in November!



Men's Coffee Group will start at the ADRC of Dunn County in November. This is a gathering of men caring for a loved one with dementia or memory loss. This is not a traditional support group, but rather a place to come and talk about the ups and downs of caring for someone with dementia. Grant will lead the group; he is well versed in caring for someone with dementia.



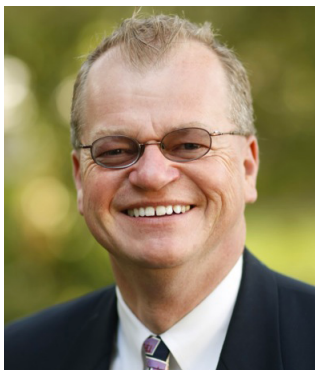
Find us at seniorreviewnewspapers.com

Harnessing Habits: The Power of Routines on the Brain



Submitted by Carla Berscheit, Dementia Care Specialist

Everyone has habits. Some are beneficial for brain health while others are less so, but it turns out that habits as simple as brushing your teeth at the same time each morning can help your brain adapt to changes from cognitive impairment. Dr. Gordon Giles joins the podcast to dive into the fascinating world of neurological rehabilitation and how building small, consistent habits can rewire the brain and support healthy lifestyle choices. He also gives a sneak peek into his upcoming talk for the Healthy Living with Mild Cognitive Impairment (MCI) program titled "Unlocking the Power of Habits, Routines and Strategies."



***Guest:* Gordon Giles, PhD, OTR/L FAOTA, professor emeritus, Samuel Merritt University**
***Harnessing Habits:* The Power of Routines on the Brain**

Listen to this podcast on:
https://www.adrc.wisc.edu/dementia-matters
Or ApplePodcasts • Spotify • Podbean

Dementia MATTERS

2026 CAREGIVER SUPPORT GROUP

Wednesday, November 18, 2026
2:00pm-3:30pm
ADRC Resource Room
3001 US Hwy 12 E., Suite 160, Menomonie

A safe, welcoming, and confidential space for caregivers of individuals living with dementia and other chronic illnesses. Connect with others who understand the caregiving journey, share experiences, receive encouragement, and learn about local resources and practical strategies to support you in your caregiving role.

Call Casey at (715)231-2713 for more information or any questions.

ADRC
Aging and Disability Resource Center of Dunn County

NOVEMBER DEMENTIA SUPPORT & EDUCATION

FOR MORE INFORMATION AND PROGRAM FLYERS, CHECK OUT THE ADRC CALENDAR EVENTS AT WWW.DUNNCOUNTYWI.GOV/ADRC AND CLICK ON "DEMENTIA CARE SPECIALIST"

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
DUNN COUNTY ADRC - 3001 HWY 12 E, MENOMONIE

- **DEMENTIA BEHAVIORS - DECEMBER 1, 2-4PM**
  Do you struggle with helping your person with dementia complete hygiene tasks? Is your person dealing with hallucinations or paranoia? Join us for practical research backed strategies.

ATTEND SOME OR ALL TRAININGS!

715-232-4006 | adrc@dunncountywi.gov

NOGGIN KNOWLEDGE

JOIN US FOR FREE QUARTERLY EDUCATION SESSIONS ON BRAIN HEALTH & DEMENTIA AWARENESS

SPRING VALLEY COMMUNITY CENTER • 1:00 - 2:30PM

- **SLEEP & STRESS MANAGEMENT • DECEMBER 8, 2026**
  We will discuss the research related to sleep (or lack of) and brain health. We will also discuss how stress management techniques can protect your brain.
- **EXERCISE & HEALTHLY EATING • MARCH 9, 2027**
  We have all heard "eat right and exercise" as common advice. We will dive into the research and discuss strategies you can implement right away.
- **CONTINUOUS LEARNING & SOCIAL ENGAGEMENT JUNE 8, 2027**
  We will discuss what the research says about how continuous learning and social engagement can impact your brain health.

Join Dementia Care Specialists Amy Luther and Carla Berscheit to gain knowledge, understanding and resources. Attend some or all of sessions

Registration is required

715-273-6780 or amy.luther@co.pierce.wi.us

LONG DISTANCE CAREGIVING

Are you caring for someone living in Wisconsin that has dementia or memory loss? Are you supporting them while living a distance away? Need to talk to someone? Need reliable resources?

JOIN OUR VIRTUAL SUPPORT GROUP!
Led by Dementia Care Specialists
3RD WEDNESDAY OF THE MONTH • 11:00 AM TO NOON

To register, contact Carla at 715-308-3527 or cberscheit@dunncountywi. gov

MONDAY D.I.S.H.
Dementia Informed Super Heroes

This group is designed for working caregivers that are supporting someone living with dementia. This groups meets once a month to discuss topics that are important to you and related to your situation.

VIRTUAL SUPPORT GROUP

Dementia Care: Join Wisconsin's Dementia Care Specialists, as they share information and resources related to your care situation.

Peer Support: Gain peer support and understanding from others that are navigating a similar journey.

Personalized Resources: Receive additional information and resources for your situation and the county you live in.

When: First Monday of the Month • 7:00 - 8:00 PM

Contact Carla for more information:
cberscheit@dunncountywi.gov • 715-308-3527

DEMENTIA SUPPORT GROUP

A support group for those that are caring for someone living with dementia.

When: 2nd & 4th Monday of every month
Time: 10:30 am to Noon
Where: Dunn County ADRC - 3001 Hwy 12 E, Menomonie

2026 Dates:
November 9 & 23 | December 14 & 28

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

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

Contact Carla Berscheit,
Dementia Care Specialist, ADRC
715-308-3527
cberscheit@dunncountywi.gov

National 24/7 Helpline 1-800-272-3900 or www.alz.org

ADRC Website:

Find more Brain Health information & upcoming events!

ADRC Facebook Page:

STAYING HEALTHY DURING COLD AND FLU SEASON

By Macy Loge, B.S. in Dietetics, UW-Stout Dietetic Intern



Submitted by Bernie Allen,
Aging & Transportation Programs Manager

As colder weather approaches, now is the time to start putting your health first. Here are some ways to stay healthy during cold and flu season:

- **Physical activity** – Exercise is a great way to boost the immune system, which helps fight infection and decrease your risk of illness.
  - Tip: Aim for 20-30 minutes of mild physical activity each day. Options include cycling, walking, and swimming.

- **Wash your hands** – Make sure you are washing your hands frequently and thoroughly with warm, soapy water for at least 20 seconds. Avoid touching your nose, face, and mouth with your hands. Use hand sanitizer when soap and water are not available.



- **Manage stress** – Lowering stress helps reduce cortisol and adrenaline levels, which can help boost immunity.

- **Monitor your diet** – Focus on meals that are rich in fruits, vegetables, and lean protein options. Fruits and vegetables contain antioxidants that help protect cells from damage and keep the body healthy. Protein helps maintain muscle and bone mass, making adequate protein intake vital for supporting strength, mobility, and quality of life.

STAYING HYDRATED DURING THE COLDER MONTHS

Staying hydrated is important at every age, but older adults are at greater risk of dehydration because the sense of thirst decreases and the body retains less water over time. Certain chronic conditions, such as heart disease and diabetes, can also increase the risk. During the colder months, it is common to feel less thirsty, making it easier to become dehydrated.

Here are some tips to stay hydrated:

- Keep water within easy reach and establish a daily routine, such as drinking a glass of water after each restroom visit or completion of a task.
- You can also boost fluid intake by eating water-rich foods like watermelon, cucumbers, and strawberries, or by enjoying soups and broths.
- For added flavor, try infusing water with fresh fruit, citrus, or herbs.
- A few small changes can help you stay hydrated, healthy, and energized throughout the day.

SEASONAL PRODUCE

As we enter the colder months, here is a list of seasonal produce available in Wisconsin that can be added to your diet and recipes:

- Apples
- Cranberries
- Squash
- Sweet potatoes
- Root vegetables
- Pears
- Pumpkin
- Broccoli
- Cauliflower
- Cabbage
- Brussels sprouts
- Kale
- Spinach



Recipe Of The Season: Low Sodium Chicken Noodle Soup



Ingredients:

- 1½ teaspoons olive oil
- 1½ teaspoons butter
- 1 to 1½ cups frozen mirepoix (onion, celery, and carrot mix)
- 1 teaspoon jarred minced garlic
- 5 to 6 cups low-sodium chicken broth
- ½ teaspoon dried thyme
- 1 bay leaf
- ¼ teaspoon ground black pepper
- 2 to 2½ cups cooked shredded rotisserie chicken
- 5 ounces wide egg noodles
- 1 teaspoon dried parsley, for garnish (optional)

Directions:

1. Heat the olive oil and butter in a large soup pot over medium heat.
2. Add the frozen mirepoix and cook for 5 to 7 minutes, stirring occasionally, until softened.
3. Stir in the jarred minced garlic and cook for about 30 seconds until fragrant.
4. Pour in the chicken broth. Add the thyme, bay leaf, and black pepper. Bring the soup to a gentle simmer.
5. Stir in the cooked shredded chicken and simmer for 10 minutes to allow the flavors to blend.
6. Add the egg noodles and cook according to the package directions, usually 6 to 8 minutes, until tender.
7. Remove the bay leaf and discard. Taste and adjust seasonings if desired.
8. Ladle the soup into bowls and garnish with dried parsley.

AUTUMN IS HERE

F	N	R	F	J	A	C	K	E	T
G	U	A	H	A	R	V	E	S	T
O	T	U	Y	Y	A	C	O	R	N
I	L	T	B	R	S	X	I	R	V
M	L	U	S	L	W	G	N	P	F
K	T	M	N	E	E	Y	L	R	A
Q	H	N	U	Y	A	A	G	A	L
C	R	I	S	P	T	Z	V	K	L
L	M	V	B	P	E	N	K	E	Q
Q	Y	S	Z	B	R	V	K	Q	S

Word list:
ACORN
AUTUMN
CRISP
FALL
HARVEST
JACKET
LEAVES
NUT
RAKE
SWEATER





All Welcome — No Cost

Community Meals

Free Meals in Menomonie

Monday, Tuesday, Wednesday & Thursday

Monday's Meal 5-6 pm
Menomonie United Methodist Church,
2703 Bongey Dr.
Drive Thru To Go

Tuesday's Table 5-6 pm
St. Joseph's Church
10th St. & Wilson Ave. (lower level)
In Person Dining

Wednesday's Table 5-6 pm
Christ Lutheran Church,
1306 Wilcox St.
In Person Dining & To Go

Thursday's Table 5-6 pm
First Congregational United Church of Christ
420 Wilson Ave.
To Go

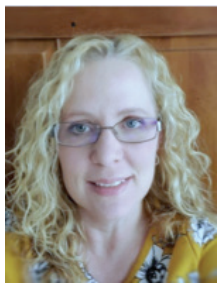
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NOVEMBER 2026

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SUN	MON	TUE	WED	THU	FRI	SAT
1	2 8:30-9:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	3 ELECTION DAY GO VOTE!! 8:30am Foot & Nail Clinic* 10am Cribbage ALL EXERCISE CANCELLED 1pm Euchre	4 8:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bridge / Hand & Foot 9am-6pm ANNIE @ CHANHASSEN*	5 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors: Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors: Basic	6 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm BINGO!	7
8	9 8:30-9:30am Tai Chi 10-11:30am CVLR Cooking with Monica* 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	10 8:30am Foot & Nail Clinic* 8:30am SR CENTER BOARD MEETING* 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors: Intermediate 10am Cribbage 10am-12pm ALC BP & BS Screening 11-11:45am Stronger Seniors: Basic 1pm Euchre	11 8:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pm ADS* 11am-12:30pm VETERAN'S DAY CEREMONY* 12-3pm Open Walking Gym 1pm Bridge / Hand & Foot	12 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors: Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors: Basic	13 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm BINGO!	14
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22	23 8:30-9:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	24 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors: Intermediate 10am Cribbage 11-11:45am Stronger Seniors: Basic 1pm Euchre	25 8:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bridge / Hand & Foot	26 HAPPY THANKSGIVING! SENIOR CENTER CLOSED	27 SENIOR CENTER CLOSED	28
29	30 8:30-9:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg			needs reservation*		

Spotlight on our Dementia Care Specialist



By Tracy Fischer, ADRC manager

Many people with dementia live at home. But dementia can cause challenges—both for people with the condition and their caregivers. Our program for dementia care offers support. Our dementia care specialists work to improve the quality of life for people with the condition who are living at home. They also support caregivers.

What do dementia care specialists do?

Dementia care specialists provide:

- Free information and support to adults with dementia and their caregivers.
  - **Independence.** Dementia care specialists can help connect you with things to do in your community so you can stay involved.
  - **Memory screenings.** Dementia care specialists can perform memory screenings. These are tools to help identify changes to memory and cognition. If the screening shows memory loss, a specialist may refer you to a doctor.
  - **Social opportunities.** Dementia care specialists can help you find social activities, such as those involving music and art.
  - **Care planning assistance.** Dementia care specialists can help you with where you are now—and help you plan for the future.
  - **Support group connection.** Dementia care specialists can connect you with caregiver support groups where you live.



- Help creating places where people with dementia can remain active and safe.
  - **Memory cafés.** Dementia care specialists form and support meeting places for those with memory loss and their caregivers. These cafés let people share experiences and connect.
  - **Dementia-friendly businesses.** Dementia care specialists train businesses to better understand how to support customers with dementia.
  - **Coalitions.** Dementia care specialists support community groups focused to dementia initiatives.

In Dunn County, we are fortunate to have Dementia Care Specialist Carla Berscheit. She is easily reached by phone at 715-308-3527 or by email at cberscheit@dunncountywi.gov She is a wonderful resource for those affected by dementia and their family members and/or caregivers.

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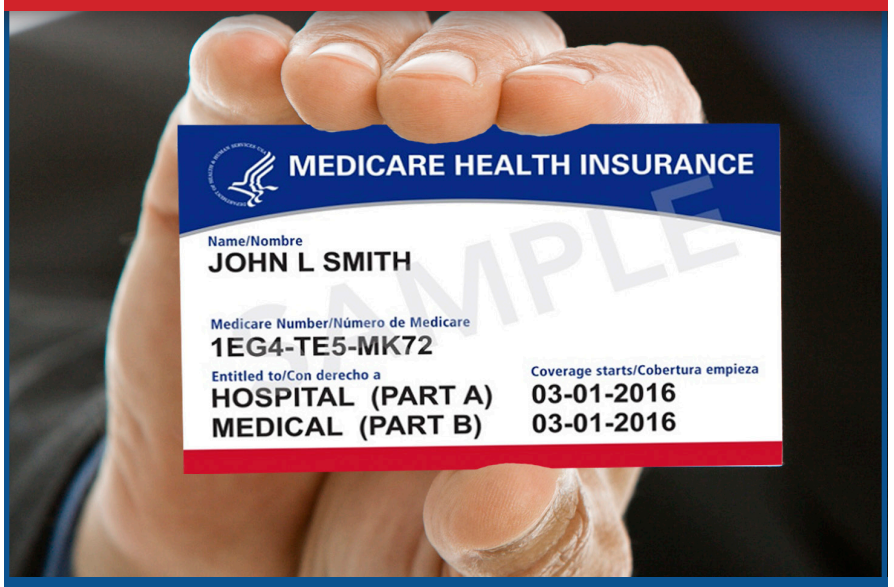
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www.smpwi.org

WisconsinSeniorMedicarePatrol

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APPOINTMENTS

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Appointments can **ONLY** be made by calling:
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Please leave your name and telephone number. Your call will be returned within 48 hours

Tax Preparation Dates

Tuesdays & Thursdays
February 2nd - April 9th

Important:
Dunn County ADRC is no longer able to schedule appointments or answer questions. Please contact AARP-Tax-Aide for all requests & appointments at 651-301-8114
Do not call Compass IL or Dunn County ADRC

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Menomonie, WI 54751
(715) 235-3697

Hillview
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Mondovi, WI 54755
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Managing Holiday Stress and Loneliness



Submitted by Casey Schnacky,
ADRC Outreach-Caregiver Coordinator

Holidays are often portrayed as a time of joy, family gatherings, and celebration. However, this time of year can also bring feelings of loneliness, stress, and sadness, especially for older adults. The loss of a spouse or friends, family living far away, health changes, or difficulty participating in familiar traditions can make the holidays feel different than they once did.

If the holidays are difficult for you, remember that you are not alone, and it is okay if this season looks different than it has in the past.

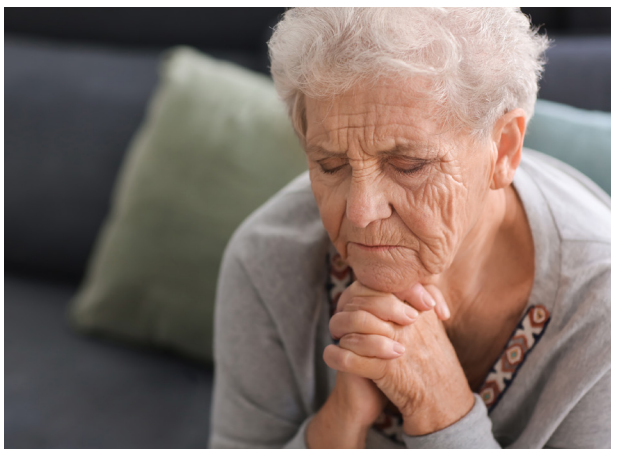
Make Room for New Traditions
Holiday traditions can change over time, and that is okay. Instead of trying to recreate the past, consider starting a new tradition that fits your current lifestyle. This might mean hosting a smaller gathering, enjoying a quiet holiday meal, watching a favorite movie, or spending time with a friend. Meaningful moments do not have to be big or elaborate.

Stay Connected
Social connections can make a difference during the holiday season. Accept invitations when you feel up to it, enjoy a cup of coffee with a neighbor, call an old friend, or attend an activity at your local senior center. Even small interactions can help you feel more connected.
If family members live far away, consider scheduling regular phone or video calls throughout the holiday season rather than waiting until the holiday itself.

Take Care of Yourself
The busy holiday season can disrupt everyday routines. Try to maintain regular sleep and meal schedules, stay physically active, and get outside during daylight hours when possible. A short walk, listening to music, or spending time on a favorite hobby can help improve your mood and provide a welcome break from holiday demands.

It is also okay to simplify your holiday plans. You do not have to do everything you have always done. Give yourself permission to set boundaries and focus on what matters most to you.

How Family and Friends Can Help



If you have an older loved one who may be feeling lonely, reach out regularly throughout the season. Ask what would make the holidays meaningful for them instead of assuming they want to continue the same traditions. Include them in planning, offer to help with activities that have become difficult, and remember that a simple phone call or visit can mean a great deal.

Recognize When You Need Extra Support
Feeling sad or lonely at times is a normal part of life, especially during periods of change or loss. However, if you notice ongoing sadness, withdrawal from activities you usually enjoy, or changes in your sleep or appetite, consider talking with your healthcare provider.
Remember, the holidays do not have to be perfect to be meaningful. Give yourself permission to celebrate in ways that feel right for you. A little connection, a new tradition, or a quiet moment of enjoyment can make the season brighter.

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Caring For An Elderly Veteran Requires Attention Not Only To Physical Health

Caring for an elderly veteran requires attention not only to physical health, but also to the psychological and emotional dimensions shaped by military service. Many older veterans carry experiences from combat, deployment, or military culture that can resurface later in life—particularly as aging, illness, or cognitive decline reduce coping reserves. A comprehensive care plan must integrate geriatric principles with trauma-informed mental health support.



Recognize Late-Life Mental Health Risks

Older veterans are at increased risk for depression, anxiety, post-traumatic stress disorder (PTSD), and social isolation. According to the U.S. Department of Veterans Affairs, PTSD does not always resolve with age; in some cases, symptoms intensify during retirement, bereavement, or medical decline. Cognitive disorders such as dementia can also amplify past trauma, leading to agitation, nightmares, or paranoia.

Caregivers should monitor for warning signs: withdrawal from activities, changes in sleep or appetite, irritability, increased alcohol use, expressions of hopelessness, or confusion that seems trauma-linked. Any mention of self-harm warrants immediate professional evaluation.

Use Trauma-Informed Communication

Military culture often emphasizes stoicism and self-reliance. Elderly veterans may minimize distress or resist help. Approach conversations with respect for autonomy and service history. Avoid sudden loud noises or unexpected physical contact, which may trigger hypervigilance. When discussing care decisions, frame support as a strategy to preserve independence rather than remove it.

Open-ended questions—"How have you been sleeping?" or "What's been weighing on you lately?"—are more effective than direct confrontation. Listening without judgment builds trust and encourages disclosure.

Coordinate Professional Support

Primary care providers should routinely screen for depression and PTSD in older veterans. The Veterans Health Administration offers geriatric mental health services, telehealth counseling, and specialty clinics for aging veterans. Evidence-based therapies, such as cognitive behavioral therapy (CBT) and medication management, can significantly reduce symptoms even in advanced age.

In crisis situations, caregivers can contact the Veterans Crisis Line by calling 988 and pressing 1 for immediate support.

Address Social Isolation and Purpose

Retirement, mobility limitations, and the loss of peers can intensify loneliness. Structured social engagement is protective. Encourage participation in veteran groups, faith communities, or local senior programming. Some communities host veteran-specific gatherings through organizations such as the American Legion, which can provide camaraderie and identity continuity.

Daily routines are equally important. Consistent sleep schedules, regular meals, light physical activity, and meaningful tasks—such as mentoring younger family members or volunteering—support emotional stability.

Manage Cognitive Decline with Sensitivity

If dementia is present, trauma memories may surface unpredictably. Maintain calm, clear communication and avoid arguing about perceived threats. Redirect attention gently and ensure the environment feels secure. Good lighting, minimized clutter, and reduced background noise can lower agitation.

Support the Caregiver

Caring for an elderly veteran with mental health needs can be demanding. Family caregivers should seek respite services, counseling, or caregiver support programs offered through the VA or community agencies. Sustaining the caregiver's well-being directly affects the veteran's quality of care.

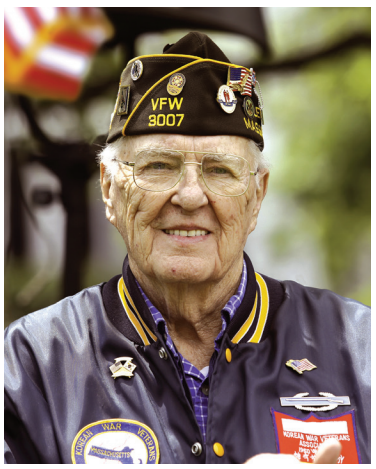
Ultimately, effective care for an elderly veteran integrates medical oversight, psychological awareness, structured routine, and social connection. With trauma-informed practices and coordinated support, families can help aging veterans maintain dignity, emotional stability, and a meaningful quality of life.



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

★★★



Veterans Day events
Thank you to all Veterans! It's November, and that means it's time to formally recognize our Veterans. The Dunn County Veteran Service team will join the Menomonie Senior Center ceremony at 11:00 AM on Wednesday, November 11, and will coordinate with The Neighbors of Dunn County for their Veteran recognition ceremony that afternoon at 2:30 PM. The public is welcome to attend.

Veteran Guest Speaker at UW-Stout
John Armbruster, a Wisconsin author, will share the remarkable true story behind Tailspin, the WWII tale of Gene Moran, a tail gunner who survived a four-mile fall without a parachute after his bomber was shot down, only to be captured and held as a German Prisoner of War.

This talk will take place on Thursday, November 5 at 6:00 PM, in the Great Hall at UW-Stout Memorial Student Center. The address is 302 10th Avenue East, Menomonie, WI. Of note, there will be a historical display of artifacts and headlines from Gene's WWII experience. Copies of the book Tailspin will be available for purchase and the author's signature after the event. This event is free and open to the public.

CVTC "Give Vets A Smile" Event
CVTC in Eau Claire will hold a special event for Veterans on November 7, from 8:00 AM to 4:00 PM. Give Vets A Smile is CVTC's way of saying "thank you" for serving our country. Veterans are welcome to schedule an appointment to receive free dental and respiratory care, physical therapy, nursing health and wellness screening, a haircut and trim, chair massages, wellness checks, skin assessments and ultrasounds. The appointment signup is online and may be completed at Give Vets a Smile | Chippewa Valley Technical College. In addition, if you need a dental appointment that day, call 715-833-6271. This event will take place at the CVTC Health Education Center, 615 W. Clairemont Avenue, Eau Claire WI 54701.

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Monday – Friday

- Doorstop bus operates **7:00am - 5:00pm**.
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- **Call in at least 2 hours** prior to your appointment time.
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Fare

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- Out of town doorstop rides will be $7.00
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Schedule

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Paws for a Cause: A Community Comes Together

Chippewa Manor rallies support to provide a service dog for a local veteran



For Chippewa Manor, honoring veterans has always been about more than saying thank you. Since 2009, the organization has hosted an annual Veterans Salute near Veterans Day, recognizing local servicemen and women, sharing their stories, celebrating their service and raising awareness of the unique challenges veterans face. This year, that tradition of gratitude has taken on new meaning through **Paws for a Cause**, a communitywide fundraising campaign to help provide a specially trained service dog to a local veteran.

Throughout the year, Chippewa Manor has worked to raise awareness and financial support for the initiative, bringing together residents, employees, businesses, organizations and individuals who share a commitment to giving back to those who have served.

"It's been incredibly exciting and heartwarming to see how our community has rallied around this effort," said Jill Gengler, Chippewa Manor Campus President. "From local businesses stepping forward as sponsors to individuals making donations, we've seen so many people embrace the opportunity to make a meaningful difference in a veteran's life."

One hundred percent of all donations to Paws for a Cause will benefit **Patriot K9s of Wisconsin,** a Wausau-based nonprofit that trains and places specialized service dogs with veterans facing challenges related to their military service and the transition back to civilian life. These remarkable dogs offer far more than companionship. Through specialized training, they can help veterans manage anxiety, regain confidence, build independence and navigate everyday life with a renewed sense of security.

Training and placing a service dog requires a significant investment, often costing tens of thousands of dollars. Through Paws for a Cause, Chippewa Manor hopes to help make that life-changing partnership possible for a veteran in the Chippewa Valley.

The campaign will reach an important milestone on **Thursday, November 5, when Chippewa Manor presents Patriot K9s of Wisconsin with a check during its 18th Annual Veterans Salute.**

Held at Chippewa Manor's Chapel of the Resurrection, 222 Chapman Road, in Chippewa Falls, the celebration begins with breakfast for veterans and their families at 8:00 a.m., followed by a special Veterans Salute program at 9:00 a.m. The event features patriotic music from the McDonell High School band, recognition of local veterans, a color guard, a ceremonial gun volley by the Chippewa Falls Patriotic Council and a missing man flyover.

"This campaign is really about turning our gratitude into something meaningful," Gengler added. "Our veterans have given so much, and it's inspiring to see our community come together to offer something that can make a lasting difference. That's what makes this effort so special."

Local veterans who believe they could benefit from a specially trained service dog are still encouraged to apply for consideration. Information about eligibility and the application process is available at **ChippewaManor.com** or directly through Patriot K9s of Wisconsin at **PatriotK9s.org.**

Community members interested in supporting Paws for a Cause, learning more about the Veterans Salute or making a tax-deductible donation can visit **ChippewaManor.com** or call **715-723-4437.**

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Do you want to know more about dementia and the research that is happening at the University of Wisconsin – Madison. If so, check out Dementia Matters with Dr. Chin. You can listen on podbean, spotify or iTunes.

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If you require large-print materials, please call (877) 998-0998 (TTY: 711).

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