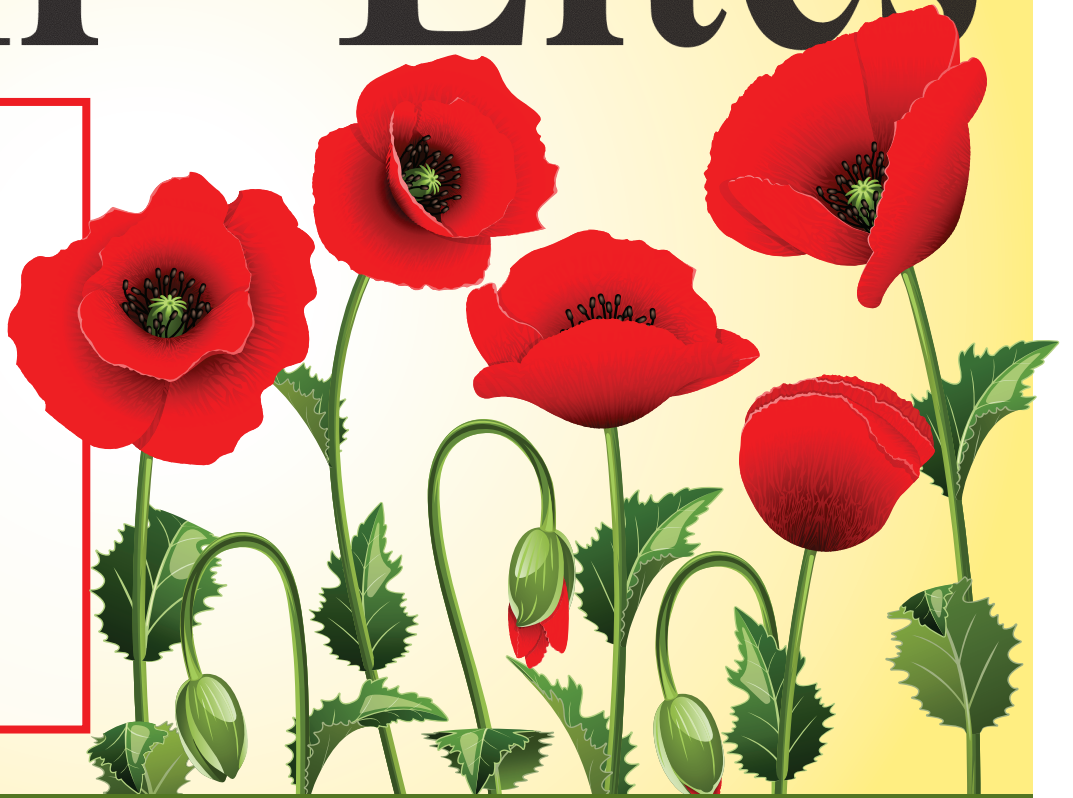




Hi SENIOR Lites

- **Feeling Sick? Report It Quick!**
- **Hospice Care Myths**
- **May is Older Americans Month**
- **May Recipe: Spinach & Mushroom Quiche**
- **Health – Social Connection**
- **OttLite Craft Floor Lamp**
- **ADRCs Help Older Adults and People with Disabilities**



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Feeling Sick? Report It Quick!

DHS launches new tool letting people report suspected illnesses from food or water



*Submitted by Bethany Schneider,
ADRC Elder Benefit Specialist*

In time for the annual peak in norovirus cases and outbreaks, the Wisconsin Department of Health Services (DHS) has launched a new online tool to encourage Wisconsinites to report food or water sickness when symptoms occur. The online questionnaire, which takes less than five minutes to complete, helps local health departments identify sources of contamination to prevent others from getting sick. This tool is especially important as cases of norovirus, the leading cause of vomiting and diarrhea, tends to spike in the winter.

"By using this tool, Wisconsinites can help other people in their community from getting sick and prevent outbreaks," said DHS State Health Officer Paula Tran. "Ingesting contaminated food and water may cause just a little stomach upset for some, for others it can lead to hospitalization and be life threatening. We're asking people - when you're feeling sick, report it quick."



Contaminated food or water can come from a variety of sources, including food from grocery stores or restaurants, or water from pools, lakes, or rivers. Certain bacteria, viruses, or parasites can cause vomiting and diarrhea. In Wisconsin and the United States, it is believed these illnesses are under-reported, since many people who are infected get better without seeing a doctor. This new online tool is just one way for public health professionals to learn about food and water related

illnesses and outbreaks to help prevent others from getting sick too. This tool is not a substitute for health care, and people who are feeling sick should contact their health care provider.

The new tool is a simple questionnaire that asks for current symptoms, places recently visited, and food items recently eaten.

...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
Social Workers: Amy White/Ruth Huske/
 Wendy Sterry
Nutrition Director: Bernie Allen

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

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

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

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

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

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

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

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

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UPDATED v10.23

FOOD PANTRY HOURS

Stepping Stones of Dunn County

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

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

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

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

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



*as available

POP-UP CURBSIDE FOOD PANTRY

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

EVERY 1ST TUESDAY



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

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

EVERY 1ST AND 3RD THURSDAY



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

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

EVERY 2ND AND 4TH THURSDAY



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

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

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


All pop-up pantries are closed holidays.

Editor/Publisher: Brigit Olson | **Offices:** Senior Hi-Lites, 1826 Benton Avenue, Eau Claire, WI 54701 | **Advertising:** 715-831-0325 | **Email:** brigit.olson@gmail.com
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ADRC DUNN COUNTY NUTRITION PROGRAM

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

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Roast pork with gravy, Mashed potatoes with gravy, Seasoned peas, Wheat bread, Sweet cherries	2 Meat lasagna, Mixed green salad, Garlic bread, Cantaloupe	3 Crumb topped baked fish, Pan fried potatoes, Carrots with parsley, Wheat bread, Strawberry cheesecake
6 Traditional meat loaf, Baked potato with sour cream, Scalloped corn, Blueberries	7 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, 24 hour fruit salad	8 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	9 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Apple slices	10 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins
13 Crumb topped baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies	14 Cornflake chicken, Roasted vegetable rice pilaf, Creamy cucumber salad, Tropical fruit	15 Roast beef, Mashed potatoes with brown gravy, Country blend vegetables, Dinner roll, Blueberry crisp	16 Barbecued spareribs, Baked beans, Spiral pasta salad, Fresh banana	17 Tuna salad sandwich on wheat, Lettuce leaf, Hearty vegetable soup, Peachy pudding
20 Italian meatballs with sauce, Rotini, Parslied cauliflower, Garlic bread, Mandarin oranges	21 Barbecue glazed chicken, Baked beans, Marinated cucumber salad, Wheat bread, Melon medley	22 Baked ham, Scalloped potatoes, Broccoli, Dinner roll, Applesauce	23 Breaded baked fish, Baked potato with sour cream, Carrots with parsley, Strawberry shortcake	24 Salisbury steak, Mashed potatoes with brown gravy, Whole kernel corn, Rhubarb crumble
27 CLOSED  MEMORIAL DAY	28 Bratwurst on a bun, Baked beans, Coleslaw, Chocolate chip cookie	29 Herb baked chicken, Baby bakers, Peas and carrots, Wheat bread, Blueberries	30 Hamburger on bun with lettuce/onion/pickle, Potato salad, Red gelatin with mandarin oranges	31 Baked fish with lemon butter sauce, Baked potato w/sour cream, Broccoli, Buttered rye bread, Fresh strawberries

...continued from page 1

The information is sent to local health departments that identify potential sources of illness. If additional information is needed, public health specialists may contact Wisconsinites who report their illness. All follow-up will remain confidential.

The launch of the new tool will be accompanied by a "Feeling Sick? Report it Quick!" message campaign which will share information and resources about prevention, symptoms of food or waterborne illness, and the reporting system through print materials and on social media.

To avoid food poisoning before it happens, here are a few tips:

- Wash hands and surfaces touched with food often.
- Keep raw meat, chicken, seafood, and eggs away from food that will not be cooked.
- Cook food to the right temperature to kill germs that can cause illness.
- Refrigerate food at 40 degrees Fahrenheit or colder within 1-2 hours of cooking.

For more information go to <https://www.dhs.wisconsin.gov/foodborne/report-illness.htm>.



Stepping Stones
of Dunn County
Food, Shelter, Support.

1602 Stout Rd | Menomonie, WI | 54751
715.235.2920

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

FOOD PANTRY

EMERGENCY SHELTER

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Get Help



 **Words.** Follow us on Facebook and tell others about our work in the community.

 **Work.** Volunteer in our office, pantry, shelter, or community.

 **Wallet.** Donate money, food, and supplies to help those in need.

 **Pantry** offers in-person, curbside, and pop-up options. See our website for dates/times of operation.

 **Shelter** provides emergency housing, assistance and referral services.

 **Community Connections** links volunteers to neighbors to provide supportive services.

For more information, visit

www.steppingstonesdc.org

Stepping Stones is a tax-exempt 501(c)(3) charitable organization.

PUT ME ON THE HI-LITES MAILING LIST

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

Name _____

Address _____

City _____ Phone _____

ACTIVITY CALENDAR FOR SITES IN DUNN

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

COLFAX GRAPEVINE SENIOR CENTER (715-962-2550)

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

HOSFORD-RICH APARTMENTS (715-235-4047)

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

TANTARA APARTMENTS DINING ROOM (715-556-0266)

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

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

SUPPORT GROUPS

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

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

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



Artful Expressions

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

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

Program sponsored by
 MAYO CLINIC

Online Resource Spotlight

<https://alzfdn.org/>

This resource is for family and professional caregivers caregivers of someone living with dementia. Find training, resources and support groups.

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

COUNTY HELPLINES

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



Hospice Care Myths *By the GWAAR Legal Services Team*



*Submitted by Bethany Schneider,
ADRC Elder Benefit Specialist*

When people think of the term “hospice,” many believe it means a person has given up on life or has just days to live. Many others think hospice is a type of facility, like a hospital or nursing home, that once a person enters they can never leave. However, hospice care is much different. The following are several common hospice care myths and the facts behind them.

Myth: Hospice is for people who have given up.

Fact: Hospice is for patients who are in the last phases of an incurable disease, but instead of focusing on curing an illness or prolonging death, the goal of hospice care is to relieve symptoms and give patients the best quality of life. The purpose of hospice care is to manage pain and other symptoms and to focus on the comfort and dignity of the person. And contrary to popular belief, research shows that in many cases, hospice care increases life expectancy, rather than decreases it.

Myth: Hospice is a place.

Fact: Hospice is rarely an actual location that people go to. Instead, the care almost always is provided where a person lives. Hospice patients are assigned a team of providers, such as a physician, registered nurse, home health aide, social worker, and chaplain. This team regularly checks in with the person, and works together to provide medical, emotional, spiritual and grief support to not only the patient but also their family.

Myth: People on hospice have to stop taking all medications.

Fact: This isn't always true. While it is true that hospice focuses on providing comfort rather than a cure, the decision to stop medication is usually left up to the patient. Depending on where people are in their diseases, it may be best to stop taking a medication that's a source of discomfort, but this is determined on a case-by-case basis. People are able to continue taking medications for pain and symptom control.

Myth: Once you sign up for hospice, there's no turning back.

Fact: Hospice doesn't mean a person is giving up control over their care or the ability to choose who provides it. A person can leave hospice and reapply at any time. For example, if a person on hospice wants to try a new drug trial or experimental therapy, they can always leave hospice and return at a later time, if needed.



Myth: You can only be on hospice for a limited amount of time.

Fact: Eligibility for hospice care requires that two physicians agree that the person has six months or less to live, however, this does not mean a person has to die within six months. If the person lives longer than six months but doctors continue to certify that they're terminally ill, they'll receive hospice care for as long as needed.

For families that have used hospice care for loved ones, nearly all say they wished they'd known about it sooner. You do not have to wait for your doctors to bring it up – it is never too early to ask about hospice and what benefits it could provide.

For more information, visit:

<https://leadingage.org/common-myths-of-hospice-care-debunked/>

<https://www.npr.org/2023/12/28/1221648271/hospice-care-myths-jimmy-carter-end-of-life>

GOVERNMENT SUBSIDIZED HOUSING

in Dunn County

Gaylord Nelson Manor - 603 E 21st Ave Menomonie

Physically disabled housing, available immediately.

Warren Knowles Manor - 507 Cedar Court Menomonie

Physically disabled housing, available immediately.

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May is Older Americans Month



Submitted by Bernie Allen,
ADRC Nutrition Program Coordinator

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

May Recipe: Spinach & Mushroom Quiche

Recipe from EatingWell.com

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 8 ounces sliced fresh mixed mushrooms such as cremini, shitake, button and/or oyster mushrooms
- 1 ½ cups thinly sliced sweet onion
- 1 tablespoon thinly sliced garlic
- 5 ounces fresh baby spinach (about 8 cups), coarsely chopped
- 6 large eggs
- ¼ cup whole milk
- ¼ cup half-and-half
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh thyme leaves, plus more for garnish
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 ½ cups shredded Gruyere cheese



Directions:

1. Preheat oven to 375 degrees. Coat a 9-inch pie pan with cooking spray; set aside.
2. Heat oil in a large nonstick skillet over medium-high heat; swirl to coat the pan. Add mushrooms; cook, stirring occasionally, until browned and tender, about 8 minutes. Add onion and garlic; cook, stirring often, until softened and tender, about 5 minutes. Add spinach; cook, tossing constantly, until wilted, 1 to 2 minutes. Remove from heat.
3. Whisk eggs, milk, half-and-half, mustard, thyme, salt and pepper in a medium bowl. Fold in the mushroom mixture and cheese. Spoon into the prepared pie pan. Bake until set and golden brown, about 30 minutes. Let stand for 10 minutes; slice. Garnish with thyme and serve.

Prep Time: 25 minutes. Cook Time: 40 minutes.

Dementia Support Group

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

First Wednesday of the Month
1:00 pm

Grapevine Senior Center
121 Main Street - Colfax

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



CAREGIVER COFFEE HOUR

1st Wednesday of the month

9:30-11:00 a.m.

Dunn County Government Center

3001 US Hwy 12 E., Menomonie WI



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

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



THE PURPLE PERK



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

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



Feb. 19
March 18
April 15
May 20

June 17
July 15
Aug. 19

Sept. 16
Oct. 21
Nov. 18
Dec. 16

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



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



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

PRESENTED BY THE CHIPPEWA VALLEY DEMENTIA COALITION

Thursday, May 9, 2024 • 8AM - 3PM

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

WHO SHOULD ATTEND

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

EVENT DETAILS

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

TOPICS COVERED

- Oral Care · Handling Medications
 - Bathing & Dressing · Incontinence Management
 - Body Mechanics and Transfer Equipment Demos
 - Adaptive Equipment and More!
- Plus, presentations on *Mapping Out Your Caregiver Support Options*; *Reflections of the Day*; and *Dementia Live* (a simulation experience that immerses participants into what it might be like to live with dementia, resulting in deeper understanding and empathy).

REGISTRATION REQUIRED BY MAY 2

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

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

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

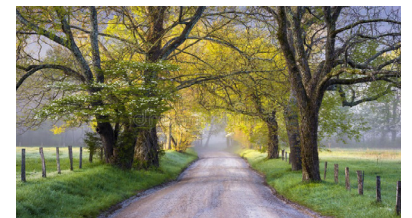
EVENT COORDINATORS



Menomonie Area Senior Center

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

Menomonie Area Senior Center May 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	* Reservations Required		1 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	2 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 12:30-1:30pm ADRC Walk & Talk 1pm 500 Cards / Open Party Bridge	3 10am-2:30pm ADS* 10am CVLR Foreign Affairs* 12-3pm Open Walking Gym 1pm Bingo	4
5	6 9am-11am Tai Chi 10am-2:30pm ADS* 10-11:30am ADRC Relatives Raising Children 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	7 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic Class*	8 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 11:30am ADRC Women Connected 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	9 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 1pm 500 Cards	10 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	11
12 Happy Mother's Day!!	13 9am-11am Tai Chi 10am-2:30pm ADS* 10:30am-Noon Artful Expressions* 12-3pm Open Walking Gym 12:30-2pm CVLR Cooking w/ Monica* 1pm Mah Jongg / Euchre	14 8:30-9:15am Chair Yoga 8:30am BOARD MEETING - SENIOR CENTER 9:45-10:45am Stronger Seniors-Intermediate* 10am CIL Blood Pressure & Sugar Screening 10am Cribbage 11-11:45am Stronger Seniors-Basic Class*	15 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	16 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors* Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic* 1pm 500 Cards / Open Party Bridge	17 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	18
19	20 9am-11am Tai Chi 10am-2:30pm ADS* 10-11:30am ADRC Purple Perk 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	21 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic Class*	22 8:30am Foot & Nail Clinic* 10am-2:30pm AARP Safe Driving* 11:30am-12:30pm Senior Center Meal Turkey Ala King over Biscuits 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	23 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors* Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic* 1pm Snack & Chat w/ Visiting Angels* 1pm 500 Cards LAST DAY STRONGER SENIORS UNTIL FALL	24 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	25
26	27 Memorial Day Senior Center Closed	28 8:30-9:15am Chair Yoga 10am Cribbage	29 No Foot & Nail! 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	30 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards	31 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	

Health – Social Connection



*Submitted By Carla Berscheid,
Dementia Care Specialist*

According to a 2023 report from the American Academy of Neurology, older adults with little social contact were more likely to have loss of brain volume. The study of 8,896 people with an average age of 73, none of whom had dementia. Those that identified as being socially isolated, had more damage in the brain called white matter lesions, than those that were socially connected. Although more research is needed, there is mounting evidence that social isolation is not healthy for our brain. How actively engaged with others are you right now? How can you increase this? Keep in mind, a phone call or video chat counts as social engagement too. Consider joining a community group, senior center or club that allows you to meet and interact with new people.



KEEPING FAMILIES CONNECTED



We understand how important it is to keep families connected, especially during this unique time.

If you would like to learn more about how we are keeping residents and families connected.

Contact Us Today 1.800.920.4725

CONVENIENT LOCATIONS

Menomonie, WI Chippewa Falls, WI
Baldwin, WI River Falls, WI
Hudson, WI St. Croix Falls, WI



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Honoring a veteran at their funeral or memorial service not only shows respect to the veteran, but also to their families and can be part of the healing process.

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Helpful Hearts Foundation was created by Randy Mundt, former owner of Stokes, Prock & Mundt Funeral Chapel and Cremation Society of Wisconsin, to help low-income families who have experienced the death of a loved one, to pay for funeral expenses. While the primary purpose is to help with the loss of a child, the application process is open to anyone in financial need, for final expenses in Eau Claire and surrounding counties. We are reaching out to help our community, during their time of greatest need.

For more information on the application process, or to make a monetary donation to this 501(c)3 non-profit organization, please visit www.helpfulheartswi.org.

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neighborsdc.org

Exploring Dementia



A support group for those caring for someone living with dementia

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

2024 Dates:

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

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

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

Virtual Support Groups



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

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

Circle of Support - Third Tuesday of the month 2-3 pm. Contact Becky at becky.kamrowski@co.trempealeau.wi.us

Evening Conversations - Every Thursday night 7:30-8:30 pm. Contact Becky at becky.kamrowski@co.trempealeau.wi.us

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

Lewy Body Dementia - Second Wednesday of the month, 6-8 pm. Contact Janell at romatowskiji@comcast.net

Savvy Caregiver Support Group - 1st Tuesday of the month, 10 - 11am. Contact Lisa Wells lisa.wells@eauclairecounty.gov



Walk & Talk

With the  Aging & Disability Resource Center

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

SHIRLEY DOANE

SENIOR CENTER

Join us at the Menomonie Senior Center gym!



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

2024 dates

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

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



Women Connected

A SUPPORT GROUP FOR WOMEN CAREGIVERS

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

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

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

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

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

OttLite Craft Floor Lamp

Submitted by CIL Western Wisconsin

This week at CILWW, we highlight the OttLite Craft Floor Lamp, a specialized lamp designed with crafters in mind. The OttLite features an adjustable 3X optical grade magnifier arm, making it a valuable tool for precision work and accurate color perception. The wide wing shade can be easily rotated to direct light where needed, and the flexible neck allows for convenient height adjustments. This lamp is suitable for crafting rooms, workshops, homes, or offices. The OttLite illumination emits minimal heat and glare, helping to reduce eyestrain during prolonged use. Priced at approximately \$120-180, the OttLite Craft Floor Lamp includes a 5-inch diameter attached magnifier.



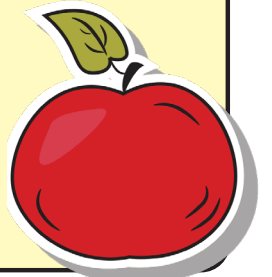
For more information on the OttLite or other assistive technology devices that could enhance your independence, please contact CILWW at 715-233-1070 or 800-228-3287. Our services are provided at no cost to individuals. However, we are not a direct funding source for purchasing assistive technology. Through the WisTech Assistive Technology Program, CILWW offers a range of services, including information on WisTech's alternative financing options, such as WisLoan, Telework, and TEPP, upon request.

Dunn County Area Retired Educators' Association

MAY 13, 2024 MEETING

A travel specialist from Holiday Vacations will be the guest speaker during the Dunn County Area Retired Educators' Association meeting on May 13th. Travel destinations, as well as packing and safety tips will be discussed.

Retired public school employees, preschool through university, are invited to attend the May 13th meeting at the Menomonie Moose Lodge, 720 19th Ave. East, 12:00 noon. Lunch will be served. Please call Jean at 715-505-8285 by March 9th to RSVP.



Summer 2024

CAREGIVER EVENTS

May

- 1 9:30am Caregiver Coffee Hour, Dunn County Government Center Room 100
- 1 1:00pm Dementia Support Group, Colfax Grapevine Senior Center
- 2 12:30pm Walk & Talk with the ADRC, Shirley Doane Senior Center
- 6 10:00am Relatives Raising Children, Shirley Doane Senior Center
- 8 11:30am Women Connected, Shirley Doane Senior Center
- 9 8am-3pm Caring for Your Loved One at Home-Skills Fair for Family Caregivers
Jacob's Well Church, 989 122nd St, Chippewa Falls
- 13 10:30am Opening Minds Through Art, Shirley Doane Senior Center
- 16 2:30pm Caregiver Support Group, Dunn County Government Center Room 100
- 20 10:00am The Purple Perk Shirley Doane Senior Center
- 27 10:30am Exploring Dementia, Shirley Doane Senior Center

June

- 3 10:00am Relatives Raising Children, Shirley Doane Senior Center
- 4 7am-3pm Academy for Lifelong Learners, UWEC W.R. Davies Center
77 Roosevelt Avenue, Eau Claire
- 5 9:30am Caregiver Coffee Hour, Dunn County Government Center Room 100
- 5 1:00pm Dementia Support Group, Colfax Grapevine Senior Center
- 5 2:00pm Wine, Women & Dementia, Rassbach Museum
- 6 12:30pm Walk & Talk with the ADRC, Shirley Doane Senior Center
- 10 10:30am Opening Minds Through Art, Shirley Doane Senior Center
- 12 11:30am Women Connected, Shirley Doane Senior Center
- 17 10:00am The Purple Perk, Shirley Doane Senior Center
- 20 2:30pm Caregiver Support Group, Dunn County Government Center Room 100
- 24 10:30am Exploring Dementia, Shirley Doane Senior Center

July

- 1 10:00am Relatives Raising Children, Shirley Doane Senior Center
- 3 9:30am Caregiver Coffee Hour, Dunn County Government Center Room 100
- 3 1:00pm Dementia Support Group, Colfax Grapevine Senior Center
- 8 10:30am Opening Minds Through Art, Shirley Doane Senior Center
- 10 11:30am Women Connected, Shirley Doane Senior Center
- 15 10:00am The Purple Perk, Shirley Doane Senior Center
- 18 2:30pm Caregiver Support Group, Dunn County Government Center Room 100
- 22 10:30am Exploring Dementia, Shirley Doane Senior Center

August

- 1 12:30pm Walk & Talk with the ADRC, Shirley Doane Senior Center
- 5 10:00am Relatives Raising Children, Shirley Doane Senior Center
- 7 9:30am Caregiver Coffee Hour, Dunn County Government Center Room 100
- 7 1:00pm Dementia Support Group, Colfax Grapevine Senior Center
- 12 10:30am Opening Minds Through Art, Shirley Doane Senior Center
- 14 11:30am Women Connected, Shirley Doane Senior Center
- 15 2:30pm Caregiver Support Group, Dunn County Government Center Room 100
- 19 10:00am The Purple Perk Shirley Doane Senior Center
- 26 10:30am Exploring Dementia, Shirley Doane Senior Center

Dunn County Aging and Disability Resource Center
3001 US Hwy 12 E. Suite 160, Menomonie WI 54751
Phone: 715-232-4006
Email: adrc@co.dunn.wi.us

ADRCs Help Older Adults and People with Disabilities



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

Occasionally, we still get questions from folks related to what the ADRC does and what services we are able to offer members of our community. If you've had those same questions, please read on!

Your local aging and disability resource center (ADRC) is the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability.

ADRCs are friendly, welcoming places where you can go for information about aging or living with a disability, whether you are looking for yourself, or you are a concerned family member or friend, or a professional working with issues related to aging or disabilities.

The ADRC provides information on a broad range of programs and services, helps people understand the various long-term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly funded long-term care.

These services can be provided at the ADRC, by telephone, or through a home visit, whichever is more convenient to you.

Services Provided by the ADRC

The ADRC can connect you to resources about:

- In-home personal care and nursing
- Housing options
- Housekeeping and chore services
- Home modifications
- Adaptive equipment
- Transportation
- Health, nutrition, and home-delivered meal programs
- Medicare, Medicaid, and Social Security
- Caregiver supports and respite

Please feel free to give the ADRC of Dunn County a call at 715-232-4006, or contact us by email at adrc@co.dunn.wi.us. We look forward to hearing from you and assisting you!



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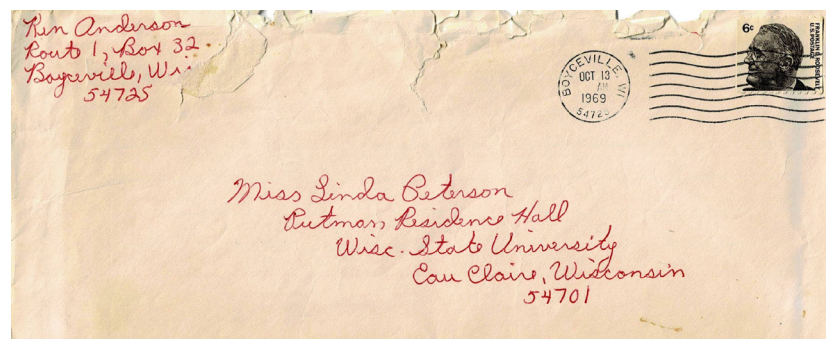
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Long Ago Love Letters

By Ken Anderson, The Mayberry Guru



One of my favorite pastimes is listening to music. I especially enjoy music from the 50s and 60s. Country songs often revolved around broken hearts and failed romances. Doo Wop music from the fifties frequently features young love, holding hands, and sad farewells.

Another popular theme that found its way into music over the years is the writing of love letters. Some of the more famous love letter tunes are the 1957 Pat Boone hit Love Letters in the Sand and Billie Williams's 1957 hit I'm Going to Sit Right Down and Write Myself a Letter. Elvis Presley had the 1962 hit Return to Sender, and Stevie Wonder hit the charts with his 1970s hit Signed Sealed Delivered.

I have to admit that I have never written a love letter song. However, I wrote my share of love letters to my wife in 1969 while I was teaching in Boyceville, and she attended UWEC. We never failed to write a daily letter from October 1969, when we first met, until the day before we married on August 1, 1970. I am sure of these dates as my wife recently found all these letters of love safely stored in a box in our basement.

I carefully sorted all the letters we wrote those 54 years ago. We decided to reread the letters of our early love in the order in which they were written and read. I knew I would enjoy reading them, but I had no idea those letters would rekindle all the emotions and memories from that beautiful year of my life. Reading those words we wrote so many years ago was almost like reliving a year of our lives. My wife Linda was just 18 when she received her first letter from me asking for a date, and I was 23 when I received her written reply saying she would love to go out with me. The rest is history.

Reading those treasured letters enabled Linda and me to relive the most memorable year of our lives. We read the words of our promises 54 years ago, and we can proudly say we kept those promises. Our words spoke of our young love and, hopes and dreams for the future. And I am not embarrassed to say rereading those letters brought both laughter and tears to me.

History has recorded the love letters of many famous people. I discovered that books of the love letters of English poets Robert Browning and Elizabeth Barret Browning, written from 1845 to 1846, are for sale on eBay. But alas, the love letters of Kenneth Anderson and Linda Peterson Anderson shall remain private forever.

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Dementia Risk Factors for Veterans

by Shelley Krupa, Business Operations Coordinator Lake Hallie Memory Care

Is there a connection between a younger veteran's time in the service and their contracting dementia after being discharged? Maybe.

Isn't dementia or Alzheimer's disease an older person's disease? Yes, we know the greatest risk factor for Alzheimer's is being over the age of 65, but every person with a brain is at risk for dementia, at any age.

When a younger veteran is admitted to a memory care facility before they turn 65 years of age, they've no doubt struggled due to an early onset of some type of brain injury-induced dementia.

Veterans are significantly more at risk for a diagnosis of dementia than those who haven't served. What are the risk factors for veterans who served? Traumatic brain injury, post-traumatic stress, blast-induced neurotrauma, successive concussion syndrome, and depression. A daunting list, right?

Damages to the brain resulting from stresses once a veteran is no longer in service can add up. While depression can linger for years, it often leads to drinking or drugs, damaging the brain even



further. Lifestyle risks, plus their in-service risks, compound their brains for contracting dementia as veterans age.

What about their diets? When in service, veterans are fed 3 balanced meals a day, comprised 50% or more of carbohydrates in the 3000-4000 calories/day. Those calories provided the energy needed for daily activities. Once they are out of service, the need for so many calories diminishes.

Any overindulgence in carb-loaded meals and treats for comfort measures adds to the hidden causes of dementia. That slow icing on the cake adds layers to the progression of damage to the brain via a less than healthy diet.

When they are out of service, daily exercise decreases. Coupled with continued eating of sweet treats, many veterans will find the need to loosen up belt buckles around their waistlines.

Those who continue eating a higher calorie and carb-loaded diet, like the standard american diet, will end up adding pounds, causing diabetes, high blood pressure, high cholesterol, etc. These all increase their risk factors of causes for a variety of dementias.

What can veterans do to prevent or help their brains stay healthy for as long as possible after they discharge from service? At the first signs of mild cognitive impairment, seek out a professional evaluation or research Veterans Against Alzheimer's for tips on who to contact.

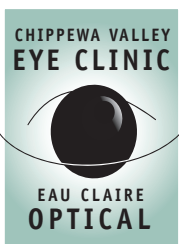
Protect brain health by enlisting in healthy lifestyle changes. Revive the daily discipline of exercising - a 30-minute brisk walk per day is beneficial. Pull out the old uniform from storage and try it on for size - if it still fits you're on a great track for maintaining a healthy weight. If not, and there's a bulging waistline or a BMI that's growing in numbers, retreat from sugar-loaded treats that aren't good for your brain. Skip out on the cookies, cut down on carbohydrate-loaded meals, switch your meals to a Mediterranean diet, and notice if your symptoms improve.

Be bold, brave, and do your best to protect your brain!



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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.



Poppy Day - Honor and Support Our Veterans



Each year on the Friday before Memorial Day in the United States, members of the American Legion Family hand out small paper or silk poppies for people to wear in honor of our past, current and future veterans. It's celebrated as Poppy Day, and this year it falls on Friday, May 24, 2024.



The origins of Poppy Day come from World War I, specifically starting in France and Belgium. It is believed that the rubble left by the war there enriched the soil with lime, and the poppy flourished during and after the war. Shortly after seeing the beautiful, bright red flowers on the front line, Lieutenant Colonel John McCrae, M.D

penned the haunting poem "In Flanders Fields." The poppy soon became a symbol for all the blood shed during the war.

On September 27, 1920, the American Legion began to use the poppy as the official flower to memorialize soldiers from WWI, and then began nationally distributing them in 1924. Today, the flower honors all the living and those who have fallen in service to our country. Your donation helps support the medical and financial needs of all veterans, active-duty military personnel and their families.

Ways to participate in honoring our veterans on Poppy Day:

- Wear a red poppy and explain it to people who ask
- Distribute poppies (see website below for details)
- If you accept a poppy from someone, make a donation
- Collect donations for the Poppy Program (see website below for details)
- Share on social media

Source: American Legion Auxiliary. "National Poppy Day."
<https://www.legion-aux.org/national-poppy-day>



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Honoring Our Veterans - Mental Health Awareness

by Stokes, Prock & Mundt Funeral Chapel

As we celebrate the brave men and women who have selflessly served our nation, it's important to recognize not just their physical sacrifices but also their mental well-being. Veterans, with their unwavering dedication and resilience, deserve our utmost gratitude and support, particularly in fostering their mental health. The significance of prioritizing mental well-being among veterans cannot be emphasized enough.



Investing in veterans' mental health fosters a culture of gratitude and respect, wherein their sacrifices are honored and their well-being prioritized. By advocating for comprehensive mental health services tailored to veterans' needs, we demonstrate our unwavering commitment to those who have served our nation with valor and dedication. This commitment extends beyond mere words of thanks—it entails tangible actions aimed at ensuring veterans lead fulfilling lives long

after their military service has ended.

Acknowledging the mental health challenges faced by veterans is essential. The experiences they endure during their service, from combat situations to the stress of deployments, can leave profound emotional scars. However, it's crucial to emphasize that seeking help is not a sign of weakness but rather a testament to their strength and courage. By openly discussing mental health and eradicating the stigma associated with it, veterans can feel empowered to seek the assistance they deserve.

It's essential to recognize the resilience and strength inherent in the veteran community. Time and again, veterans have demonstrated their ability to overcome adversity and thrive in the face of challenges. By harnessing the power of this brotherhood and sisterhood, leaning on each other, and promoting a positive mindset, veterans can conquer mental health obstacles and emerge stronger than ever before. Through resilience-building activities, such as physical fitness, mindfulness practices, and creative outlets, veterans cultivate the skills needed to navigate life's ups and downs with grace and perseverance.

One of the most uplifting aspects of supporting veterans' mental health is witnessing the transformation it brings. With access to proper resources and compassionate care, veterans can embark on a journey of healing and restoration. Through therapy, peer support groups, and community outreach programs, they find solace in knowing they are not alone in their struggles. Moreover, as they navigate their mental health challenges, veterans often discover newfound resilience and inner strength, paving the way for a brighter future.

Honoring veterans entails more than just celebrating their service on designated holidays; it involves championing their mental health and well-being every day. We must foster a culture of support, understanding, and compassion, so that we can empower veterans to confront their mental health challenges. Together, let us stand in solidarity with our veterans, recognizing the importance of mental health and ensuring they receive the care and support they deserve. Through our collective efforts, we can create a brighter future where veterans thrive, embodying the true spirit of resilience and perseverance.

Prioritizing veterans' mental health yields significant benefits not only for the individuals themselves but also for society as a whole. When veterans receive the support they need to overcome mental health obstacles, they can fully reintegrate into civilian life and contribute meaningfully to their communities. Whether pursuing careers, further education, or volunteering opportunities, mentally healthy veterans enrich society with their unique skills, experiences, and perspectives.

At Stokes, Prock & Mundt Funeral Chapel and Cremation Society of Wisconsin, we are proud to support our veterans in any way that we can—past, present and future.

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



Blue Zones: How to Increase Your Longevity *By Becky Streeter*

Blue Zones are areas throughout the world where the healthiest, happiest, oldest people live. Dan Buettner, a National Geographic Explorer, coined the term after an expedition to Okinawa, Japan in 2000. He and his team began researching communities with the highest proportion of people who reached 100. After compiling the information, Buettner took out a map and made five blue circles around the areas that fit the criteria: the Barbagia region of Sardinia off the coast of Italy, Ikaria in Greece, the Nicoya Peninsula in Costa Rica, the community of Seventh Day Adventists (who happen to have a high concentration in Loma Linda, California), and Okinawa in Japan.



Upon studying these pockets of centenarians, Buettner discovered each community had nine lifestyle habits in common, which he termed "Power 9":

- 1. Move Naturally** - People in Blue Zones move naturally and often. They walk or bike to work and social outings. They have few modern mechanical conveniences for yard and housework.
- 2. Purpose** - Centenarians wake up each morning with a sense of purpose. They view their life as a unique gift and therefore seek ways to better their community.
- 3. Downshift** - They acknowledge their stress and create daily routines to address it through prayer, meditation, napping or happy hour.
- 4. 80% Rule** - They stop eating when they are 80% full, allowing their brains to catch up with their stomachs. They don't finish their plate simply because there is more food to eat. They often eat their smallest meal in the late afternoon or evening, and then nothing else after it.
- 5. Plant Slant** - According to Buettner, "Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Meat—mostly pork—is eaten on average only five times per month. Serving sizes are 3-4 oz., about the size of a deck of cards."
- 6. Wine @ 5** - Except for the Adventists, most Blue Zone communities drink 1-2 glasses of wine per day with friends and/or food. An invitation to drink moderately, regularly, and *responsibly*.
- 7. Belong** - Find a faith-based community. According to Buettner, "Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy."
- 8. Loved Ones First** - These communities keep their aging loved ones close by or move them into their own homes, they are committed to a life partner, and they spend quality time with their children.
- 9. Right Tribe** - Centenarians have chosen and remain in lifelong supportive social circles. These tend to be on the smaller side—five or so extremely close friends who have the same values and lifestyles.

For more information on transforming your life for better quality and longevity, bluezones.com has a wealth of articles and recipes. The Blue Zones Project also works with communities throughout the United States, such as in Albert Lea, Mn., to "improve street and park designs, public policy, and social involvement so that it's easy for people to make healthy choices." All they need is a champion(s) to get the project started.

Source: <https://www.bluezones.com>.



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