



# Hi SENIOR Lites

- Social Security Overpayment Overview
- Understanding The Differences Between Normal Forgetfulness and Dementia
- Discover The Joy Of Farmers' Markets: Fresh, Local, And Fun!
- August Farmers' Market Recipe: Dill Garden Salad
- World Senior Citizen's Day
- Hexagon Rotating Timer



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

## Social Security Overpayment Overview *By the GWAAR Legal Services Team*



*Submitted by Bethany Schneider, ADRC Elder Benefit Specialist*

Addressing a Social Security benefit overpayment promptly will help you avoid collection actions and harmful effects to your credit. The Social Security Administration (SSA) is required to inform you of adverse actions concerning your benefits. Know your rights and responsibilities to avoid consequences. Never ignore an SSA notice because it may put you at risk of losing your benefits.

### What Is An Overpayment?

An overpayment occurs when the SSA pays you more money than you were entitled to. There are several reasons for overpayments.



Sometimes, an error at the SSA results in someone being paid more or getting benefits they weren't entitled to. Other times, the error is the beneficiary's fault. They may not have reported a change that affects their benefit amount or made too much money. These are just a few examples of reasons overpayments occur. If you want

more information about an overpayment, contact your local SSA field office (<https://www.ssa.gov/locator/>) or Aging and Disability Resource Center (ADRC) (<https://www.dhs.wisconsin.gov/adrc/find-resources.htm>).

### What Can I Do About An Overpayment?

You have options when you receive an overpayment. You have appeal rights if you believe you don't owe the overpayment or think the amount is incorrect. You can request a reconsideration or waiver. You still have options if you know the overpayment is correct but can't repay it. You can request a payment reduction if you need one or establish a repayment plan with SSA. Contact your local SSA field office or ADRC for more information about your options.

*...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.

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Income Based Housing  
This institution is an equal opportunity provider and employer



715.235.0656



## FOR RENT

### SUNNYSIDE APARTMENTS

Knapp, Wisconsin  
Income Based Housing  
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715.308.3158



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**Stepping  
Stones**  
of Dunn County

## Updated Food Pantry Hours

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

**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

**FRIDAY**  
Curbside Only

12:00 pm  
to  
4:00 pm

**SATURDAY**  
Inside Only

9:00 am  
to  
12:00 pm

**Mon/Tues/Sat - Inside Shopping only.** No curbside available.  
**Wed/Fri - Curbside Shopping Only.** No inside shopping available.

Check-in once a week to receive meat, dairy, dry goods, bakery, fresh fruits & vegetables (as available).



**Stepping  
Stones**  
of Dunn County

## POP-UP CURBSIDE FOOD PANTRY

Stepping Stones Food Pantry provides this service to 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  
N2698 460th St,  
Downsville

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

For more information, contact Angie Wolf:  
715.235.2920 ext. 204 | [a.wolf@steppingstonesdc.org](mailto:a.wolf@steppingstonesdc.org)  
*All pop-up pantries are closed on holidays.*

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# ADRC DUNN COUNTY NUTRITION PROGRAM

Colfax M - Th 962-2550  
Hosford-Rich Apts. M, T, Th, F 235-4047  
Ridgeland M - F 949-1937

Tantara in Menomonie M - F 556-0266  
Sand Creek M - F 658-1335  
ADRC Office for Dunn County M - F 232-4006



AUGUST 2025  
Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Tuna salad sandwich/wheat, Lettuce/tomato, Hearty vegetable soup, Peachy pudding
4 Italian meatballs with sauce, Rotini, Parslied cauliflower, Garlic bread, Mandarin oranges	5 Barbecue glazed chicken, Baked beans, Marinated cucumber salad, Wheat bread, Melon medley	6 Breaded pork chop, Oven roasted sweet potatoes, Broccoli, Applesauce	7 Baked fish, Baked potato, Sour cream, Carrots with parsley, Strawberry shortcake	8 Salisbury steak, Mashed potatoes, Brown gravy, Whole kernel corn, Rhubarb crumble
11 Roast beef, Mashed potatoes, Brown gravy, Sliced beets, Raisin oatmeal cookies	12 Baked ham, Apple sweet potato bake, Pinto beans & bacon, Cherry crisp	13 Herb baked chicken, Baby bakers, Winter squash, Wheat bread, Blueberries	14 Hamburger on a bun, Lettuce/onion/pickle, Potato salad, Red gelatin with mandarin oranges	15 Breaded baked fish, Baked potato, Sour cream, Romaine and onion salad, Buttered rye bread, Fresh strawberries
18 Roasted turkey breast, Boiled potato, Turkey gravy, Seasoned Brussels sprouts, Dinner roll, Grapes	19 Orange chicken, Steamed rice, Broccoli, Raisin sour cream bars, Tomato juice	20 Roast pork, Mashed potatoes, Gravy, Seasoned peas, Wheat bread, Sweet cherries	21 Meat lasagna, Mixed green salad, Garlic bread, Cantaloupe	22 Crumb topped baked fish, Black beans & rice, Carrots with parsley, Strawberry cheesecake
25 Chicken alfredo over noodles, Carrots with parsley, Blueberries, Tomato juice	26 Traditional meatloaf, Baked potato, Sour cream, Scalloped corn, 24 hour fruit salad	27 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	28 Baked fish, Cheesy hash browns, Broccoli, Dinner roll, Apple slices	29 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins

...continued from page 1

## What Happens If I Don't Repay An Overpayment?

If you don't repay your SSA overpayment, you could face negative consequences to your income, benefits, or credit. SSA can intercept your tax return, garnish wages, withhold future benefits, and report to the credit bureaus. To avoid these actions, review notices from SSA and take action promptly. If you need help understanding your notice or your options, speak to your local SSA field office or ADRC.

You have the right to appeal adverse actions before they result in the loss of benefits, income, or a tax refund. Always read notices from SSA and act promptly if there is an error or adverse action. SSA notices can be confusing, so don't be afraid to call your local SSA field office or ADRC to ask for help understanding the notice and what your next steps should be.



**Stepping  
Stones**  
of Dunn County

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

## GET HELP



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



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



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

1602 Stout Rd, Menomonie, WI 54751  
715.235.2920 | [www.SteppingStonesDC.org](http://www.SteppingStonesDC.org)

## 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 AUGUST 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

Hello,  
Summer!

## Dementia Support Group

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

**First Wednesday of the Month**  
**1:00 - 2:30 pm**

**Grapevine Senior Center**  
**121 Main Street - Colfax**

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

## Exploring Dementia

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

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

### 2025 Dates:

January 27	May 19*	September 22
February 24	June 23	October 27
March 24	July 28	November 24
April 28	August 25	December 29*

\* indicates date change due to holidays

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



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1717 Devney Dr - Altoona  
[chippewacremation.com](http://chippewacremation.com)



# HELP END ELDER ABUSE

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

## COUNTY HELPLINES

### DUNN COUNTY DEPT. OF HUMAN SERVICES & ADRC

Adult Protective Services 715-232-1116

#### 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



## Understanding The Differences Between Normal Forgetfulness and Dementia *By the GWAAR Legal Services Team*



*Submitted by  
Bethany Schneider,  
ADRC Elder Benefit  
Specialist*

Have you ever found yourself standing in the middle of a room, wondering what you came in for? Or perhaps you've struggled to remember a word that was on the tip of your tongue? These occasional memory lapses are often a normal part of aging and are usually not a cause for alarm.

In fact, after we turn 65 years old, almost 40% of us will experience some form of memory loss. For most of us, however, the memory loss will be mild enough that we can still live our day-to-day lives without interruption. According to the World Health Organization, only 5 to 8% of those over 60 will go on to develop dementia.

So, chances are that if you are forgetting things, you're probably just experiencing normal memory loss that comes with aging, as opposed to something more serious, like dementia or Alzheimer's disease. But can you tell the difference? Let's explore some key differences between normal aging and dementia:

**1. Forgetting vs. Forgetting How to Do:** Aging often involves forgetting details like names, dates, or why you entered a room. Dementia, on the other hand, can lead to forgetting how to perform everyday routine tasks like cooking or driving.

**2. Recall vs. Recognition:** Aging might cause temporary difficulty recalling information, but a reminder can help. Dementia, on the other hand, generally affects both recall and recognition, even with prompting.

**3. Delayed Memory vs. Impaired Memory:** With aging, it might take longer to remember things, but the memory usually eventually surfaces. Dementia, by contrast, generally results in persistent, ongoing memory impairment – the inability to remember things from the past or form new memories.



#### **4. Minor Impact vs. Significant Impact:**

Aging-related memory changes typically are annoying but don't affect daily life significantly. Dementia, on the other hand, generally interferes with work and relationships and ultimately can make it impossible to live independently. If those who are closest to you are starting to notice your memory problems, it might be time to consider seeing a doctor.

#### **5. Inability to Remember Things vs.**

**Inability to Learn New Skills:** If you find yourself merely unable to remember some things from the past, like what you ate for breakfast yesterday, that is probably normal aging. However, if you find that you are having a lot of trouble learning new skills, like how to program a new simple house alarm system with three steps, even after it has been shown to you several times, that could be a sign of a more serious underlying health condition.

If you're experiencing the type of forgetfulness that accompanies normal aging, simple strategies like keeping a routine, using memory aids (like writing things down, setting alarms, etc.), and staying physically and mentally active can help. However, if you suspect that you may, in fact, have dementia, consult a healthcare professional for evaluation, support, and guidance on appropriate interventions. Remember, early diagnosis can make a difference in managing these conditions effectively.

Interestingly, most forms of dementia are not inherited, although a few rare forms are, including early-onset Alzheimer's (the type you get before age 60). In fact, the most important risk factor for the development of dementia is simply advanced age, generally presenting in people who are in their late 70's and 80's.

Regardless of whether you had a family member with dementia or not and regardless of how old you are, it is always a good idea to stay vigilant, be proactive, and remember that every moment is worth cherishing—even the ones you'd rather forget! And, if your memory seems to be getting worse over time, see your doctor.

# Discover The Joy Of Farmers' Markets: Fresh, Local, And Fun!



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

As we enjoy the warm days of August, it's the perfect time to explore your local farmers' market. These lively outdoor markets are bursting with fresh, local produce and a wide range of homemade goods that not only support local farmers but also provide great health benefits!

## Why Farmers' Markets?

Farmers' markets offer a unique experience. Not only can you get fresh, seasonal fruits and vegetables, but you also have the chance to meet the people who grow your food. It's a wonderful way to support small businesses in your community and enjoy produce that's often grown with care and without the use of harsh chemicals.



## Health Benefits of Fresh Produce

One of the biggest perks of shopping at farmers' markets is the variety of fresh, nutrient-rich food. These foods are often picked at the peak of ripeness, offering more flavor and vitamins. Whether you're looking for tomatoes, berries, leafy greens, or even fresh herbs, you'll find an abundance of healthy options to add to your meals.

Fresh produce is not only delicious, but it also provides numerous health benefits for seniors, including improved digestion, heart health, and better immune function. It's a great way to enjoy a balanced diet while supporting your overall well-being.

## Supporting Local and Sustainable Farming

When you buy from a farmers' market, you're not just buying fresh food. You're also supporting local farmers and sustainable agriculture practices. Farmers' markets typically feature foods that are grown and produced nearby, which means they often have a lower environmental impact compared to mass-produced grocery store items.

Many of the farmers also follow organic or sustainable farming methods, which are healthier for both the planet and for you. It's a great feeling to know that you're making choices that benefit both your health and your community.

## Fun and Social Experience

Farmers' markets aren't just about food – they're also about community! Many markets have entertainment like live music, cooking demonstrations, and activities that make it a fun outing. It's a wonderful way to get out of the house, enjoy the outdoors, and engage with others in your neighborhood.

Consider going with friends or family for a pleasant afternoon stroll. You'll enjoy the fresh air, the lively atmosphere, and the chance to discover new and unique items – from homemade soaps to hand-crafted jewelry.

## Tips for a Successful Visit

- Bring reusable bags: Many vendors are happy to fill your bags, and it's an eco-friendly way to shop.
- Talk to the farmers: They love to share the stories behind their produce and offer tips on how to prepare different items.
- Check for senior discounts: Some markets offer special discounts for seniors, so be sure to ask!
- Plan for early or late shopping: Early birds get the best selection, but later in the day you might find great deals on leftovers.

Conclusion Farmers' markets are a wonderful way to enjoy fresh, local produce while also supporting your community. So, take advantage of the beautiful weather this August and head out to your local market. Whether you're picking out juicy apples, sampling homemade jams, or simply enjoying a fun day out, farmers' markets have something special for everyone.

Stay healthy, happy, and well-fed!

## August Farmers' Market Recipe: Dill Garden Salad

*Recipe from tasteofhome.com*

### Ingredients:

- 3 cups chopped English cucumbers
- 1 large tomato, seeded and cut into ½-inch pieces
- 1 small sweet red pepper, chopped
- 2 tablespoons chopped sweet onion
- 3 tablespoons reduced-fat mayonnaise
- 4 teaspoons olive oil
- 2 teaspoons sugar
- 2 teaspoons rice vinegar
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon pepper
- 2-1/2 teaspoons snipped fresh dill



### Directions:

1. In a large bowl, combine cucumbers, tomato, red pepper and onion.
2. In a small bowl, whisk mayonnaise, oil, sugar, vinegar, salt, garlic powder and pepper until blended. Stir in dill.
3. Spoon dressing over salad; toss to coat.

Prep/Total Time: 20 minutes | Servings: 6



THE CHIPPEWA VALLEY DEMENTIA COALITION PRESENTS



Caring for Your Loved One at Home

A Skills Fair for Family Caregivers

A Day of Learning, Support, and Resources For Family Caregivers of Dementia • Parkinson's • Stroke • Etc.

Learn everyday caregiving techniques

Oral Care

Bathing & Dressing

Management

Helpful Adaptive Equipment

Handling Medications

Incontinence

Transferring

and Much More!

Hands-on demonstrations by:

Registered Nurse

Physical Therapy

Occupational Therapy

Speech Therapy

Visit vendors offering community resources

Discover your caregiver support options & share takeaways from the day

FREE EVENT!

THURSDAY, AUGUST 14, 2025

8AM-3PM

 JACOB'S WELL CHURCH

989 122nd St  
Chippewa Falls, WI

DOOR PRIZES • LIGHT BREAKFAST & LUNCH WILL BE PROVIDED

Senior care is available during the event

Call Rellim at 715-600-0746

~Scholarships available~

"Thank you so much for this event! It helped me feel more confident in my skills and knowledge."

-2024 Caregiver Attendee

 Chippewa Valley Dementia Coalition

REGISTRATION **REQUIRED** BY AUGUST 7

 www.adrcevents.org

 715-839-4735

Caring for those who care for others.

Caregiver Support Group

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



 ADRC  
Aging and Disability Resource Center of Dunn County

Contact Casey at the Dunn County Aging and Disability Resource Center with any questions. (715)232-2713

3rd Wednesday of the month

2pm-3:30pm

Menomonie Senior Center

1412 Sixth Street E

Menomonie, WI

SHIRLEY DOANE  
SENIOR CENTER

1412 Sixth Street E  
Menomonie, WI 54751  
715-235-0954 email: seniors@wvt.net

Shirley Doane Senior Center

August 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>NEED RESERVATIONS*</b>	Please Note Stronger Seniors Class New Time & Date Exceptions Noted in Newsletter^^			1 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	2
3	4 9-10:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	5 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 10am Cribbage 7pm Popcorn in the Park	6 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot SAINT PAUL SAINTS GAME —SENIOR DAY TRIP*	7 8:30-9:15am Chair Yoga 10am-2:30pm ADS*	8 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	9
10	11 9-10:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	12 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9am BOARD MEETING- SR CENTER 10am Cribbage 10am-12pm CIL BPressure&Sugar Screening	13 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30am-1pm ADRC Women Connected 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	14 8:30-9:15am Chair Yoga 9:30-11am ADRC Relatives Raising Children 10am-2:30pm ADS*	15 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	16
17	18 9-10:30am Tai Chi 10am-12pm Purple Perk & Artful Expressions ADRC 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	19 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am Cribbage	20 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30-12:30PM SWEDISH MEATBALLS SR CENTER MEAL* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot 2-3:30pm ADRC Caregiver Support Group	21 8:30-9:15am Chair Yoga 10am-2:30pm ADS*	22 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	23
24	25 9-10:30am Tai Chi 10:30am-Noon Exploring Dementia ADRC 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	26 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 10am Cribbage	27 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot CHANHASSEN—GREASE SENIOR DAY TRIP*	28 8:30-9:15am Chair Yoga 10am-2:30pm ADS*	29 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	30
31						

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# World Senior Citizen's Day



*By Tracy Fischer, ADRC Manager*

World Senior Citizen Day will be celebrated this year on Thursday, August 21st.

World Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better.

Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens and they deserve all our gratitude.

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated. "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land," Reagan proclaimed. "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."

His words have withstood the test of time and are now, over 30 years later, more important than ever as older people are leading more productive lives. Reagan himself set an example for everyone — he was 69 years old when one of the world's most powerful titles of president of the U.S. was given to him on January 20, 1981. Reagan lived till the ripe old age of 93, and not only was he the oldest person to be elected president, he was also the oldest when his term ended at 77 years and 349 days.



According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.

Take a moment to celebrate yourself if you are a senior citizen on August 21st and recognize all that has been accomplished by those who fall into this category! We owe many thanks to this generation!



## Caregiver Coffee Hour

**A Support Group for Caregivers**

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



For more information contact Casey at the Aging and Disability Resource Center at (715) 231-2713.

JOIN US:

1st Thursday of the Month

9:30am-11:00am

Menomonie Senior Center

1412 Sixth Street E.

Menomonie, WI

## Women Connected

A SUPPORT GROUP  
FOR WOMEN CAREGIVERS

*Menomonie Senior Center*  
1412 6th St., Menomonie, WI  
2nd Wednesday of the month at 11:30am

2025

Jan 8	Apr 9	Jul 9	Oct 8
Feb 12	May 14	Aug 13	Nov 12
Mar 12	Jun 11	Sep 10	Dec 10

*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 Casey at 715-231-2713.





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Submitted by Compass IL

The Hexagon Rotating Timer is a visually engaging and functional tool suitable for various settings. It offers preset timers in intervals of 5, 15, 30, 45, and 60 minutes, with the capability to set, pause, and resume timing as needed. To set timer, just rotate to desired time. The device also features a clock and alarm function, making it an effective tool for time management and focused task execution in both professional and personal environments.



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Available for purchase on Amazon at approximately \$23.

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

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

## HOUSING CLINICS

Looking for resources?  
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Volunteers will be available to help with housing-related applications and questions.



Please join us at the Kaleidoscope Center, 809 Wilson Street, Menomonie

### 2025-26 DATES AND TIMES

- |               |        |              |        |
|---------------|--------|--------------|--------|
| • August 7    | 4-5 PM | • November 6 | 4-5 PM |
| • September 4 | 4-5 PM | • December 4 | 4-5 PM |
| • October 2   | 4-5 PM | • January 8  | 4-5 PM |

### CONTACT US

Walk in or schedule an appointment at:  
715-231-6481

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## Grief Support Group

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12-1pm**

**@ The Menomonie  
Senior Center  
1412 6th St E  
Menomonie WI**

If you have any questions  
call 715-235-0954.  
Everyone is welcome!

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Learn tips and strategies to improve communication with someone living with dementia. Strategies will decrease your frustration.

#### DEMENTIA & HOME SAFETY SEPTEMBER 2, 2-4PM

Learn about low tech and high tech solutions to keep your loved one safe at home

#### STAGES & SUPPORT JUNE 3RD, 2 - 4PM

Determine roughly what stage of dementia your loved one is in and how to best support them day to day.

#### DEMENTIA & SUNDOWNING DECEMBER 2, 2-4PM

Learn about this symptom that is often present with dementia. You will gain understanding and strategies to work through sundowning.

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- Join Carla Berscheit, Dementia Care Specialist to gain knowledge, understanding and resources.
- Registration is required.



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# VOLUNTEERS NEEDED!

Volunteering is fun, can make you feel good, and provides a way to touch people in a very real personal way. You can volunteer as little or as much time as you would like.

**Volunteer Opportunities:**

**Transportation Program:** Volunteers provide rides to Dunn County residents that need rides to medical appointments.



For more information on becoming a Volunteer Driver, or for other volunteer opportunities with the ADRC, call: (715) 232-4006 or email [adrc@co.dunn.wi.us](mailto:adrc@co.dunn.wi.us)  
[www.co.dunn.wi.us/adrc](http://www.co.dunn.wi.us/adrc)

**Mileage Reimbursement Opportunities Available!**

Option to attend virtual or in person.  
 Contact Casey at the Dunn County ADRC for information (715)231-2713.



## Relatives Raising Children Support Group



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

**2nd Thursday of the month  
 9:30-11:00am**

**Menomonie Senior Center  
 1412 Sixth Street East  
 Menomonie, WI**



## Virtual Dementia Support Groups



Join us for support, encouragement and resources

For Caregivers of someone living with dementia:

- Monday Coffee Connect** - Every Monday 10-11 am.  
 Contact Kelsey at [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)
- Monday DISH** - 1st Monday of the month 7-8pm.  
 Contact Carla at [cberscheit@chippewacountywi.gov](mailto:cberscheit@chippewacountywi.gov)
- Circle of Support** - 3rd Tuesday of the month 2-3pm.  
 Contact Teresa at [teresa.gander@vernoncounty.org](mailto:teresa.gander@vernoncounty.org)
- Evening Conversations** - Every Thursday night 7:30-8:30pm.  
 Contact Teresa at [teresa.gander@vernoncounty.org](mailto:teresa.gander@vernoncounty.org)
- Minds & Voices** - 2nd Wednesday of the month, 10:30 - 11:30am  
 contact Rob at 920-386-4308 or [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)
- Lewy Body Dementia Caregiver Support Group** - 2nd & 4th Wednesday of each month 1:30-3:30pm.  
 Contact Rob at 920-386-4308 or [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)
- Friday Support** - Every Friday morning 9-10am.  
 Contact Karen at [karen.tennyson@co.rock.wi.us](mailto:karen.tennyson@co.rock.wi.us)
- Third Wednesday** - Third Wednesday of the month 6:30 - 7:30 pm  
 contact Tricia at [tricia.rotering@co.trempealeau.wi.us](mailto:tricia.rotering@co.trempealeau.wi.us)

For those living with MCI or early stage dementia

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



# THE PURPLE PERK

A safe space for persons with dementia and their care partner to join for coffee and conversation.



## Artful Expressions

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

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1412 Sixth Street E, Menomonie WI

3rd Monday of the month

10am-12pm; art project to start at 11am

*Jan. 21	Apr. 21	Jul. 21	Oct. 20
Feb. 17	May 19	Aug. 18	Nov. 17
Mar. 17	Jun. 16	Sep. 15	Dec. 15

\*Will meet 1st Tues. in Jan. due to holiday closures.



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



# FoodShare Replacement Benefits

By the Greater Wisconsin Agency on Aging Resources Legal Services Team

FoodShare members who lose food purchased with FoodShare benefits due to a flood, fire, power outage, or other household misfortune may request replacement benefits from the state. For example, refrigerated food may no longer be safe to eat after a power outage that lasts more than four hours. For more information about food safety in a disaster or an emergency, please visit: <https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency>. To request replacement FoodShare benefits, submit a request in one of the following ways:



- Online: Log in to ACCESS (<https://access.wi.gov/>), and click on "Food Benefits Replacement Request" in the menu on the left.
- By phone or in person: Contact your local income maintenance agency (<https://www.dhs.wisconsin.gov/forwardhealth/imagency/index.htm>).
- By mail or fax: Complete and submit a Request for Replacement FoodShare and/or Summer EBT Benefits form (<https://www.dhs.wisconsin.gov/library/collection/f-00330>).

**You have 10 days to request replacement benefits.** If you tell your income maintenance agency about the food loss within 10 days, you will have 10 days from when you told the agency to complete the request for replacement benefits.

When requesting replacement benefits, you will need to describe what happened that caused your food loss. You may be asked to submit proof of the event that caused your food loss. For example, you may need to show information from the power company that confirms there was a power outage.

For assistance, please contact your local Aging and Disability Resource Center.



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# Final Wishes Made Known *By Ken Anderson, themayberryguru@gmail.com*

There is one topic that was rarely mentioned on The Andy Griffith Show. Death. Aunt Bee became very distressed one day when an acquaintance her age passed away. Then there was the time undertaker Orville Monroe backed his hearse up to the courthouse door because he had heard Barney had shot himself in the chest. In The Haunted House episode, Barney and Gomer talked about the legend of Old Man Rimshaw killing his hired hand with an ax. However, in real life, death is the one thing no one can escape.



Our final arrangements include a traditional funeral service at our church. We were both amazed at all the small details we had to make decisions about. It makes me wonder how people deal with it when there is a sudden death with no arrangements made beforehand. It would make a very stressful and difficult time even more stressful and difficult. While our final arrangements may seem relatively simple, they have not always been so in the past.

My wife and I recently did something that we have been putting off for a very long time. We finally made all our funeral plans and prepaid everything. As it turned out, it wasn't the unpleasant experience we expected it to be. In some ways, it was enjoyable. It meant several visits with our estate attorney and three meetings with a funeral senior preneed specialist, who just happened to be my wife's former employer and friend. Not having any children meant that Linda and I needed to preplan our final wishes. We did not want to burden any family members or friends with such a personal task.

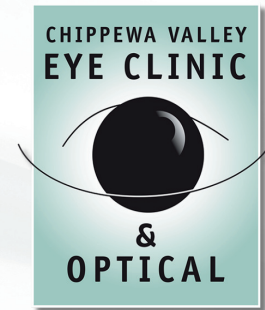
Funeral customs have evolved over the years, with many of the traditions now largely obsolete. At one time in America, it was a common practice upon death to hang black bunting and wreaths on various objects around the house. If a person died in their home, the body was removed from the house feet first to prevent them from beckoning others to follow. It was also a common practice to keep the body at home until the time of the funeral. Mirrors were quite often covered until after the funeral to prevent an image of the corpse from being captured in the glass.

Fortunately, these practices are now a thing of the past, and my wife and I can be assured that our final wishes will be carried out as planned. Now, if you pardon my pun, this topic will now be laid to rest.

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# Medicare and Health Savings Account Planning

By the Greater Wisconsin Agency on Aging Resources Legal Services Team

As you near retirement age, planning for health care coverage after retirement should take priority. There are many things to think about, including understanding what you need to do to avoid costly penalties due to health care coordination after the age of 65. Your plan should look at when to enroll in Medicare, when your employer coverage will end, whether you will be using retiree coverage, and what other Social Security benefits you will take and when. All these questions, and many more, are important to consider in the planning process.

Another thing you may not have thought about is when you need to stop contributing to your Health Savings Account or HSA. Determining when to stop contributing to your HSA is essential to avoid costly tax penalties from the IRS.

Getting a little background information about HSAs will help you see the importance of planning to avoid tax penalties and keep you informed of your health care costs. An HSA is a type of savings account that you can contribute to tax-free. The funds can be used to cover qualifying medical expenses, typically including deductibles, copayments, and prescriptions. These plans are available to individuals who have certain types of insurance from their employers, and employers are also allowed to contribute to these accounts.

To qualify for an HSA, you must have a High-Deductible Health Plan. This means that you are responsible for a larger deductible before your health plan begins to pay for services. You will have a larger out-of-pocket expense for healthcare needs, but HSA plans help reduce this burden. HSAs are great because they help to cover high medical costs, but they can be costly when contributions aren't stopped after Medicare starts.

The timing of Medicare enrollment affects when you can contribute to your HSA. You can receive up to six months of retroactive Medicare coverage if you delay your enrollment after the age of 65.



Delays mean you need to plan to stop HSA contributions by the first month that Medicare starts. You cannot have Medicare and contribute to an HSA. The tax penalties are imposed because Medicare is not a High-Deductible Health plan, and you are therefore ineligible to contribute to an HSA. You will still have access to the funds that you have already contributed to the HSA, but new contributions will be penalized by the IRS.

The coordination of HSA contributions should also be made with your spouse's coverage in mind. If your spouse has a High-Deductible Health Plan and is still eligible to contribute to an HSA, you should speak to the overseer of the HSA account and seek help from a tax professional to ensure that your spouse's contributions don't lead to tax penalties.

Opting to take Social Security retirement benefits will also affect when HSA contributions should be stopped. This is because when you are eligible to take Social Security retirement benefits, you will or should be automatically enrolled in Medicare Part A. You will not be able to decline Part A if you collect these benefits. This means that you will be enrolled in Medicare, and any HSA contributions could result in tax penalties.

HSAs are great money savers when you properly coordinate contributions to coincide with your health care coverage. Remember that if you delay enrolling in Medicare, you can get up to six months of retroactive coverage. You will have to plan to stop HSA contributions in the first month Medicare coverage starts to avoid tax penalties. Social Security retirement benefits will automatically enroll you in Medicare Part A and trigger contribution penalties when that coverage begins. Finally, you should coordinate contributions from your spouse's HSA account. If you have questions or concerns about HSA contributions, you should consult the overseer of the account and a tax professional. A little planning ahead of time can save you costly tax penalties.

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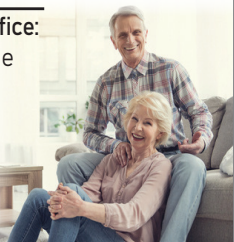
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# Medication Management: Tips for Older Adults and Caregivers

Medication management is a critical aspect of healthcare, especially for those with multiple chronic conditions, as they are more likely to face complex drug regimens. The use of five or more drugs (called polypharmacy) is common. As the quantity of medications increases, so does the potential for drug interactions and side effects, making coordinating dosing schedules more challenging.

Age-related cognitive decline and dementia affect memory and everyday task performance. This can result in skipped, duplicated, or improperly timed doses. Furthermore, symptoms such as dizziness, confusion, or gastrointestinal disturbances can hinder ongoing medication adherence. This is particularly the case when identifying the specific medication responsible for the adverse reaction proves challenging.

Additionally, physical constraints such as tremors, arthritis, and impaired vision may also impact medication management. These can hinder the ability to manage pill bottles or read medication labels effectively.

## Strategies for effective drug management

One of the most effective ways to manage medications is to stay informed and organized.

- **Gather information** - Maintaining an updated medication list is critical. It should include all prescription medications, over-the-counter (OTC) drugs, vitamins, herbal remedies, and dietary supplements. Many of these substances could interact with prescription medications, sometimes posing significant risks.

Caregivers of older adults or individuals with dementia can consider requesting access to their electronic health records. This access allows you to track dosages, prescription modifications, and potential interactions effectively.

It's good practice to conduct an annual review of the individual's medication list with a pharmacist or healthcare professional. This can help pinpoint unnecessary medications, adjust dosages, and help reduce the risks associated with polypharmacy.

- **Collaborate with a pharmacist** - Pharmacists play a crucial role in medication management. Consider exploring medication therapy management (MTM) services, which involve a comprehensive review of a person's medications to enhance outcomes and minimize side effects. Many insurance plans, including Medicare Part D, provide coverage for MTM services for eligible individuals.

Another valuable service to ask about is medication synchronization. This service streamlines prescription refills, enabling all medications to be collected on a single day. This approach reduces visits to the pharmacy and simplifies routines, helping with medication adherence.

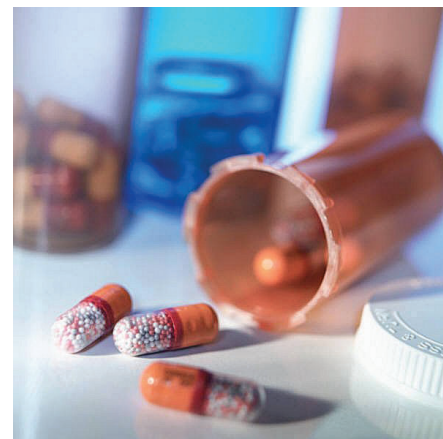
Before starting any new OTC medication, vitamin, or supplement, seek advice from a pharmacist.

## Medication management tools

Several resources can help to understand various medications and make them as easy as possible to understand, coordinate, and take.

- **Medication documentation** - Prescription drugs come with critical information typically found in the medication guide or patient package insert. It is important to understand the paperwork and labeling associated with each medication. These materials

provide Food and Drug Administration (FDA)-approved information regarding usage instructions, potential side effects, and possible drug interactions. In cases where paperwork is absent or unclear, pharmacists can provide a printed copy and offer assistance in interpreting the information.



- **Accessible labels and containers** - Adults with vision or dexterity issues can benefit from pharmacies that offer large-print or Braille labels. Packaging that features a code you can scan with a smartphone to change the text to audio can also help. Some pharmacies also offer high-contrast color-coded systems to distinguish different drugs. Your doctor or pharmacist may recommend a pharmacy that offers these options if your current pharmacy doesn't.

If child-resistant caps are difficult to open, pharmacists can dispense medications in easy-open containers upon request. Just ensure you store them safely away from children, ideally in a locked cabinet.

- **Pill identification** - When pills are separated from their containers or mixed together, it can be hard to tell which is which. You can use a pill identification tool to find the name and image of an unknown prescription or OTC medication. Start by entering details such as pill imprint code, color, and shape.
- **Tips and tricks** - If swallowing tablets or capsules is difficult, various techniques can help, from taking certain pills with applesauce to using specialized pill-swallowing cups.

To avoid missed doses, consider using tools such as pill organizers, medication reminders, or smartphone apps.

## Key tips for safe medication use:

- **Storage:** It is essential to store medications in a cool and dry place. Keep them out of the bathroom, where heat and moisture can affect their potency. Keeping drugs in their original containers helps prevent mix-ups and ensures important labeling is accessible.
- **Expiration dates:** Regularly checking expiration dates is important. Dispose of any outdated medications promptly and properly. Local pharmacies and law enforcement often provide take-back programs for this purpose.
- **Monitor for side effects:** Stay vigilant for negative side effects or interactions, especially when starting a new medication. Look out for warning signs such as confusion, new skin rashes, dizziness, or changes in behavior.
- **Consultation:** Medications should never be abruptly discontinued without consulting a doctor. Always seek approval from the prescribing doctor beforehand, as suddenly stopping a medication can worsen the condition or lead to withdrawal symptoms.

*Adapted from: <https://www.medicalnewstoday.com/articles/elderly-medication-management#common-challenges>*



# It's Just Stuff: De-cluttering Helps us Focus on What's Important

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

Let's be honest: somewhere in your house there is a drawer, a box, or an entire closet you haven't opened since the Bush administration. (Whichever Bush doesn't matter now). Inside it? Stuff. Glorious, mysterious stuff. Cables to electronics you no longer own. A candle that smells like "autumn nostalgia." Mis-matched gloves. Mis-matched socks. Seventeen mismatched Tupperware lids. Paperclips and dull scissors we always intend to sharpen, but never do.



a box full of birthday cards from 1982 - It's time. Time with family, friends, or just a good phone visit with someone you enjoy.

The stuff we hold onto isn't what defines us; it's the time we spend in love, laughter, and shared experiences that truly make our lives richer. Sure, we've been conditioned to believe that owning things is a way of showing success or security. But the truth is, the more we hold on to stuff, the more we miss out on what really matters:

We hang on to a lot of cheap junk, un-used or past-its-use stuff.

Spending time with the people who mean the most to us.

There's also "good" stuff you bought for really good reasons. Like that beautiful dinnerware set for special occasions. You used it once, then got nervous someone might break a piece. So you stored it away in its original cartons. When you first got these things, they seemed important. You were sure you were going to use them. Some were even symbols of your prosperity and success. Things you felt would make your life better. But they didn't. They just became stuff.

When was the last time you laughed until you cried with your grandchildren over a game of cards, or shared stories with old friends over coffee? Those moments are worth infinitely more than any trinket or token we could keep. And honestly, when we're long gone, no one will remember the set of crystal glasses we bought at an estate sale. They'll remember us—the stories we told, the moments we shared, the love we gave.

After a few years, these things—while still lovely and potentially useful—weren't nearly as valuable or important as they once seemed. Take that fancy dinnerware. It hasn't touched a table since the family reunion of 1997. If you were asked, "Would you rather have this china or a visit with your children or grandchildren?" I'm willing to bet the china would lose every time.

So, as you look around at the clutter you've accumulated over the years, maybe it's time to ask yourself: Does this stuff bring me joy? Or would I rather spend my time with my children, grandchildren, or a dear friend? Perhaps it's time to sell or pass some of those items along, knowing they'll find a new home where they'll be appreciated—or simply make room for something even more valuable: time. After all, you've earned the right to spend your golden years not worrying about what's stuffed into closets and attics, but about how many more precious moments you have. The real treasures in life aren't found in boxes or cabinets; they're found in the hearts of those we love.

So, why not sell the china and use the money to arrange a visit with your loved ones?

*Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. He has more than 50 years of pastoral service and professional counseling experience. For more information please call (715) 723-4437 or email him at [carl.trapani@chippewamanor.com](mailto:carl.trapani@chippewamanor.com).*

Now, I'm not saying to toss or sell everything you own. If that vase from your great aunt brings a smile to your face every time you look at it, keep it and keep smiling. But maybe, just maybe, it's time to start thinking about how to de-clutter your life. Hopefully as we age, we start to realize that our most precious commodity isn't our stuff. It isn't a vase, a set of rare coins, or

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