



Hi SENIOR Lites

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- Brain Food – Brain Boosting Foods for Seniors
- Thank You, Dunn Energy Cooperative!
- Questions About Meals on Wheels Donations
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- Top Games for Seniors and the Elderly: Fun for All Abilities



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Medicaid Work Requirements Coming Soon *By the GWAAR Legal Services Team*



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

The 2025 budget reconciliation law, called the “One Big Beautiful Bill” or “H.R. 1,” signed by President

Trump on July 4, 2025, will make several changes to Wisconsin’s Medicaid programs.

One change will require BadgerCare Plus members between the ages of 19 and 64 to meet work requirements beginning January 1, 2027 unless they are exempt. The Wisconsin Department of Health Services (DHS) will send notices in fall 2026 to all childless adults who will have to meet this requirement.

BadgerCare Plus members who are required to meet the work requirement must prove that they are doing 80 hours of work, or another approved activity, each month. Other activities that meet the work requirement include volunteering or being enrolled in at least a part-time education or job-training program. People whose monthly



income is at least equal to the minimum wage multiplied by 80 hours and seasonal workers whose average monthly income over the past six months is at least the minimum wage multiplied by 80 hours will also meet the work requirement. Wisconsin’s minimum wage is \$7.25 per hour.

People who do not meet these requirements will receive a notice telling them that they have 30 days to prove they are working, volunteering, or enrolled in an education or job training program. If they cannot prove this, they will be disenrolled from BadgerCare Plus. New applicants who do not meet these requirements will have their applications denied.

Some people will be exempt from the work requirement.

These people include:

- Parents, guardians, or caretakers of dependent children under age 13 or disabled individuals;
- Individuals who are pregnant;
- Former foster care youth under age 26;
- Individuals who are medically frail;
- Individuals participating in a substance use disorder treatment program;
- Individuals who meet FoodShare work requirements;
- Native American tribal members;
- Disabled veterans; and
- Individuals who are incarcerated or who were released from incarceration within the last 90 days.

The federal government is expected to release more guidance by June 2026. For the latest news from the Wisconsin Department of Health Services about upcoming Medicaid changes, please see: <https://www.dhs.wisconsin.gov/forwardhealth/partners/federal-changes.htm>.

Dunn County Aging & Disability Resource Center
3001 US Highway 12 East, Suite 160 Menomonie, WI 54751



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.

FOR RENT

MEMORIAL HEIGHTS APARTMENTS

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



FOR RENT

SUNNYSIDE APARTMENTS

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



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FOOD PANTRY HOURS

- MONDAY (Inside Only) 1:00 pm to 4:00 pm
- TUESDAY (Inside Only) 10:00 am to 1:00 pm
- WEDNESDAY (Curbside Only) 2:00 pm to 6:00 pm
- SATURDAY (Inside Only) 9:00 am to 12:30 pm



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



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

www.SteppingStonesDc.org

POP-UP PANTRY SCHEDULE

EVERY 1ST AND 3RD THURSDAY OF EACH MONTH

SAND CREEK 11:30 am - 12:30 pm
 Arts Center E9311 County RD I, Sand Creek

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

EVERY 2ND AND 4TH THURSDAY OF EACH MONTH

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

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

EVERY 1ST TUESDAY OF EACH MONTH

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

ROCK FALLS 1:00 pm - 2:00 pm
 Township Hall N995 County Rd H, Mondovi



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



www.SteppingStonesDc.org

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ADRC DUNN COUNTY NUTRITION PROGRAM

Colfax M - Th 962-2550
 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Pot Roast, Parslied Red Potatoes, Carrots, Whole Wheat Bread, Banana Cake, Milk	3 Oven Fried Chicken, Mashed Potatoes, Corn, Wheat Bread, Watermelon, Milk	4 Pork Chops w/ Apples, Baby Bakers, Winter Squash, Sugar Cookie, Milk	5 Hot Ham & Cheese on bun, Bean w/ Bacon Soup, Creamy Coleslaw, Diced Pears, Milk	6 Italian Meat sauce w/ Spaghetti Noodles, Spinach Cranberry Salad, Garlic Breadstick, Iced Brownie, Milk
9 Salsbury Steak, Parslied Potatoes, Stewed Tomatoes, Wheat Bread, Pineapple Tidbits, Milk	10 Creamed Turkey over Biscuit, Carrots, Peach Cobbler, Milk	11 Shepards Pie, Rutabagas, Dinner Roll, Mandarin Oranges, Milk	12 Sweet & Sour Chicken, Steamed Rice, Broccoli, Pears, Milk	13 Breaded Fish on Bun, Baked Beans, Creamy Cucumber Salad, Raisin Oatmeal Cookie, Milk
16 Breaded Pork Chop, Oven Roasted Sweet Potatoes, Pinto Beans, Wheat Bread, Grapes, Milk	17 Corned Beef, Boiled Potatoes, Cabbage, Rye Bread, Pistachio Pudding 	18 Baked Spareribs, Sauerkraut, German Potato Salad, Spinach Salad, Pumpkin Bread, Milk	19 Beef & Vegetable Stir Fry, Steamed Rice, Steamed Cauliflower, Cheesecake w/ Cherry Topping, Milk	20 Honey Mustard Glazed Salmon, Parslied Red Potatoes, Asparagus Cuts, Wheat Bread, Fruit Ambrosia Salad, Milk
23 Hamburger Gravy, Mashed Potatoes, Corn, Wheat Bread, Banana, Milk	24 Roast Turkey, Boiled Potato, Glazed Carrots, Wheat Bread, Applesauce, Milk	25 Meat Lasagna, Green Beans, Garlic Bread, Bread Pudding w/ Raisins, Milk	26 Baked Fish Filet, Parmesan Potatoes, Broccoli, Wheat Bread, 24-Hour Fruit Salad, Milk	27 Three Bean Chili w/ Meat, Mixed Green Salad, Cornbread, Mixed Berries, Milk
30 Open Face Hot Turkey Sandwich w/ Gravy, Mashed Potatoes, Broccoli, Apple Slices, Milk	31 Baked Ham & Pineapple, Scalloped Potatoes, Pinto Beans & Bacon, Creamy Frosted White Cake, Milk			



2026 CAREGIVER SUPPORT GROUP

3rd Wednesday of the Month

2:00pm-3:30pm

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

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

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




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

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 MARCH 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



<i>March</i>						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Grief Support Group Menomonie Senior Center 12:00pm	3 Women Connected Renewal & Reflection ADRC Resource Room 12:00pm <i>Where Women Meet for Monthly Wellness & Self-Care</i>	4 Exploring Dementia 1:00pm Independence State Bank Elk Mound, WI	5 	6 National  Cookie Day	7
8 	9 Exploring Dementia ADRC Resource Room 10:30am Grief Support Group Menomonie Senior Center 12:00pm	10 Creative Caregiver ADRC Resource Room 1:00pm	11  International Fanny Pack Day	12 Relatives Raising Children ADRC Resource Room 9:30am	13	14
15 	16 Grief Support Group Menomonie Senior Center 12:00pm	17 	18 Caregiver Support Group ADRC Resource Room 2:00pm	19	20 	21
22	23 Exploring Dementia ADRC Resource Room 10:30am Grief Support Group Menomonie Senior Center 12:00pm	24	25  American Red Cross Giving Day	26  Make Up Your Own Holiday Day	27	28 Respect Your Cat Day 
29 	30 Grief Support Group Menomonie Senior Center 12:00pm	31 				

HELP END ELDER ABUSE

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

COUNTY HELPLINES

DUNN COUNTY DEPARTMENT OF HUMAN SERVICES & ADRC

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

DOMESTIC ABUSE VICTIM ADVOCATE

24-Hour Crisis Line.....800-924-9918

Dunn County Sheriff's Office.....715-232-1348

Aging & Disability Resource Center.....715-232-4006

Bridge to Hope715-235-9074



Loop Quiet 2 Earplugs: Supporting Comfort, Focus, and Accessibility Submitted by Compass IL

Loop Quiet 2 earplugs are reusable silicone earplugs designed to reduce background noise while maintaining comfort and awareness of the surrounding environment. Unlike traditional foam earplugs, they soften sound rather than block it entirely, making them suitable for extended wear during daily activities or sleep.



How they help

Loop Quiet 2 work by lowering overall noise levels, helping to create calmer and more manageable environments. This can support improved focus, reduced stress, and better rest, particularly in noisy or unpredictable settings.

Noise sensitivity can significantly affect daily functioning for many people with disabilities. Loop Quiet 2 may be beneficial for:

- Individuals with sensory processing differences, including those with ADHD or Autism, by reducing sensory overload in busy environments
- People with anxiety or PTSD, by minimizing sound-related triggers and supporting emotional regulation
- Individuals with sound sensitivity or hearing-related conditions, by softening uncomfortable noise without full isolation
- People experiencing sleep disruption, by reducing nighttime noise and supporting consistent rest

Why they matter

By offering a discreet, comfortable way to manage noise, Loop Quiet 2 support accessibility, wellbeing, and participation in everyday activities. They are a practical tool for individuals who benefit from quieter environments while still needing to remain engaged with the world around them.

Where Can I Find Them?

Loop Quiet 2 can be found online at Amazon or Walmart and average price is around \$20.

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

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

Women Connected

2026

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



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

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

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

For more information, contact Casey at (715)231-2713.

Self-care
IS EMPOWERMENT

do it for you



Brain Food – Brain Boosting Foods for Seniors

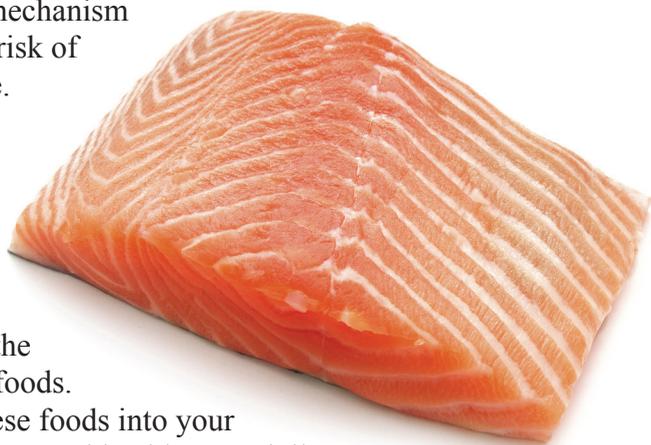


Submitted by Bernie Allen,
Aging & Transportation Programs Manager

There is no doubt that a healthy diet contributes to a healthy body, but eating nutritious foods can also lower the risk of cognitive decline as we age. Recent research has found that elderly people who consumed the most nutritious food lowered their risk of cognitive decline by almost 25 percent, when compared to those with the least healthy diets.

Researchers believe that it is likely that a healthy diet has effects on cardiovascular risk factors and cardiovascular disease, and that this is an important mechanism for reducing the risk of cognitive decline.

So what foods make up a healthy “brain boosting” diet? Below is a list of some of the top brain power foods. Incorporating these foods into your diet can improve mental health, especially for seniors who want to protect themselves from cognitive decline.



Salmon

Studies show that substituting salmon for beef or poultry a couple times per week can slow mental decline. Salmon, and other cold-water fish such as tuna, sardines and halibut, contain high levels of omega-3 fatty acids. Research suggests that omega-3s may help protect against Alzheimer’s disease and dementia, and have a positive effect on gradual memory loss linked to aging.

Walnuts

Walnuts are rich in vitamin E, which works to trap free radicals that can damage brain cells, according to the Alzheimer’s Research Center. A recent study found that people who eat food with high levels of vitamin E had a lower risk of developing Alzheimer’s.

Green Tea

Green tea contains enzymes, amino acids and vitamins that can help improve mental fatigue and boost brain function. It also contains a plant compound called EGCG, which may reduce inflammation, aid weight loss, and help prevent heart and brain disease.

Eggs

Egg yolks are rich in choline, a nutrient that the brain uses to make a neurotransmitter that may be vital to maintain memory and communication among brain cells. A study by researchers at Boston University found that choline intake was associated with better performance on memory tests.

Blueberries

Animal studies have shown that blueberries help protect the brain from oxidative stress and may reduce the effects of dementia. A study by Tufts University and the USDA found that a diet rich in blueberries improved short term memory loss and reversed some loss of balance and coordination in aging rats.

Avocados

Avocados are packed with monounsaturated fat, which contribute to healthy blood flow. Avocados also lower blood pressure and reduce the risk of high blood pressure.

Spinach

Spinach is an excellent source of folic acid, and studies have shown that eating spinach helps prevent dementia. Spinach and other cruciferous vegetables such as broccoli, cabbage and dark, leafy greens can help improve memory.

March Recipe: Baked Oatmeal with Banana, Raisins and Walnuts

Ingredients:

- 2 cups rolled oats
- 1/3 cup walnuts, chopped
- 1 ½ teaspoons ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon ground allspice
- 2 cups reduced-fat milk
- ¾ cup low-fat plain yogurt
- 2 tablespoons canola oil
- ¼ cup packed light brown sugar
- 1 teaspoon vanilla extract
- 1 large banana, halved lengthwise and sliced
- 1/3 cup raisins



Directions:

1. Preheat oven to 375 degrees. Coat an 8-inch square baking dish with cooking spray.
2. Mix oats, walnuts, cinnamon, baking powder, salt allspice in a large bowl.
3. Combine milk, yogurt, oil, brown sugar and vanilla in a medium bowl.
4. Add the milk mixture to the dry ingredients; stir until completely incorporated.
5. Stir in bananas and raisins. Pour the mixture into the prepared baking dish
6. Bake until golden on top and firm to the touch, 45 to 50 minutes.
7. Serve with a side of fresh fruit.

Total Time: Prep: 15 minutes. Cook: 45-50 minutes.

Yield: About 6 servings.

Recipe from EatingWell.com

Thank You, Dunn Energy Cooperative!



Submitted by Bernie Allen, Aging & Transportation Programs Manager

Jolene Fisher, Director of Engagement at Dunn Energy Cooperative, recently presented a generous \$2,500 donation to our Nutrition Program.

Pictured are Jolene Fisher and Bernie Allen, Aging and Transportation Program Manager.

This donation will directly support our rural congregate meal sites, helping offset the cost of providing meals in Ridgeland, Sand Creek, Colfax, and Menomonie.

Nutrition Program Mission:

To reduce hunger, promote socialization among older adults, and support the health and well-being of older individuals.

We are incredibly grateful for Dunn Energy Cooperative's commitment to our communities and the seniors we serve. Thank you for making a meaningful difference!



Questions About Meals on Wheels Donations

Recently, I have received some questions about donation requests from Meals on Wheels America. Meals on Wheels America is a highly reputable national leadership organization. However, if you would like to ensure that your donation benefits local seniors, you can also donate directly to the Dunn County Nutrition Program.

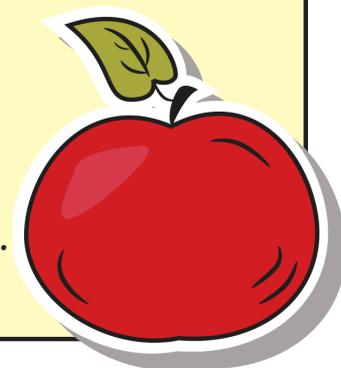


Please contact Bernie Allen, Aging and Transportation Programs Manager, for more information about donating directly to your local Meals on Wheels program. 715-231-6412, ballen@dunncountywi.gov

Dunn County Area Retired Educators' Association

John Englund, Menomonie Family YMCA, Executive Director, will be the guest speaker, during the **March 9th meeting** of the Dunn County Area Retired Educators' Association (DCAREA). He will discuss participation opportunities available for area residents.

DCAREA Meets at the Menomonie Moose Lodge, 720 19th Ave. E., at 12:00 noon. All retired public school employees, preschool through university, are invited to attend. Lunch will be served. Please call Jean at 715-505-8285 by March 5th to RSVP.



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- cremationsociety-wi.com

PLEASE SEND YOUR FREE-NO OBLIGATION BROCHURE ABOUT CREMATION TO:

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Address _____
City _____ State _____ Zip _____

CREMATION SOCIETY OF WISCONSIN- 715.834.6411
STOKES, PROCK & MUNDT FUNERAL CHAPEL - 715-832-3428
535 S. Hillcrest Parkway, Altoona WI 54720



The Neighbors of Dunn County Skilled Nursing Home Facilities

Generations of caring since 1892

Spacious private rooms | Skilled rehabilitation therapies
Daily activities, events, and live entertainment
Barber / Beautician
Church / Worship services
And so much more!



2901 Forbes Ave, Menomonie
715-232-2661

www.neighborsdc.org



All Welcome - No Cost

Community Meals

Free meals in Menomonie
Monday, Tuesday, Wednesday and Thursday

Monday's Meal

Mondays from 5:00-6:00 PM
Menomonie United Methodist Church
2703 Bongey Drive
Drive Through To Go

Tuesday's Table

Tuesdays from 5:00-6:00 PM
St. Joseph's Church
10th St. and Wilson Ave.
(lower level)
In Person Dining

Wednesday's Table

Wednesdays from 5:00-6:00 PM
Christ Lutheran Church
1306 Wilcox St.
In Person Dining & To Go

Thursday's Table

Thursdays from 5:00-6:00 PM
First Congregational
United Church of Christ
420 Wilson Ave.
To Go



CARING THROUGH THE JOURNEY: DEMENTIA TRAINING

This training is open to anyone that wants to learn more about dementia and/or supporting someone that has dementia personally or professionally. This includes caregivers, friends, neighbors, church and clinic staff.

TRAINING INCLUDES:

- Communication Snags and Successes
- Understanding Unmet Needs
- Progression (stages) of Dementia
- Your Approach Matters



SHERI FAIRMAN
DEMENTIA CARE
Solutions
www.dementiacaresolutions.org

THURSDAY, APRIL 9TH

Central Lutheran Church
28 E. Columbia Street
Chippewa Falls, WI
10:00 am - 2:30pm
lunch provided

To Register:

<https://chipfalls.revtrak.net/>

\$15.00
PER
PERSON

Sponsored by: Aggie's Country Living & Chippewa Valley Dementia Coalition

Normal Brain Aging or Warning Signs of Brain Changes



ADRC
Aging and Disability Resource Center
of Dunn County

- What is Normal Brain Aging?
- Know the Warning Signs
- Could some health conditions appear like dementia?
- What are next steps if you notice changes in yourself or someone else?

Join Dementia Care Specialist from the Aging & Disability Resource Center of Dunn County, Carla Berscheit as we tackle this important topic

March 10, 2026

1:00 pm - 2:30pm



Menomonie Area Senior Center

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

Menomonie Area Senior Center

March 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 8:30-9:30am Tai Chi 12-3pm Open Walking Gym 12pm ADRC Grief Support 1pm Mah Jongg	3 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:45 Stronger Srs Intermediate 10am Cribbage 11-11:45am Stronger Srs Basic 1pm Euchre	4 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	5 8:30-9:15am Chair Yoga 9:45 to 10:45 Stronger Seniors Intermediate 10am-2:30pm ADS* 11am-11:45am Stronger Seniors Basic	6 10am-2:30pm ADS* 10-11:30am Foreign Affairs CVLR* 12-3pm Open Walking Gym 1-3pm Bingo	7
8	9 8:30-9:30am Tai Chi 12-3pm Open Walking Gym 12pm ADRC Grief Support 1pm Mah Jongg	10 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 8:30am Sr Center Board Meeting* 9:45-10:45 Stronger Srs Intermediate 10am-12pm CIL Blood Pressure & Sugar Screening 10am Cribbage 11-11:45am Stronger Srs Basic 1pm Euchre	11 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	12 8:30-9:15am Chair Yoga 9:45 to 10:45 Stronger Seniors Intermediate 10am-2:30pm ADS* 11am-11:45am Stronger Seniors Basic	13 10am-2:30pm ADS* 10-11:30am Foreign Affairs CVLR* 12-3pm Open Walking Gym 1-3pm Bingo	14
15	16 8:30-9:30am Tai Chi 12-3pm Open Walking Gym 12pm ADRC Grief Support 12:30pm-2pm CVLR Cooking With Monica* 1pm Mah Jongg	17 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:45 Stronger Srs Intermediate 10am Cribbage 11-11:45am Stronger Srs Basic 1pm Euchre Happy St. Patrick's Day!	18 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	19 8:30-9:15am Chair Yoga 9:45 to 10:45 Stronger Seniors Intermediate 10am-2:30pm ADS* 11am-11:45am Stronger Seniors Basic	20 10am-2:30pm ADS* 10-11:30am Foreign Affairs CVLR* 12-3pm Open Walking Gym 1-3pm Bingo	21
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29	23 8:30-9:30am Tai Chi 12-3pm Open Walking Gym 12pm ADRC Grief Support 1pm Mah Jongg				*denotes "needs reservations"	

Creative Caregiver

MONTHLY ART GROUP
 2ND TUESDAY OF THE MONTH
 1:00PM-2:30PM
 ADRC RESOURCE ROOM
 3001 US HWY 12 E, SUITE 160
 MENOMONIE, WI

A RELAXING ART & SELF-CARE GROUP FOR CAREGIVERS TAKE A BREAK. REFILL YOUR CUP. CONNECT WITH OTHERS WHO UNDERSTAND.

Join us each month for a creative, hands-on activity designed to help caregivers unwind, explore art in a beginner-friendly way, and enjoy a supportive space.

COST: FREE-SUPPLIES PROVIDED
 SKILL LEVEL: NO EXPERIENCE NEEDED!
 CALL CASEY FOR ANY QUESTIONS OR MORE INFORMATION. (715)231-2713

THANK YOU TO THE CHIPPEWA VALLEY DEMENTIA COALITION FOR THE GENEROUS GRANT SUPPORTING CREATIVE CAREGIVERS.

2026



Veteran's Corner

Staff: Greg Quinn, Jessica Christianson, & Amy Lynch
Contact: 715-232-1646 or vet@co.dunn.wi.us.
Office hours: Monday-Friday / 8:00am-4:30pm



What can your Veteran Service Office Do for You?

- VA compensation
- VA health care
- Survivor benefits
- Education benefits
- Record requests
- Veteran Identifier for driver's license



Please call us at 715-232-1646 for assistance with Veteran-related concerns.

Your Dunn County Veteran Service Office team



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A MEMORY CAFE PROGRAM FOR THOSE LIVING WITH DEMENTIA AND THEIR CAREGIVERS

APRIL 29

1PM-2:30PM

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DEMENTIA LIVE

MARCH 3RD, 2 PM - 4PM

Have you ever wondered what it might be like to have dementia? Come and experience this amazing dementia simulation

SCAMS AND FRAUD

SEPTEMBER 1ST, 2-4PM

Seniors and people with dementia are at a higher risk of fraud and abuse. Join us as we discuss practical ways to help protect yourself, or a loved one.

TECHNOLOGY FOR CAREGIVERS

JUNE 2ND, 2 - 4PM

There is some fascinating technology to out there to help caregivers. Not all of it is high-tech, so join us for practical tools too!

DEMENTIA BEHAVIORS

DECEMBER 1ST, 2-4PM

Do you struggle with helping your person with dementia complete hygiene tasks? Is your person dealing with hallucinations or paranoia? Join us for practical research backed strategies



715-232-4006

All classes held at ADRC of Dunn County 3001 Hwy 12 E Menomonie

adrc@dunncountywi.gov

March is National Nutrition Month!



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

“Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but the sentiment still rings true. National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. In Dunn County, we have many wonderful folks working for the betterment of the nutrition of our

citizens and we have many wonderful programs out there to meet that aim.

Food, fun and fellowship are what Senior Dining is all about. Enjoy a nutritious meal at a warm, friendly Senior Dining Site in the company of friends. Volunteer, meet people and partake in activities and educational opportunities.

All meals are nutritionally analyzed by a registered dietician to meet 1/3 of the daily recommended allowances for seniors. Meals are low in cholesterol and sodium and diabetic alternatives are available. Meals help people remain independent in their own homes and may provide short term assistance for people recovering from an illness, injury or surgery.

CONGREGATE DINING

Who is Eligible?

- You must be 60 or better
- An underage spouse or domestic partner of an eligible participant
- An informal caregiver or disabled person who lives with an eligible senior and accompanies them to a meal site
- A disabled person that lives in a housing unit that hosts a meal site and is occupied mostly by seniors

What Is the Cost?

You are not “charged” for a meal, but a contribution per meal is suggested to help defray program costs. The suggested contribution is \$5.00 at all restaurant sites and \$4.25 for all other sites. You may contribute more or less towards the meal depending on your financial situation. The actual cost of a congregate meal is \$13.00 per meal. No one over 60 will be denied a meal due to inability to contribute.

How Do I Sign Up?

Meal reservations are required 24 hours in advance. Call the meal site coordinator to reserve your spot at the table or contact the Aging and Disability Resource Center of Dunn County office at 715-232-4006 between the hours of 8 a.m. and 4:30 p.m., and we can make your reservation for you.

Colfax Grapevine Senior Center

Meals are served Monday - Thursday at 11:30 a.m.
Telephone: 715-962-2550 between 8:30 a.m. and 1:00 p.m.

Dairyland Café in Ridgeland

Meals are served Monday through Friday from 11:30 am to 1:00 pm
Telephone: 715-949-1985

Hosford-Rich Apartments in Menomonie

Meals are served Monday, Tuesday, Thursday and Friday at 11:30 a.m.
Telephone: 715-235-4047 between 10:00 a.m. and 1:00 p.m.

Sand Creek Cafe

Meals are served Monday through Friday from 11:30 am to 1:00 pm
Telephone: 715-658-1335

Tantara Apartments in Menomonie

Meals are served Monday - Friday at 11:30 am
Telephone: 715-556-0266 between 8 a.m. and 1 p.m.

HOME DELIVERED MEALS

Meals on Wheels are offered in most parts of Dunn County. Call the Nutrition Program Coordinator at the ADRC 715-232-4006 to register. You will be asked some basic information to determine eligibility. A follow up home visit will be scheduled. Meals may start as soon as arrangements can be made. Long or short-term we are here to help. Volunteer opportunities are available at all meal sites.



Who Is Eligible?

- Must be 60 or older
- Homebound due to health reason
- Unable to prepare a nutritious meal on their own

What Is the Cost?

The Meals Aren't Free...but there is not a specific charge per meal. The suggested contribution is \$5.00 at all restaurant sites and \$4.25 for all other sites. You are asked to contribute as generously as you can afford. Actual cost is \$13.00. Any amount will be gratefully accepted. No senior will go hungry due to inability to contribute. At the end of the month we will send a statement with the number of meals you received.

Ensure Plus Liquid Supplement Program

Liquid Supplements are available to persons 60 and older. To register for meals on wheels or for more information on the Ensure Plus Liquid Supplement Program, please call the ADRC at 715-232-4006

Bernie Allen is our Aging and Transportation Programs Coordinator in Dunn County, and his office is located within the ADRC. Bernie is the fellow you would speak with in regards to any questions you have about our congregate meal sites or receiving meals on wheels services, or the Ensure Plus Liquid Supplement Program. He is very knowledgeable and will be able to help guide you to the program that best meets your needs. He can also be reached through the ADRC at 715-232-4006.

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Wally Shong Pharmacy 153 W LINCOLN STREET - AUGUSTA
715-286-2515





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for someone with dementia.

1st Wednesday of the month
1:00pm
Independence State Bank
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Elk Mound, WI

2026 DATES
February 4 July 1
March 4 August 5
April 1 September 2
May 6 October 7
June 3 November 4

**2nd & 4th Mondays
of the month**
10:30 a.m. to 12:00 p.m.
ADRC Resource Room
3001 Hwy 12 E, Suite 160
Menomonie, WI

2026 DATES
January 12 & 26 July 13 & 27
February 9 & 23 August 10 & 24
March 9 & 23 September 14 & 28
April 13 & 27 October 12 & 26
May 11 & 25 November 9 & 23
June 8 & 22 December 14 & 28

 **Contact the Dunn County Aging and Disability
Resource Center for more information. (715)232-4006**

Relatives Raising Children Support Group



2nd Thursday of the month
9:30 am-11:00 am
ADRC Resource Room
3001 US Hwy 12 E, Suite 160
Menomonie, WI

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

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

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



Normal Brain Aging or Warning Signs of Brain Changes



- *What is Normal Brain Aging?*
- *Know the Warning Signs*
- *Could some health conditions appear like dementia?*
- *What are next steps if you notice changes in yourself or someone else?*

Join Dementia Care Specialist from the Aging & Disability Resource Center of Dunn County, Carla Berscheit as we tackle this important topic

Tuesday, April 14, 2026
1:00 pm - 2:30pm
SHIRLEY DOANE
SENIOR CENTER
1412 6th Street East, Menomonie

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
 - Monday DISH** - 1st Monday of the month 7-8pm.
Contact Carla at cberscheit@chippewacountywi.gov
 - Circle of Support** - 3rd Tuesday of the month 2-3pm.
Contact Teresa at teresa.gander@vernoncountywi.gov
 - Evening Conversations** - 2nd Thursday of the month 7:00-8:00pm.
Contact Teresa at teresa.gander@vernoncountywi.gov
 - Minds & Voices** - 2nd Wednesday of the month, 10:30 - 11:30am
contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us
 - Lewy Body Dementia Caregiver Support Group** - 2nd & 4th
Wednesday of each month 1:30-3:30pm.
Contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us
 - Friday Support** - Every Friday morning 9-10am.
Contact Karen at karen.tennyson@co.rock.wi.us
 - Third Wednesday** - Third Wednesday of the month 6:30 - 7:30 pm
contact Tricia at tricia.rotering@co.trempealeau.wi.us

For those living with MCI or early stage dementia

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

Top Games for Seniors and the Elderly: Fun for All Abilities



Submitted by
Casey Schnacky,
ADRC Outreach-
Caregiver
Coordinator

Get ready to play!
Games offer seniors

a powerful combination of relaxation, social connection, and cognitive stimulation. Whether enjoyed alone or with others, they can reduce stress, ease boredom, and support mood, memory, and concentration—especially when learning something new. Many games can be adapted with large print, simplified rules, or shorter play times, making them accessible across a wide range of abilities.



Word and Number Games

For those who enjoy sharpening language or math skills, crossword puzzles, word searches, Sudoku, Kakuro, Scrabble, Boggle, Scattergories, and Balderdash provide satisfying solo or group challenges.

Large-Group Indoor Games

Nursing homes and assisted living communities often organize group-friendly activities. Bingo remains a staple, while interactive games like Smile Toss or

advice-themed storytelling contests spark laughter and connection. Many activities can be homemade and customized for parties or celebrations.

Puzzle, Tile, and Board Games

Tabletop games are ideal for social gatherings and multigenerational play. Research published in BMJ Open suggests that playing board games may help slow cognitive decline and reduce depression in older adults. Because they're typically played seated, they're also suitable for those with limited mobility. Popular options include Qwirkle, Dixit, Ticket to Ride, Rummikub, and Sorry! Sliders. Classics like Backgammon, Chess, Mahjong, Checkers, Dominos, Jenga, and Cranium remain favorites for their mix of strategy, skill, and fun.

Video Games

Video games provide engaging visuals, interactive challenges, and opportunities to connect with others. While so-called "brain training" games show limited real-world cognitive transfer, learning and enjoyment still offer meaningful mental stimulation. Match-three games such as Bejeweled or Candy Crush are easy to learn and widely accessible on phones or tablets. Words With Friends 2 delivers crossword-style competition similar to Scrabble. Consoles like the Nintendo Switch feature creative puzzle games such as Snipperclips Plus and Puyo Puyo Tetris. Free online platforms, including AARP and Gametable, offer card, word, and strategy games playable directly in a web browser.

Card Games

A simple deck of cards provides portable, electricity-free entertainment. Card games encourage relaxed social interaction and conversation. Accessibility tools—such as oversized cards, large-print decks, card holders, or automatic shufflers—make play easier. Popular choices include Gin Rummy, Bridge, Canasta, Cribbage, and Spades, along with classics like Crazy Eights, Euchre, Pinochle, UNO, and Phase 10.

Dice Games

Dice games are compact and easy to set up, requiring only dice, paper, and pencil. They combine luck, strategy, and social engagement. Favorites include Bunco, Mexico, Liar's Dice, Farkle, Yahtzee, and Can't Stop—each offering fast-paced fun and friendly competition.

Outdoor Games

Physical games provide light exercise and fresh air for seniors with good mobility. Options range from pickleball, shuffleboard, bocce, and lawn bowling to low-impact fun like water balloon toss or bean bag toss.

There's no age limit on play. Games offer meaningful benefits for body, mind, and spirit—so gather some friends, try something new, and enjoy the vitality that comes from play.

Menomonie Doorstop Bus Schedule

Monday – Friday

- Doorstop bus operates **7:00am – 5:00pm**.
- Passengers may call 715-235-7433 to schedule pickup times by 3:00pm the day before service or after 7:00am the day of service.
- **Call in at least 2 hours** prior to your appointment time.
- Dunn County Transit system is available to all riders.

Fare

- \$4.00 each time boarding the bus.
- For convenience passengers may purchase tokens from Dunn County Transit for \$4.00 each.
- Out of town doorstop rides will be \$7.00
- Agency Rides will be charged \$10.00 in town and \$15.00 out of town.

Schedule

- All services must be scheduled by calling Dunn County Transit Comm. Center at 715-235-7433.
- Remember to allow enough time **CALL at least 2 HOURS IN ADVANCE** of any appointments.

General

- Drivers will assist you if needed with up to 4 bags/boxes of groceries weighing no more than 20 lbs. each. Only door-to-door.
- Drivers will not carry items into your residence.

Questions?

Contact Dunn County Transit

715.235.7433

Office Hours: Monday - Friday: 7:00 am - 5:00 pm

Office Location: 640 Stokke Parkway, Menomonie, WI 54751

www.co.dunn.wi.us/transit



The Top Medications That Can Impact Memory—and How to Protect Brain Function - A Functional Medicine Perspective

By Heidi Toy - Functional Medicine/Educated Nutrition

Memory changes, brain fog, and cognitive slowing are often dismissed as “just aging.” From a functional medicine perspective, that assumption misses a critical piece: **many commonly prescribed medications directly affect brain chemistry, blood flow, nutrient status, and mitochondrial energy.**

Medications can be necessary and lifesaving—but they are not biologically neutral.

Below are several major medication categories known to impact memory and cognitive function, followed by how functional medicine supports brain resilience alongside their use.

Medications Commonly Linked to Memory Changes

Anti-anxiety medications (benzodiazepines) such as Xanax, Valium, and Klonopin suppress central nervous system activity and impair memory formation, especially with long-term use.

Tricyclic antidepressants (Elavil, Anafranil, Pamelor) have strong anticholinergic effects that interfere with acetylcholine, a neurotransmitter essential for learning and recall.

Opioid pain medications (codeine, hydrocodone, oxycodone) reduce oxygen delivery to the brain and impair mitochondrial energy production, leading to slowed cognition.

Beta-blockers used for hypertension (metoprolol, atenolol) can reduce cerebral blood flow and contribute to fatigue, low motivation, and mental dullness.

Sleep medications like Ambien and Lunesta disrupt REM sleep, which is critical for memory consolidation.

Anticholinergic drugs, commonly prescribed for bladder issues, COPD, motion sickness, and allergies, are strongly associated with memory impairment and increased dementia risk with cumulative exposure.

Acid-suppressing medications (PPIs) impair absorption of vitamin B12, magnesium, iron, and amino acids—nutrients required for neurotransmitter synthesis and brain energy.

Statins, while effective for cardiovascular risk reduction, may contribute to brain fog in some individuals by lowering cholesterol needed for neuronal membranes and CoQ10 required for mitochondrial function.

How Functional Medicine Protects Memory

Rather than abruptly stopping medications, functional medicine asks a different question:

What systems are being stressed—and how do we support them?

Key nutrients that protect memory include:

- **Omega-3 fatty acids (DHA)** for synaptic integrity and neuroplasticity
- **B vitamins (B6, B12, folate)** to support methylation, neurotransmitters, and homocysteine balance
- **Magnesium** for synaptic signaling, sleep quality, and nervous system regulation
- **Choline and phosphatidylcholine** to support acetylcholine production and neuronal membranes
- **CoQ10** to protect mitochondrial energy production, especially in statin users
- **Zinc and iron (when deficient)** to support oxygen delivery and cognitive processing
- **Polyphenols** from colorful plants to reduce oxidative stress
- **Short-chain fatty acids (SCFAs)** produced by a healthy gut microbiome, which protect the blood–brain barrier and reduce neuroinflammation



The Bigger Picture

Memory decline is rarely caused by one factor. It is often the result of **medication effects layered onto nutrient depletion, gut dysfunction, inflammation, and reduced metabolic resilience.**

The goal of functional medicine is not medication avoidance—it is **preserving brain function while supporting the systems that medications unintentionally stress.**

Sometimes the brain doesn't need a new diagnosis.

It needs better support.

Find us at seniorreviewnewspapers.com

The Unique Challenges Women Face in Retirement

By Kailey Berendsen, Vice President of Buska Retirement Solutions and Buska Wealth Management

Retirement is often portrayed as a well-earned season of freedom and fulfillment, but for many women, the path to a secure retirement comes with unique and often overlooked challenges. While women today are more financially engaged than ever, systemic and life-cycle factors continue to create obstacles that can impact long-term financial security if not addressed with intention and planning.



One of the most significant challenges women face is longevity. On average, women live several years longer than men, which means their retirement savings must last longer. While a longer life is something to celebrate, it also increases the risk of outliving assets—especially when rising healthcare costs, inflation, and long-term care expenses are taken into account. Planning for a 25- to 30-year retirement is not uncommon, and it requires careful income and risk management.

Career interruptions also play a major role. Many women take time away from the workforce to care for children, aging parents, or other family members. These pauses can reduce lifetime earnings, limit opportunities for advancement, and result in fewer years of contributions to retirement plans. Even short gaps can have a compounding effect over time, particularly when it comes to employer-sponsored plans and Social Security benefits.

Earnings disparities further compound the issue. Despite progress, women still earn less than men on average, which directly affects how much they are able to save and invest. Lower earnings can also lead to lower Social Security benefits, making personal savings and strategic planning even more critical. For divorced or widowed women, understanding survivor benefits and claiming strategies becomes especially important.

Another challenge is confidence—or lack thereof. Studies consistently show that women tend to be less confident in their financial knowledge, even though they are often highly capable money managers. This confidence gap can lead to hesitation around investing, increased conservatism with portfolios, or

delaying important financial decisions. Unfortunately, being overly cautious can limit growth potential and increase the risk of falling short of retirement goals.

Women are also more likely to face retirement transitions alone. Whether due to divorce or widowhood, many women find themselves managing finances independently later in life, sometimes for the first time. Navigating investment decisions, tax strategies, and income planning during an emotionally challenging period can feel overwhelming without proper guidance and support.

The good news is that these challenges are not insurmountable. With proactive planning, education, and a personalized approach, women can build confident, resilient retirement strategies. Working with a financial professional who understands these unique considerations can help women make informed decisions, align their financial plans with their values, and feel empowered about their future.

Retirement planning is not one-size-fits-all—and for women, acknowledging the realities they face is the first step toward creating a secure and fulfilling next chapter.

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Preventing Medicare Fraud

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

Things I Have Never Done By Ken Anderson, themayberryguru@gmail.com

As I continue to age and gather with family and friends, I find that conversations tend to dwell on all the things we have done in our lives. We talk about our childhoods, school experiences, careers, families, and, often, our health. We discuss our accomplishments and all the fun times that are forever etched into our memories. However, one thing we rarely discuss is everything we have never done.

I am not talking about major things in life that I wish I had done, but about the simple, everyday activities that so many people do that I have not experienced. For instance, in all 79 years of my life, I have never used an ATM. In fact, I am not even sure if I would know how to use one. I have never found myself in need of cash while out and about. I always carry sufficient funds to satisfy my needs, and if I ever do find myself short, I would use my credit card.

Another very common activity that most people do many times in their lives is to order a pizza to be delivered to their home. But not me. I love pizza, and we eat it quite often. But when I want pizza, I either buy a frozen one, go to a pizza place and eat in, or go to a



pizza place and pick one up to take home. But I have never had pizza delivered to my home. Just think of all the money I saved on tips.

I have also never gone on an overnight fishing trip with friends. Nor have I ever gone deer hunting. I have never skied or gone snowshoeing. I have never owned a motorcycle, boat, snowmobile, or ATV. But I have had three convertibles and a squad car. I hope that counts for something.

I haven't been big on entertainment either. I have never gone to a casino, Brandson, Country Jam, Disney World, or a five-star restaurant. But I did go to two World Fairs, and I frequently dine at Burger King. I have never bought a lottery or Powerball ticket, nor have I ever bet on a sporting event. I have also never hitchhiked or changed a diaper.

My life is not nearly as boring as it sounds. However, I am saving for my obituary all the things I have done in my life. Hopefully, you will read about it in newspapers a long way down the road. In the meantime, I think I will go get a pizza.

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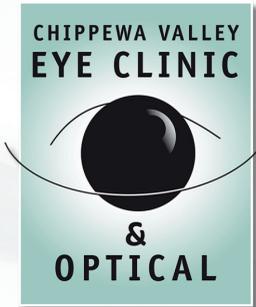
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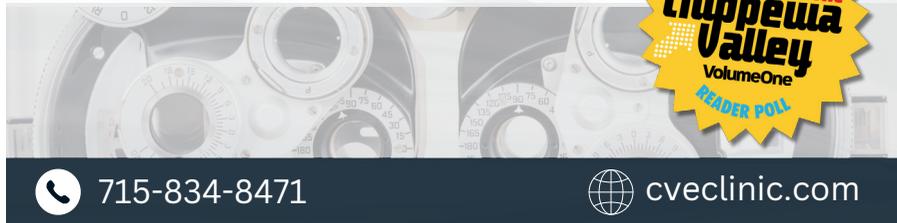
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(715) 926-4962

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