

**FREE**



**APRIL 2024**

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**Chippewa County... A Great Place to Age**

The Aging and Disability Resource Center (ADRC) supports good health and independence as we age in our communities. Our agency plays a crucial role in advocating and supporting a county that values, supports, and empowers older adults and people with disabilities. We are a one-stop shop for many in the community to help them remain independent and healthy – helping prevent or delay the need for more expensive long-term care.



Even though we are continually evaluating our programs and services, every three years we formally request community input. Chippewa County is already a great place to age, but this input helps us identify what folks are most concerned about with regard to their health, well-being and independence now and into the future. We do this in the form of a survey.

Once the surveys are compiled, the information is used to improve our services for the residents of Chippewa County. We are asking folks to complete the survey by April 30, 2024.

Please take the quick and painless survey! You can do it by calling the ADRC 715-726-7777 or stopping in at our office (711 N. Bridge Street, Room 118, Chippewa Falls) to request a copy of the survey.



You can scan the QR code or go to [https://form.jotform.com/ADRC\\_adrc/survey](https://form.jotform.com/ADRC_adrc/survey) to complete the survey

**NATIONAL HEALTHCARE DECISIONS DAY**  
★ your decisions matter ★

Join Americans across the country in making future healthcare decisions known to family, friends and healthcare providers. Share your wishes and complete your advance directive, because... **YOUR DECISIONS MATTER.**

**FREE Help to Get Your Advanced Directives Done!**  
**Tuesday, April 16<sup>th</sup> 2024**

- Chippewa Courthouse, Rm 119Q.....8:30 - 10:30am
- Holcombe United Methodist Church.....9:30 - 11:00am
- Cornell City Hall.....12:30 - 2:00pm
- Stanley Library.....3:00 - 4:30pm



No registration required. Questions: 715-726-7777.  
[www.chippewacountywi.gov/adrc/events](http://www.chippewacountywi.gov/adrc/events)

Learn more about National Healthcare Decisions Day and get free information at [NHDD.org](http://NHDD.org)

## Staff Spotlight

### Meet Carla

OUR DEMENTIA CARE SPECIALIST



Meet Carla, Dementia Care Specialist for the ADRC of Chippewa and Dunn Counties. Carla has an Associate Degree and Bachelor's Degree in Occupational Therapy. Most of her career as a therapist has been with working with seniors experiencing physical and/or cognitive limitations. Carla also cared for her mother whom had dementia for several years. She feels she can relate to caregivers well on a personal and professional basis.

Carla enjoys offering Brain Health and Dementia presentations in the community, she is always striving to help people understand dementia in attempt to decrease stigma and increase support. She is also passionate of the prevention of dementia, there are several lifestyle factors that can significantly reduce your risk of dementia. Carla also enjoys leading support groups in both counties where she has the opportunity to help caregivers with the challenges they are facing through support and resources.

Visit our extensive list of resources on our website <https://www.chippewacountywi.gov/government/aging-disability-resource-center-adrc/dementia-care-specialist>

## Get On The Bus! Attend Aging Advocacy Day May 14

Are you interested in issues affecting older adults and caregivers? Would you like to tell your legislator what aging/caregiver services mean/have meant to you, your family, or those you serve?



Citizens from around the state will gather in Madison on Tuesday, May 14 for an amazing advocacy experience!

Best of all, no experience is necessary; you'll get the training and support you need. Following the training, join others from your state Senate and Assembly district to provide information and share personal stories with your legislators to help them understand how specific policy issues and proposals impact you, your family, and older constituents.

Your voice can make a difference!

You can also avoid the hassle of driving to and parking in Madison. Several ADRCs are working together to provide a comfortable bus ride (with a bathroom). No charge to advocates who want to ride along!

Registration is open, at: <https://gwaar.org/aging-advocacy-day-2024>. Registration deadline is April 29, 2024. Call Leslie at the ADRC 715-726-7779 for questions, help with registration or to reserve your seat on the bus.

<b>SAVE THE DATE</b>	
<b>AGING ADVOCACY DAY 2024</b>	
<b>Tuesday, May 14, 2024   Madison, WI</b>	
<b>Join us for the 8th annual Aging Advocacy Day!</b>	
<b>Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin!</b>	
No experience necessary; training is provided.	
<b>Morning training</b> at the Best Western Premier Park Hotel, 22 S. Carroll St., Madison; and <b>Afternoon visits</b> with your legislators/key staff members at the Wisconsin State Capitol.	
We will also be working with local aging network partners to schedule and host follow up in-district meeting opportunities over the summer of 2024.	
<b>Make a difference. Let your voice be heard.</b>	
<b>WAN Advocacy</b> Wisconsin Aging   Advocacy   Network	
Contact: Janet Zander 1414 MacArthur Rd. Madison, WI 53714 <a href="mailto:janet.zander@gwaar.org">janet.zander@gwaar.org</a> (608) 228-7253	
#WIAgingAdvocacyDay #WIAAD24	

## Aging & Disability Resource Center (ADRC) Staff ... *Know us before you need us!*

- ADRC Manager – Leslie Fijalkiewicz
- Administrative Assistants – Breanna Schemenauer, Renee Price, Carmen Olson, Carrie Schick
- Dementia Care Specialist – Carla Berscheit
- Disability Benefit Specialist – Stephanie Rasmussen
- Elder Benefit Specialist – Michelle Fellom
- Nutrition & Transportation Programs Supervisor – Kayla Colbenson
- Options Counselors – Kasha White, Sarah Hedlund, Erika Stevens, Jessica Gibson, Sue Koepnick
- Nutrition Program Assistant – Jeff Hahn, Jason Kolano
- Nutrition Site Aides – Sue Barnum, Linda Felmler, Laura Henderson, Darcy Bjerke, Cindy Sarazen, Carolyn Zimmerman, Ann Mueller, Laurie Hanson

*Aging & Disability Resource Centers are the first place to go with your aging and disability questions. We are an "information station" where you can get accurate, unbiased information related to aging or living with a disability. Our job is to help you remain as independent as possible! Give us a call at 715-726-7777 or stop in at 711 N. Bridge Street (Courthouse), Room 118, Chippewa Falls.*

### We Are On Facebook

The ADRC of Chippewa County is on Facebook and you will want to follow us because we have so much more to share than what we can fit in this paper. Learn about other upcoming events, activities, programs and services for older people and people with disabilities. There is also lots information for families and friends too. So look for us, like us, comment on our posts and share our page with others!



# Veteran Benefits & News

## ID.me Login

VA.gov has become a one-stop shop for all Veteran Affairs items. You can apply for benefits, look up records, and research your military history. It is a valuable site, which the VA is starting to make essential to maintain anything VA-related.



The first thing you will need to do is set up a profile. They can be done in a variety of ways. The ID.me login for most Veterans is the most straightforward, and easy to use.

Here is a video that decides how to set up a ID.me login: <https://www.youtube.com/watch?v=F63yJaITvYw> (it is for education benefits but the login information is still the same)

Please schedule an appointment if you would like help with this process. You will need to bring a driver licenses and a cell phone. Call 715-726-7990 or email [veterans@chippewacountywi.gov](mailto:veterans@chippewacountywi.gov) for help.

## VA Urgent Care Services

Veterans enrolled in VA health care can use over 4,000 urgent care locations to treat non-life-threatening conditions.

VA covers urgent care services at VA medical centers and in network community providers,

- If you're a Veteran enrolled in VA health care and
- You received care at a VA or in-network provider sometime in the past 24 months.

Find a VA-approved urgent care provider and pharmacy at [VA.gov/find-locations](https://www.va.gov/find-locations) before seeking care.

What do to when you arrive at a community urgent care provider:

- Confirm that the provider is in VA's network. Check for a posted sign or ask a staff member. If you go to an out-of-network urgent care provider, you may have to pay for the full cost of care. **By law, VA can't pay claims for out-of-network providers.**
- Show your VA Health Identification Card and fill out the provider's intake form.
- Tell the provider you want to use your VA urgent care benefit.

Any question contact our office, [veterans@chippewacountywi.gov](mailto:veterans@chippewacountywi.gov) or call 715-726-7990.

**Chippewa Manor**  
Residential Living

**Convenient & Flexible!**  
SENIOR LIVING WITH REAL OPTIONS

- 1 & 2 bedroom apartment layouts
- Assisted living care provided in your apartment
- Flex on/off assisted living monthly as needed
- Located near clinics, hospitals, Hwy 53 & 29
- Fix your own meals or choose a dining plan-option

Ask about Home Care or Short-Term Rehab apartment options



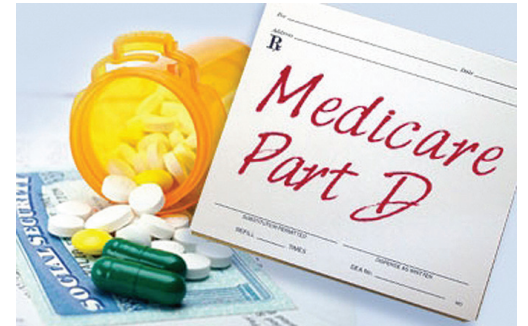
Scan the QR code for a virtual apartment tour!

For more information call (715) 723-4437 ▶ [www.chippewamanor.com](http://www.chippewamanor.com)

# That's A Good Question!

**QUESTION:** I'm turning 65 and I have my Medicare A & B. I'm healthy and don't take any medications. Do I need a Medicare Part D (prescription drug) Plan?

**ANSWER:** The short answer is "Yes" you need some drug coverage. If you don't have drug coverage when you are first eligible for it, you will have a late enrollment penalty when you do eventually sign up for a Part D plan. Senior Care is another option of drug coverage which every Wisconsin resident age 65+ is eligible for. The amount of your drug deductible with Senior Care depends on your income.



For more information about Medicare and all of the letters (Medicare A, B, C and D), attend one of our free Medicare & You workshops. It doesn't matter if you are new to Medicare or you have been on it for decades. Register at [https://hipaa.jotform.com/ADRC\\_adrc/medicareandyou](https://hipaa.jotform.com/ADRC_adrc/medicareandyou) or call the ADRC at 715-726-7777.

# GOT PAIN?

Come see our knowledgeable staff for help

**Mother Nature's**  
Your Health & Wellness Store

2434 LONDON ROAD, EAU CLAIRE  
715-834-2341 | 800-359-5034

Check out our website at [mothenaturesfood.net](http://mothenaturesfood.net)

Find us at  
[seniorreviewnewspapers.com](http://seniorreviewnewspapers.com)

# SCAMS

## Careful if Offered a “Free Roof Inspection”

By Tiffany Schultz, Better Business Bureau (BBB) SW WI Regional Director

Spring is right around the corner, and so are the home improvement scams. Roofing scams in particular tend to pop up after big storms. Scammers call, or show up at your door, claiming to represent a roofing company that is working in your area.

The fake “roofer” offers a free inspection or an on-the-spot roof repair. They may claim their company is working on a neighbor’s home and is offering free inspections to the neighbors. Or, they just happened to be driving by and noticed your damaged roof. If you ask questions and the business is not legitimate, you’ll most likely be met with vague answers, or even hung up on.

If you accept the free inspection, the “inspector” shows up at your house and climbs up on the roof. If they don’t find enough wear and tear to merit an entire roof, they may fabricate it by tearing off shingles to mimic wind damage. Or, they may show you photos of someone else’s damaged roof.

### How to avoid roofing scams

- **Beware of unsolicited offers.** Many scams begin with a contractor who “just happens to be in the area” and notices your roof or home exterior appears to need repairs.
- **Get your insurance company to inspect your roof, and/or get a second opinion.** Filing a claim with your insurance company could affect future claims or your insurance coverage. Before signing any paperwork or contracts with a roofing company, call your insurance company and ask for an inspection to verify the need for repairs or replacement. Another option is to get opinions from other roofing companies. An honest company will tell you if your roof really needs replacement.
- **Research roofing companies before you hire.** Check out a business on [www.BBB.org](http://www.BBB.org) before doing business. Keep a close eye on reviews and complaints other consumers might have had. Doing your own research is one of the best ways to know if a roofing company is legitimate or just a cover for a scam.
- **Report it.** If you’ve experienced this scam or another scam, report it to [www.BBB.org/ScamTracker](http://www.BBB.org/ScamTracker). Your report helps to warn others of the scams taking place in the marketplace.



## OttLite Craft Floor Lamp

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



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

**You are NOT getting a new Medicare card**



**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

**(888) 818-2611**  
[www.smpresource.org](http://www.smpresource.org)

SUPPORTED BY GRANT #90MPC0002 FROM ACL

# We Aren't Losing Cheese... We're Just Moving It

By Leslie Fijalkiewicz, ADRC Manager

Years ago, I read a book called "Who Moved My Cheese?" by Dr. Spencer Johnson. The book describes the life of Sniff, Scurry, Hem and Haw, four characters who lived their lives in a maze and every morning, they would wake up and search out their "cheese". The cheese in this book is a metaphor for whatever in life would make them happy.

Sniff and Scurry were very observant and had noticed that something was going on. They worried about their cheese and recognized that the "cheese" might not always be there. When they discovered the cheese gone they were prepared and therefore able to go in search of new cheese.

Hem and Haw just went about life not concerned that the "cheese" might not be there. They assumed nothing would change. When the cheese disappeared they didn't go in search of new cheese but rather just kept going to the same place and expecting cheese to be there again. They were fearful of what could happen if they left their familiar place in search of new cheese. Sure, they didn't have any cheese so the place wasn't very comfortable, but it was familiar and not too scary.

Ironically, the book's length was by no means indicative of its value. Despite being very short, it was a best seller and for good reason. It was a great resource for businesses that were going through major changes. And it also provided great insight into why change of any size can create issues in an organization.

In my years as a manager of ADRC programs and services, I have discovered that sometimes I have been more like Sniff and Scurry, and sometimes I have been like Hem and Haw. There were times when

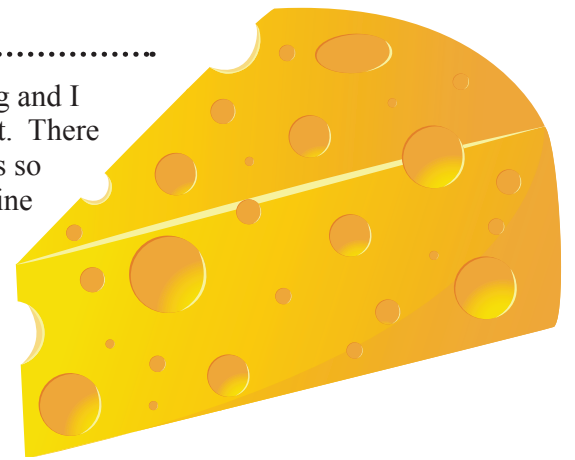
I've noticed change coming and I was ready and embracing it. There were also times when I was so busy in the day to day routine that I didn't realize change was needed or that it was on the horizon.

Sometimes people think that "moving the cheese" means something is wrong with the current place.

It's important to realize that sometimes we get so comfortable where we are that we don't even see a better location. Change isn't always about picking up and moving the cheese entirely. Sometimes it's about bringing in some crackers so that we can make the cheese go further. Or maybe finding some new cheese to add.

Basically, change is always happening because we don't operate in a vacuum. Our funding can change. Our community partners can change. Our funding priorities can change. We have to be ever mindful of these dynamics so we can evolve and provide for our community needs in a fiscally responsible manner.

Change can be scary, painful, and frustrating, especially when it is initiated by someone else. But it can also create opportunities to gain confidence, become more flexible, develop more skills, and become a more empowered individual. That's when change becomes downright beautiful!



The Aging and Disability Resource Center of Chippewa County Presents

## Medicare & You Classes



### Receive Unbiased Medicare Information!

New to Medicare or want to know more about those Medicare commercials you keep seeing? Wondering where you can go for objective Medicare information?

We will cover multiple topics including enrolling in Medicare, the parts of Medicare, the difference between Advantage Plans, Supplements & drug coverage options.

This is open to anyone new to Medicare, currently on Medicare, caregivers, families and community partners. There is no cost to attend.



Follow the ADRC of Chippewa County on Facebook

#### Registration Required (3 ways)

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

Located at the Chippewa County Courthouse  
711 North Bridge Street, Chippewa Falls, WI

2nd Tuesdays..... 1:00 – 3:00 pm\*  
4th Tuesdays..... 5:00 – 7:00 pm

\*Virtual attendance available on select dates

\*April 9 ..... 1:00 – 3:00 pm  
April's evening class cancelled this month

2024

## Are you experiencing TECH-nical Difficulties?



(715) 834-5043

United Way of the Greater Chippewa Valley offers a **Digital Navigator Program** to assist community members in using the internet, smart phones, computers and more.

**This service is open to all residents of Chippewa and Eau Claire Counties.** Digital Navigators will meet with residents who wish to further their digital skills and become more confident with using the internet.

**Digital Navigators work one-on-one to meet YOUR unique learning goals and needs, including:**

- Components of a Computer
- Mouse and Keyboard Use
- Using an Internet Browser
- Privacy and Security
- Creating and Using Email
- Basics of Word Processing (Create, Edit, Print Documents)
- Telehealth Services
- Social Media
- Video Calls (Zoom, Skype)
- Online Banking
- Streaming Services

**AND MORE!**

**Reach out and get matched with a Digital Navigator!**

**Phone:** (715) 834-5043

**Email:** [DigitalNavigator@uwgcv.org](mailto:DigitalNavigator@uwgcv.org)  
[bit.ly/digital-navigator-program](http://bit.ly/digital-navigator-program)



United Way of the  
Greater Chippewa Valley

# Living Well with Memory Loss Events

For more information and program flyers, check out the ADRC calendar events at [www.chippewacountywi.gov/government/aging-disability-resource-center-adrc/adrc-events](http://www.chippewacountywi.gov/government/aging-disability-resource-center-adrc/adrc-events)

## Dementia LIVE - Dementia Simulation

**When:** May 8, 2024  
**Time:** 2:00 - 5:00 pm  
**Where:** Heyde Center for the Arts  
 3 S. High Street, Chippewa Falls  
**Registration is required, call the ADRC at 715-726-7777**

Join this free opportunity to feel what it's like to have dementia. Learn effective communication tips for people living with dementia, as well as local resources.

## Dementia Support Group

**When:** First Wednesday of the Month  
**Time:** 1:00 pm  
**Where:** Grapevine Senior Center | 121 Main Street - Colfax  
**For more information, contact the ADRC of Dunn County at 715-232-4006**

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

## Growing Connections of Chippewa County Gardening Club - No green thumb required

**When:** 4th Thursday of the Month  
**Time:** 1:00 to 2:30 pm  
**Where:** Chippewa Falls Public Library  
 105 W. Central Street, Chippewa Falls  
**RSVP 715-723-1146**

This FREE program is designed for people living with dementia & their caregivers. Enjoy indoor & outdoor gardening projects and social engagement! Light refreshments provided.

## Addressing the Elephant in the Room Understanding palliative and hospice care

**When:** April 18th - Free public event, light brunch provided  
**Time:** 9:30 AM - 11:30 AM  
**Where:** Chippewa Valley Bible Church  
 531 E South Ave, Chippewa Falls  
**Reserve your spot today at**  
<https://cfsd.chipfalls.k12.wi.us/cardinal/community/classoffering.cfm>

In a world where end-of-life care is sometimes considered the "elephant in the room," this brunch seeks to shine a light on these often unspoken, and frequently misunderstood, options for comfort care. Experts in the field will be facilitating the discussion and answering your questions.

## Dementia Support

**When:** 2nd Thursday of the month  
**Time:** 1 pm - 2:30 pm  
**Where:** Central Lutheran Church  
 28 East Columbia Street, Chippewa Falls  
**For more information, call the ADRC at 715-726-7777**

This group meets to support those living with dementia and their care partners.

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

**When:** Thursday, May 9, 2024  
**Time:** 8:00 AM - 3:00 PM  
**Where:** Jacob's Well Church, 989 122nd St, Chippewa Falls  
**Registration required by May 2 - online at [adrcevents.org](http://adrcevents.org) or call 715-839-4735.**

A fair for family caregivers of a spouse, adult child, parent, friend or neighbor who is living with dementia, Parkinson's disease, stroke, etc. This fair will help you learn practical skills with hands-on demonstrations by a registered nurse and physical, occupational, and speech therapists. Caregivers will learn how to provide everyday care for their loved ones. Visit the vendors with a variety of community resources too. A light breakfast and lunch are provided at this no-fee event.

## Is it Dementia? Or Something Else?

**When:** Monday, April 15  
**Time:** 10:00 am to 11:30 am  
**Where:** Chippewa Falls Public Library  
 105 W. Central Street, Chippewa Falls  
**For more information, contact the ADRC of Dunn County at 715-232-4006**

Carla Berscheit, Dementia Care Specialist will discuss the 10 warning signs of dementia. Dorothy Sorlie will share her personal story about a condition that doctors initially believed was dementia, and turned out to be something else

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

Contact Carla Berscheit, Dementia Care Specialist, ADRC  
 715-738-2584 or 715-944-8091 | [cberscheit@chippewacountywi.gov](mailto:cberscheit@chippewacountywi.gov)

National 24/7 Helpline 1-800-272-3900



# Memory Café

## Cornell/Lake Holcombe

COFFEE    SOCIALIZATION    COMMUNITY

### 2024 Dates

January 23

February 27

March 26

April 23

May 28

June 25

July 23

August 27

September 24

October 22

November 19

December 17

**Who:** Individuals with early to moderate stage dementia and their care partners and friends

**When:** 4th Tuesday of the Month

**Time:** 10:00 am to 11:30 am

**Where:** Our Saviors Lutheran Church

201 S.6th Street, Cornell

**Expect:** Lively discussion, laughter, fun and friendship... and it's FREE

For more information, call the ADRC at 715-726-7777



## Savvy Caregiver™ Workshop

*Increase Your Confidence, Knowledge, and Skills in Caring for a Person with Alzheimer's Disease or Related Dementia*

The Savvy Caregiver Class is a proven curriculum developed for family caregivers and grounded in research that teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided.

The course will cover:

- Understanding the career of caregiving
- Different types of dementia
- How the decline in cognition affects behavior
- Dealing with feelings that arise while caregiving
- Fitting tasks and activities to the person's abilities
- Skills to manage daily life
- Communicating more effectively

**WHEN:** Wednesdays  
April 3 - May 8, 2024  
(Six-week program)

**TIME:** 1:00 - 3:00 pm

**WHERE:** Altoona Library  
1303 Lynn Ave, Altoona

Please register online at the Aging & Disability Resource Center at [www.adrcevents.org](http://www.adrcevents.org) or call 715-839-4735 by Thursday, March 28th, to ensure you receive the caregiver manual.



This project was supported, in part by grant number 90ADP0038-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

## Virtual Support Groups



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

**Monday Coffee Connect** - Every Monday 10 - 11 am. Contact Kelsey at [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)

**Monday DISH** - First Monday of the Month 7-8 pm. Contact Scott at [scott.seeger@adrc-cw.org](mailto:scott.seeger@adrc-cw.org)

**Circle of Support** - Third Tuesday of the month 2-3 pm  
Contact Teresa at [teresa.gander@vernoncounty.org](mailto:teresa.gander@vernoncounty.org)

**Evening Conversations** - Every Thursday night 7:30-8:30 pm  
Contact Teresa at [teresa.gander@vernoncounty.org](mailto:teresa.gander@vernoncounty.org)

**Savvy Caregiver Support Group** - 1st Tuesday of the month, 10 - 11am. Contact Lisa at [lisa.wells@eauclairecounty.gov](mailto:lisa.wells@eauclairecounty.gov)

**Lewy Body Dementia Caregiver Support Group** - 2nd & 4th Wednesday of each month 1:30 - 3:30 pm. contact Rob at 920-386-4308 or [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)

**Friday Support** - Every Friday morning 9-10 am. Contact Karen at [karen.tennyson@co.rock.wi.us](mailto:karen.tennyson@co.rock.wi.us)

## Five Myths About Aging

Myth 1

**The older you get, the less sleep you need.**

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



Myth 2

**Depression is normal in older adults.**

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.



Myth 3

**Older adults can't learn new things.**

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



Myth 4

**Memory problems always mean Alzheimer's disease.**

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.



Myth 5

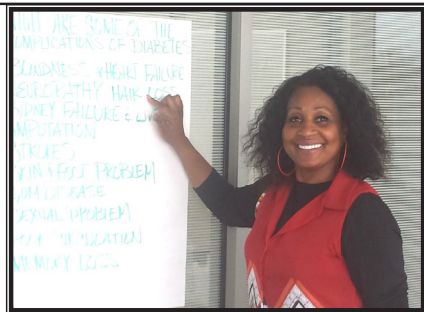
**Older adults do not need to exercise.**

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.



Visit [www.nia.nih.gov/health/10-myths-about-aging](http://www.nia.nih.gov/health/10-myths-about-aging) for more information about aging and older adults.





**Healthy Living with Diabetes** is an evidence-based program for adults of all ages who have type 2 diabetes, pre-diabetes, or live with someone who does. In just 6 weeks, you learn to take charge of your health and get back to doing the things that matter to you.

### Healthy Living with Diabetes

A diabetes diagnosis brings big changes. Find solutions that work for you.

**Build confidence** in your ability to manage your condition.

**You will get information and advice for:**

- Healthy eating: Meal planning and reading nutrition labels
- Short-term goal setting
- Feedback and problem-solving
- Stress and depression management
- Preventing low blood sugar, strategies for sick days, foot care, medication management
- Managing difficult emotions
- Tips for physical activity and exercising
- Working with and communicating more effectively with family, friends, and medical providers
- Dealing with difficult emotions, and more!

Participants receive a complimentary companion book, "Living a Healthy Life with Chronic Conditions."

**Thursdays, 10:00 - 12:30 pm**  
**April 18 - May 23, 2024**  
 (plus Certified Diabetes Educator on May 30)

**Location:**  
 Grace Lutheran Church  
 202 West Grand Avenue, Eau Claire

No fee (\$10 suggested contribution)

**Registration**  
 Please register at least one week in advance at [www.adrcevents.org](http://www.adrcevents.org) or call 715-839-4735.



Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703  
 715.839.4735 1.888.338.4636 tty: use Relay (711) [www.eauclaireadrc.org](http://www.eauclaireadrc.org) [adrc@co.eau-claire.wi.us](mailto:adrc@co.eau-claire.wi.us)

## Stroke Support Group

Only someone who has gone through a stroke experience can truly know how you feel. The Mayo Clinic Health System has a monthly support group for stroke survivors and their families or caregivers. It is a collaboration between Mayo Clinic and Marshfield Clinic Health Systems. Registration is not required and there is no fee to attend.



The meeting is held at Mayo Clinic Health System 727 W. Kenney Avenue, Eau Claire, Room B, the third Thursday of every month, from noon-1:30 pm. Park in front of the building. If full, you may park on the street or in the clinic lot across the street. The door to the building may be locked but someone will be there to open it at 11:30. The June date will be a summer picnic and therefore will not be held at the Kenney Avenue location.

For more information, please reach out to Angie Gullicksrud, at [Gullicksrud.Angela@mayo.edu](mailto:Gullicksrud.Angela@mayo.edu) or 715-838-3591.

### The upcoming dates for the support group are:

April 18, 2024 • May 26, 2024 • June 24, 2024\*  
 July 18, 2024 • August 15, 2024 • September 19, 2024  
 October 17, 2024 • November 21, 2024

## Stepping On



**A fall could change everything**  
 One in four people age 65 or older has a fall each year.  
 You don't have to be one of them.

### Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you will learn:

- Strength and balance exercises you can adapt to your individual level
- How vision, hearing, medication, and footwear affect your risk of falling
- To identify and remove or avoid fall hazards in your home and outside
- To get back on your feet the right way if you do fall

### 7-week Fall Prevention Workshop

**WHEN:** Tuesdays, 10:00 am - 12:00 noon  
**April 9 - May 21, 2024**

**WHERE:** Grace Lutheran Church  
 202 W Grand Avenue, Eau Claire

**COST:** No fee (\$10 suggested contribution)

**Registration**  
 Please register at least one week in advance by calling 715-839-4735 or online at [www.adrcevents.org](http://www.adrcevents.org).



*Stepping On has been researched and proven to reduce falls by 31%!*

Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703  
 715.839.4735 1.888.338.4636 tty: use Relay (711) [www.eauclaireadrc.org](http://www.eauclaireadrc.org) [adrc@co.eau-claire.wi.us](mailto:adrc@co.eau-claire.wi.us)

ADRC of CHIPPEWA COUNTY IS OFFERING A NEW WELLNESS INITIATIVE

## GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



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Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle!

All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device.

**ADRC of Chippewa County is covering the full cost of the program.**

Go to [www.esmmweighless.com](http://www.esmmweighless.com) to view class times for the upcoming series beginning soon.

For registration code, please contact Leslie Fijalkiewicz at 715-726-7779 or [lfijalkiewicz@chippewacountywi.gov](mailto:lfijalkiewicz@chippewacountywi.gov)



# Hospice Care Myths

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



**Myth: Hospice is for people who have given up.**

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

**Myth: Hospice is a place.**

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

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

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

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

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

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

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

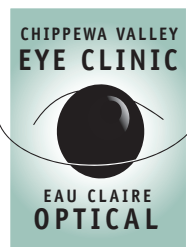
For families that have used hospice care for loved ones, nearly all say they wished they'd known about it sooner. You do not have to wait for your doctors to bring it up – it is never too early to ask about hospice and what benefits it could provide. For more information, visit:

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

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**DETECT**  
suspected fraud, abuse, and errors

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

## Foods For Eye Health

Contributors: Esther Ellis, MS, RDN, LDN

Reviewers: Academy Nutrition Information Services Team

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma, and other sight woes? Read on to learn about some of the top foods to promote eye health. But don't count on popping a pill to reduce your risk! Your best sources of vitamins, minerals, and antioxidants are from whole foods, since it may be a combination of nutrients within the foods which provide these benefits.



### Kale: See the Light

This leafy green is a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens, and spinach, broccoli, kiwi, grapes, yellow squash, oranges, corn, and egg yolk. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of unsaturated fat such as a drizzle of olive oil or a few slices of avocado. Kale also contains vitamin C and beta-carotene, other eye-friendly nutrients.

### Sweet Potatoes: The Color of Health

Beta-carotene gives these tubers their orange color. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent night blindness and age related macular degeneration. Sweet potatoes not your favorite? For beta-carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk, and eggs are also sources of vitamin A.

And, similar to lutein and zeaxanthin, beta-carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

### Strawberries: Help You "C" Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit), and cantaloupe.

### Healthy Fats: Include Sources of Omega-3 Fatty Acids

Besides helping with the absorption of certain nutrients, some healthy fats also contain omega-3 fatty acids. Salmon is an excellent source of omega-3s, which may be beneficial for eye health. Include salmon or other types of fatty fish two to three times per week. Other foods that include omega-3 fatty acids are walnuts (which also contain eye-healthy vitamin E), flax and chia seeds.

From Academy of Nutrition and Dietetics [www.EatRight.org](http://www.EatRight.org)

## Volunteer Corner

April is Volunteer Appreciation Month and we'd like to send a **BIG THANK YOU** to our volunteers!

Meals on Wheels and Senior Dining could not serve our communities without the dedication of our volunteers. They spend countless hours helping package, serve, and deliver meals. Through the sleet, snow, rain, and even the aftermath of a tornado, you show up to make sure tummies are full and smiles are given. Your generosity makes a BIG impact on staff, participants, and the community. A simple "thank you" sometimes doesn't seem like enough, but know it is truly and greatly appreciated!



## MONDAY MARKET AT THE Y

Accepting Foodshare/QUEST Cards, Debit/Credit Cards, Cash, WIC & Senior Farmer's Market Checks  
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**2024**  
**Mondays**  
**8 am - 1pm**  
**June 17 -**  
**September 30**

No Market on  
Labor Day

**Chippewa Falls**  
**YMCA**  
**Parking Lot**



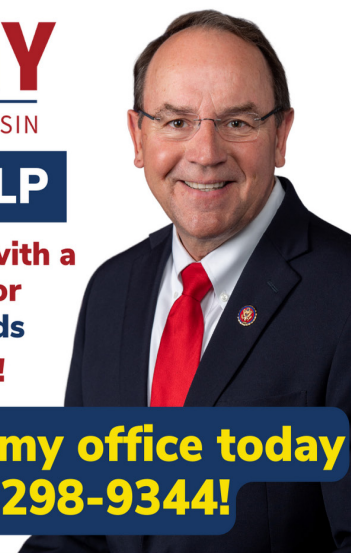
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# ADRC Offers Weight Loss Program

Some people say that weight loss is hard. Others say that losing weight isn't the hard part, but rather keeping the weight off is the challenge. No matter what you find difficult, we want to help support you in the process.

The ADRC of Chippewa County receives funding to provide healthy living and wellness programs. Through the years, we have offered many programs using these funds including those that prevent falls, improve strength, reduce incontinence, support caregivers, and improve diabetes control.



Recently we learned about a program that has a proven track record of helping people lost weight AND keep it off. The program, called ***Eat Smart, Move More, Weigh Less***, is facilitated by a Registered Dietitian Nutritionist and it is provided online in real time. You participate from the convenience and comfort of your own home. The instructor is able to be seen and heard... you are not required to have a microphone or camera in order to participate.

***Eat Smart, Move More, Weigh Less*** is a researched, 15-week, online weight management program. Over 18,000 people have completed the program, lost weight and kept it off. In fact, 71% of program completers either maintained or lost additional weight at a six month follow up!

The ADRC is bringing this to Chippewa County residents age 60+ or those who have a disability. There is no cost to participate. Spring sessions starting in April...you choose the day of the week/ time that will best work for you over the course of 15 weeks.

Tuesday, April 23 9:30 am – 10:30 am

Tuesday, April 23 11:00 am – noon

Tuesday, April 23, 7:15 pm – 8:15 pm

Thursday, April 25, 11:00 am – noon

Monday, April 29, 11:00 am – noon

If you would like to start the ***Eat Smart, Move More, Weigh Less*** program in April, please contact Leslie Fijalkiewicz to register for the program 715-726-7779. This is a great opportunity to improve your health, with the help of a Registered Dietitian Nutritionist, at no financial cost. You have nothing to lose but weight!

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[LakeHallieMemoryCare.com](http://LakeHallieMemoryCare.com)

# Use Caution With Scanning QR Codes

By Alvaro Puig, Consumer Education Specialist, Federal Trade Commission

QR codes seem to be everywhere. You may have scanned one to see the menu at a restaurant or pay for public parking. And you may have used one on your phone to get into a concert or sporting event, or to board a flight. There are countless other ways to use them, which explains their popularity.



Unfortunately, scammers hide harmful links in QR codes to steal personal information. Here's what to know.

There are reports of scammers covering up QR codes on parking meters with a QR code of their own. And some crafty scammers might send you a QR code by text message or email and make up a reason for you to scan it. These are some of the ways they try to con you:

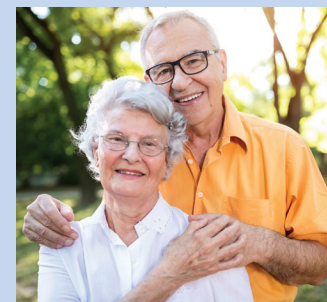
- They lie and say they couldn't deliver your package and you need to contact them to reschedule
- They pretend like there's a problem with your account and you need to confirm your information
- They lie, saying they noticed suspicious activity on your account, and you need to change your password

These are all lies they tell you to create a sense of urgency. They want you to scan the QR code and open the URL without thinking about it. A scammer's QR code could take you to a spoofed site that looks real but isn't. And if you log in to the spoofed site, the scammers could steal any information you enter. Or the QR code could install malware that steals your information before you realize it.

## So how can you protect yourself?

- If you see a QR code in an unexpected place, inspect the URL before you open it. If it looks like a URL you recognize, make sure it's not spoofed – look for misspellings or a switched letter.
- Don't scan a QR code in an email or text message you weren't expecting – especially if it urges you to act immediately. If you think the message is legitimate, use a phone number or website you know is real to contact the company.
- Protect your phone and accounts. Update your phone's OS to protect against hackers and protect your online accounts with strong passwords and multi-factor authentication.

## A Unique Opportunity

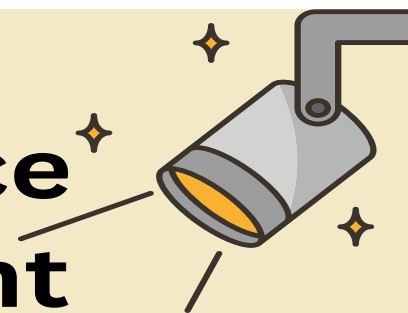


The Aging & Disability Resource Center (ADRC) of Chippewa County is looking for someone interested in issues that affect older persons and persons with disabilities to serve on the ADRC Board. Currently, we are looking for someone who has experience working with individuals with a developmental disability.

In addition to providing your ideas and expertise, you will learn about programs, services and legislative initiatives that impact our older population and persons with disabilities. The Board meets every other month at the Chippewa County Courthouse.

Call or email Leslie at [ADRC@chippewacountywi.gov](mailto:ADRC@chippewacountywi.gov) or 715-726-7779 for a more complete description of an ADRC Board member responsibilities. Don't delay.

## Online Resource Spotlight



<https://wisconsin caregiver.trualta.com/login>

This resource is for family caregivers of someone with a chronic health condition. Here you will find free, reliable information in the form of videos and articles related to a variety of topics.



## Spring Means Outdoor Activities! Do You Suffer With Allergies?

Now is a great time to call our pharmacist and make an appointment to go over your medications to ensure your health and safety needs are being met. Our pharmacist will make sure you are compliant with your medications and will also advise you on over-the-counter products for allergies to take or avoid for adverse interactions.

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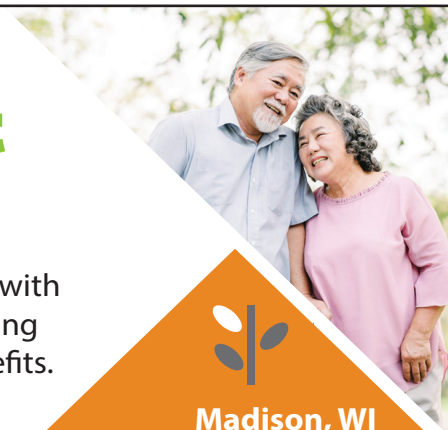
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For Long-Term Care options contact your local [Aging and Disability Resource Center](#).

[www.dhs.wisconsin.gov/adrc/](http://www.dhs.wisconsin.gov/adrc/)

[www.mychoicewi.org/hh](http://www.mychoicewi.org/hh)  
800-963-0035 TTY 711



# Being a Volunteer Can Make You Healthy!

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

**W**ant to live longer? Want to live a happier more fulfilled life? Become a volunteer!

Studies show that people who volunteer to help by serving others in some way, live longer, happier lives. Just by donating some of their time and resources volunteers improve the lives of countless others. More Americans than ever are volunteering. In fact, baby boomers are giving more than 2.2 billion service hours, more than any other age group. Wondering what you can do? Here are a few ideas on how you can serve.

**Donate blood:** Give the gift of life. Contrary to what you may have heard, adults can donate blood no matter what their age. The rule which used to bar people over 65 was removed in 1978 after studies showed that older people could safely give blood. That change has allowed countless donors to continue to give well into their later life. There is no maximum age for donation. The oldest regular blood donor is 97-year-old Dale Faughn. He is up to 36.5 gallons of donated blood and counting. Wisconsin's greatest blood donor is Dave Enters. On Feb. 4, 2022 Dave Enters donated blood for the 500th time over the past 35 years. Enters is The Concordia University counseling director and volunteers to donate his blood up to 20 times a year. Enters' giving may have impacted up to 1,500 lives. His motivation is based on expressing his thanks and gratitude for what Christ did for him. "Christ gave freely for us," said Enters. "What better response than to give blood so that someone else might have physical life?" Contact your local Red Cross for more information.

**Senior Corps/Senior Companion:** Senior Corps is a government agency that helps older adults put their experience to good use by helping others. Through the Foster Grandparent program, active in 8,000 locations across the United States, volunteers can serve as role models, mentors, and tutors to children and youth in need. Another program, Senior Companion, connects volunteers with older adults who need help with daily tasks like food shopping and paying bills. Want more information? Visit: [NationalService.gov/senior-corps](https://www.nationalvolunteercenter.gov/senior-corps).

**Meals on Wheels:** Providing meals (and company) to homebound seniors. Meals on Wheels operates in nearly every community in America. The most common volunteer job is delivering meals (and friendly greetings) to homebound seniors. You pick up meals at a central location and deliver them along a predetermined route. When you're finished, you return the delivery packaging and carry on with your day. Visit: [AmericaLetsDoLunch.org](https://www.americaletsdolunch.org) to find a program near you, then reach out to that program directly.

**Feed My People/Feeding America:** These organizations are leading the fight to end hunger in America, where one in eight people still struggles to get enough to eat. With 200 food banks nationwide, these nonprofit food services helps 46 million people, and raises awareness for policies that aid hungry individuals. Volunteers help sort food, answer calls, and assist with administrative work. Those with a flexible schedule, like retirees, are in especially high demand. Find your local food bank at [FeedingAmerica.org/volunteer](https://www.feedingamerica.org/volunteer), and contact it directly to ask where they need help.

**Canine Companions for Independence:** Provides trained assistance dogs to people with disabilities free of charge. As the largest provider of assistance dogs in the country, Canine Companions for Independence connects expertly trained dogs to people with disabilities, totally free of charge. The organization has six training centers across the country and more than 40 volunteer chapters providing support. But volunteer puppy raisers can live anywhere in the United States. How it works: You raise the puppy from eight weeks to 18 months and are responsible for attending puppy classes, teaching basic commands, and socializing the puppy. During that time, you submit monthly reports on the puppy's progress and cover the cost of care, including approved food, supplies, and veterinary visits. Those expenses are usually tax deductible. If that's too big a commitment, you can also assist in organizing events, dog walking, and office work. To learn more visit [CCI.org/volunteer](https://www.cci.org/volunteer), or call 800-572-BARK (2275).



**Peace Corps:** To promote world peace by helping development-interested countries. Ever wish you'd joined the Peace Corps when you were younger? It's not too late. In fact, with its "50-plus initiative", it is now actively courting older adults. The reason: Retirees often bring just the kind of life skills, professional experience, and tested maturity that the organization is looking for. Volunteers are trained and placed across the world in jobs like farming, teaching, or leading grassroots efforts to protect the environment. Service can last from three months to two years. Housing and a living stipend are provided, and all medical expenses during service, including preventative care, are covered. If you are interested in more information, check out <https://www.peacecorps.gov/volunteer/is-peace-corps-right-for-me/50plus/>

**Habitat for Humanity:** If you're handy with tools, this may be a great fit. The nonprofit builds and renovates homes for families who need them. Volunteers work side by side with the future homeowners, who will later pay an affordable mortgage. You can pitch in locally or travel where needed. The RV Care-A-Vanners program is available to anyone with a recreational vehicle. You can travel the country training Habitat affiliates on safety or help rebuild communities recovering after a disaster. Not so handy? Volunteers are also needed to staff offices, act as go-getters around a build site, or lend a hand at ReStores, which are home improvement stores and donation centers. Want to get involved? Visit: [Habitat.org/volunteer](https://www.habitat.org/volunteer).

And if you didn't find anything that interested you from that list, churches, schools, hospitals and nursing homes are always looking for volunteers. Contact the facility or organization and ask to speak with pastor, priest, principal, or Volunteer Director. Get serving and live a better, longer, more rewarding life!

*Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. For more information please call (715) 723-4437 or email him at [carl.trapani@chippewamanor.com](mailto:carl.trapani@chippewamanor.com).*

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# How to Spot an Imposter Social Security Social Media Account

Reprinted from: [blog.ssa.gov](http://blog.ssa.gov)

**D**o you know how to spot fake Social Security social media accounts? The tips below will help you protect yourself and your family.



How fraudsters create imposter accounts  
Fraudsters create imposter social media

pages and accounts using Social Security-related images and jargon, making them appear as if they're associated with or endorsed by us. They also create imposter social media pages of Social Security and OIG officials, such as the Commissioner or the Inspector General.

## Protect your personally identifiable information

We will never ask for sensitive information through social media as these channels are not secure. Sometimes, users are asked to enter their financial information, Social Security number (SSN), or other sensitive information. This is a red flag, and often an indication of a fraudulent account.

## How to spot a fake social media account

Identifying an imposter account may seem difficult at first, but there are a few things you can look for right away. You will want to focus on the following:

- How many people follow the imposter page. In most cases, fake pages have a very low number of followers as compared to Social Security's official page.
- Improper punctuation.
- Links to pages not on SSA.gov.
- Advertisements for forms or other Social Security documents.
- Incorrect social media handle. To view the list of our official social media channels, we encourage you to visit our social media page at <https://www.ssa.gov/socialmedia/>

Please report suspected Social Security imposter scams — and other Social Security fraud — to the Office of the Inspector General website <https://oig.ssa.gov/report/>.

You can protect yourself from scams by learning more at <https://www.ssa.gov/scam/> and share this information with your friends, family, and colleagues to help spread awareness about Social Security imposter scams.



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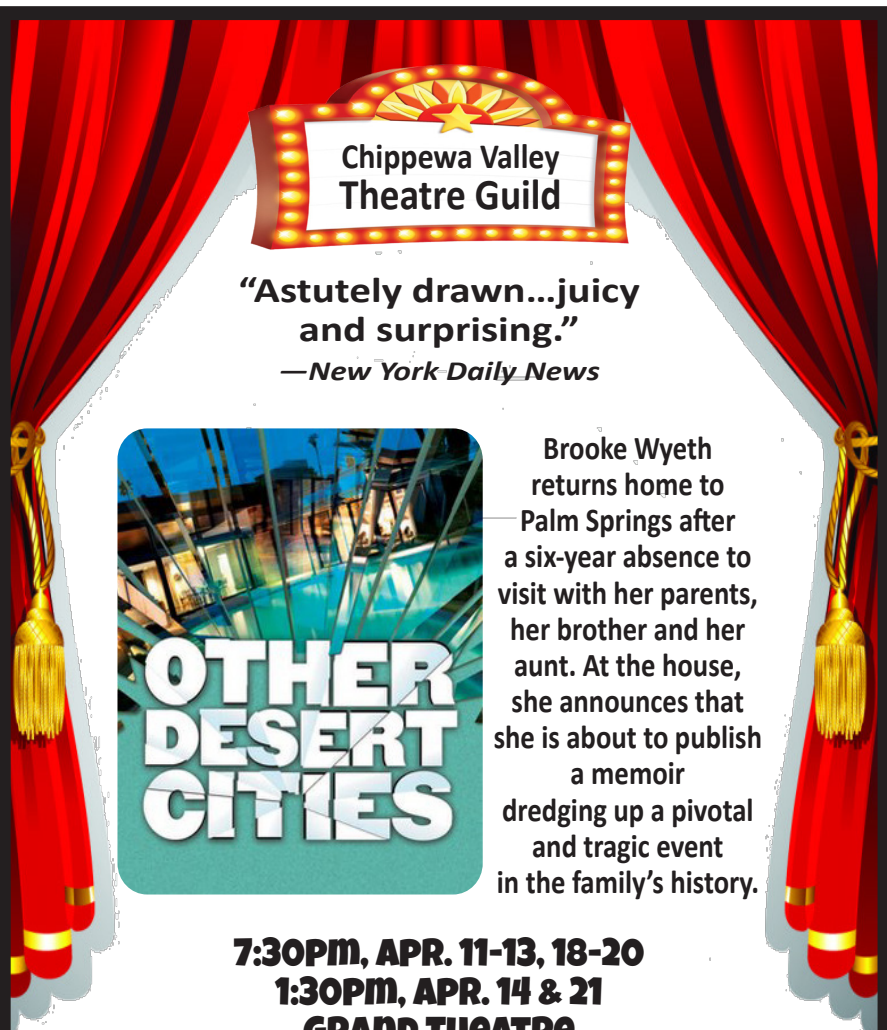
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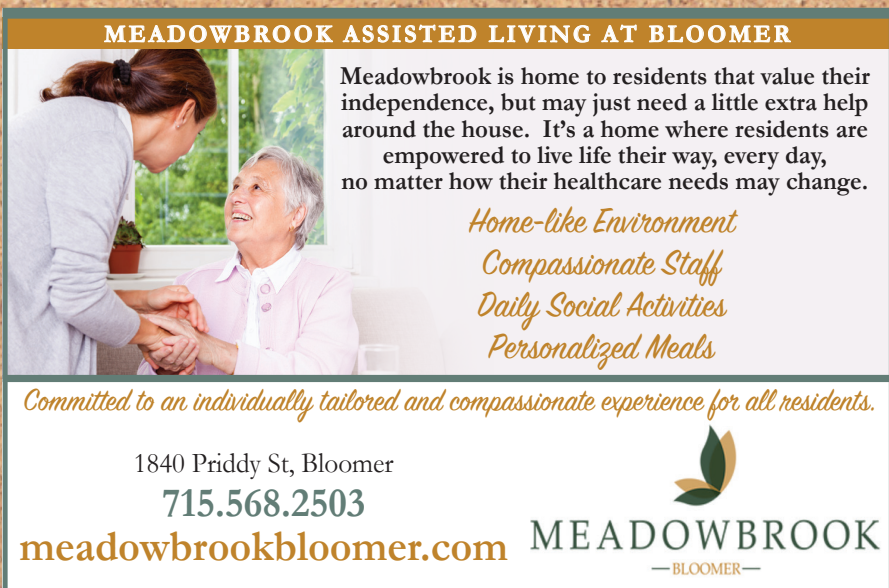
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