



Hi SENIOR Lites

- How to Make Mindfulness Part of Daily Life
- Medicare Advantage Plan Enrollment
- New Study Examines the Role of Physical Activity on Alzheimer's Progression
- October is National Seafood Month: Here's Why Fish Belongs on Your Plate
- The Best Baked Salmon Recipe
- Time to Review Your Medicare Plan: Prepare Early This Year!
- Ray-Ban Meta Glasses



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

How to Make Mindfulness Part of Daily Life



Submitted by Casey Schnacky, ADRC Outreach-Caregiver Coordinator

Mindfulness doesn't have to mean sitting quietly for 30 minutes with your eyes closed. It can be as simple as slowing down, paying attention to what you are doing, and being present in the moment.

If you're new to mindfulness, you may be surprised by how busy your mind feels. Thoughts about the past, plans for the future, worries, and everyday to-do lists can make it difficult to slow down. That's normal. Mindfulness is not about stopping your thoughts—it's about noticing them without judging yourself and gently bringing your attention back to the present.

Simple Ways to Practice Mindfulness:

Take a mindful breath.

Pause for a moment and notice your breathing. Take a slow breath in and slowly breathe out. Even a few intentional breaths can help you pause and reset.

Enjoy everyday activities.

When drinking your morning coffee, taking a walk, gardening, or eating a meal, try to focus on the experience. Notice the sights, sounds, smells, textures, and flavors around you.

Spend time in nature.

October is a beautiful time to notice the changing colors, crisp air, falling leaves, and sounds of nature. Take a few minutes to simply observe what is around you.

Be patient with yourself.

Your mind will wander—that's what minds do! When you notice your thoughts drifting, gently bring your attention back to what you

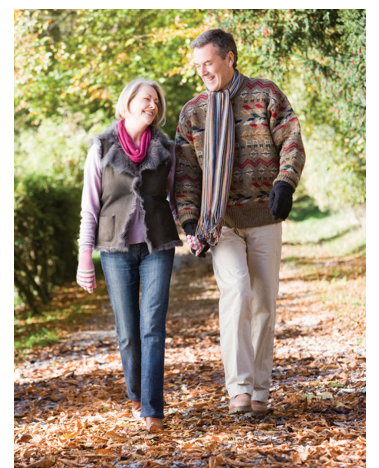
are doing. There is no need to get frustrated with yourself.

Practice with others.

Like many habits, mindfulness can be easier when

you have some support. Consider joining a class, trying an online mindfulness group, or practicing with a friend. Sharing the experience with others can make mindfulness feel more enjoyable and easier to continue.

Mindfulness is not about adding another task to your busy day. Instead, it is about finding small moments to slow down and be present in the life you are already living. Start with just a minute or two each day and build from there. Sometimes, being present for one small moment is enough.



Aging & Disability Resource Center of Dunn County

3001 US Highway 12 East, Suite 160, Menomonie, WI 54751 Phone: 715-232-4006

Manager: Tracy Fischer
Aging & Transportation Programs Manager:
Bernie Allen
Elder Benefit Specialist: Bethany Schneider

Social Workers: Amy White, Wendy Sterry and
Kelly Bien
Outreach Coordinator: Casey Schnacky
Dementia Care Specialist: Carla Berscheit

Disability Benefit Specialist: Lisa Schuler
Case Worker: Mary Linberg

LOCAL FREE MEALS & FOOD PANTRY

MONDAY'S MEAL:

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

TUESDAY'S TABLE:

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

WEDNESDAY'S TABLE:

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

THURSDAY'S TABLE:

First Congregational Church, 420 Wilson Ave. Menomonie.
Free meal served from 5-6pm.

KNAPP COMMUNITY PROJECTS/PLATES & KNAPPKINS FOOD PANTRY:

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

AFFORDABLE RENTALS!

Accepting applications for seniors/disabled persons.

1 and 2 bedrooms. Income based rent.

Most utilities included.

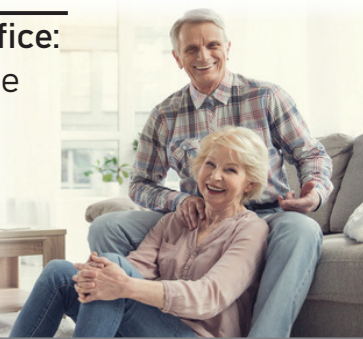
Pick up an application at our office:

1202 10th St. East, Menomonie

715.235.0656



Equal Housing Opportunity



FOOD PANTRY HOURS

MONDAY (Inside Only) 1:00 pm to 4:00 pm

TUESDAY (Inside Only) 10:00 am to 1:00 pm

WEDNESDAY (Curbside Only) 2:00 pm to 6:00 pm

SATURDAY (Inside Only) 9:00 am to 12:30 pm



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



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

www.SteppingStonesDc.org

POP-UP PANTRY SCHEDULE

EVERY 1ST AND 3RD THURSDAY OF EACH MONTH

SAND CREEK 11:30 am - 12:30 pm

Arts Center E9311 County RD I, Sand Creek

RIDGELAND 1:30 pm - 2:30 pm

Community Center Lot 200 Diamond St, Ridgeland

EVERY 2ND AND 4TH THURSDAY OF EACH MONTH

DOWNSVILLE 11:30 am - 12:30 pm

New Hope Luthern Church N2698 460th St, Downsville

COLFAX 2:00 pm - 3:00 pm

Viking Bowl and Lounge N108 S Main St, Colfax

EVERY 1ST TUESDAY OF EACH MONTH

ELK MOUND 11:30 am - 12:30 pm

Village Hall E206 Menomonie St, Elk Mound

ROCK FALLS 1:00 pm - 2:00 pm

Township Hall N995 County Rd H, Mondovi



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



www.SteppingStonesDc.org

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ADRC DUNN COUNTY NUTRITION PROGRAM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Meat Lasagna, Mixed Green Salad, Garlic Breadstick, Cantaloupe, Milk	2 Battered Fish, Pan Fried Potatoes, Carrots with Parsley, Wheat Bread, Strawberry Cheesecake, Milk
5 Open Face Hot Turkey Sandwich, Mashed Potatoes -Gravy, Seasoned Peas, Apple, Milk	6 Meal Site Closed	7 Meatloaf, Baked Potato-Sour Cream & Butter, Creamy Cucumber Salad, Apricots, Milk	8 Deluxe Chicken Pot Pie, Sliced Carrots, Whole Wheat Roll, Sweet Cherries, Milk	9 Beer Batter Fish, Side Winder Fries, Coleslaw, Frosted Pumpkin Bar, Milk
12 Beef & Vegetable Stir Fry, Steamed Rice, Green Beans Almondine, Fruit Cocktail, Milk	13 Oven Fried Chicken, Mashed Potatoes-Gravy, Corn, Wheat Bread, Watermelon, Milk	14 Pork Chops with Apples, Baby Bakers, Winter Squash, Sugar Cookies, Milk	15 Turkey & Swiss Cheese Sandwich, Bean & Bacon Soup-Crackers, Mixed Berries, Tomato Juice, Milk	16 Italian Meat Sauce, Spaghetti Noodles, Spinach Cranberry Salad, Garlic Breadstick, Blonde Brownie, Milk
19 Sailsbury Steak-Gravy, Parslied Potatoes, Sliced Carrots, Wheat Bread, Pineapple Tidbits, Milk	20 Creamed Turkey over Biscuit, Stewed Tomatoes, Peach Crisp, Milk	21 Shepards Pie, Wheat Rolls, Rutabagas, Mandarin Oranges, Milk	22 Sweet & Sour Chicken, Brown Rice, Broccoli, Pears, Milk	23 Breaded Fish on Bun, Baked Beans, Creamy Coleslaw, Raisin Oatmeal Cookie, Milk
26 Pork Fajitas, Black Beans & Rice, Grapes, Milk	27 Western Omelet, Tri-Tator, Raisin Bran Muffin, Diced Peaches, Milk	28 Beef Pot Roast-Gravy, Mashed Potatoes, Sliced Beets, Wheat Rolls, Cheesecake with Cherry Topping, Milk	29 Baked Spareribs, Sauerkraut, German Potato Salad, Spinach Salad, Pumpkin Bread, Milk	30 Honey Mustard Glazed Salmon, Parslied Red Potatoes, Asparagus Cuts, Wheat Bread, Ambrosia Salad, Milk

PUT ME ON THE HI-LITES MAILING LIST

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

Name _____

Address _____

City _____ Phone _____

☐

AARP TAX-AIDE IS MOVING!

NEW TAX PREPARATION LOCATION



Compass IL Building
2920 Schneider Ave SE
Menomonie, WI 54751

APPOINTMENTS

Appointments begin January 15th for the upcoming tax season

Appointments can **ONLY** be made by calling:
651-301-8114

Please leave your name and telephone number. Your call will be returned within 48 hours

Tax Preparation Dates

Tuesdays & Thursdays
February 2nd - April 9th

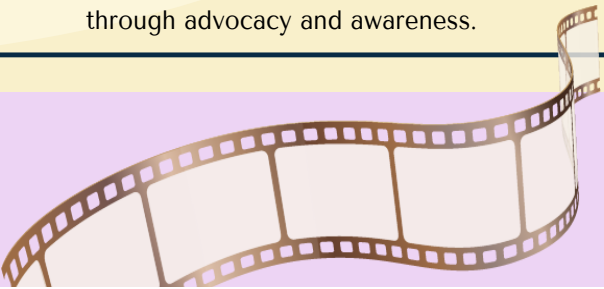
Important:

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



DOCUMENTARY SEEKING FAMILY STORIES

The Public Broadcasting Service (PBS) is seeking individuals and families to follow on their diagnostic journey of dementia or who have upcoming appointments for cognitive testing or are scheduling one soon for an upcoming documentary. If you or someone you know is interested, please feel free to reach out to Trisha at the ADRC of Barron County at 715-537-6226 or email trisha.witham@co.barron.wi.us. Trisha would be the contact and work with you through the process and filming and help explain more. This is an incredible local opportunity to bring your journey to light and help others through advocacy and awareness.



ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF OCTOBER 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



October 2026



SUN	MON	TUE	WED	THU	FRI	SAT
SEPT 27	28 Exploring Dementia ADRC Resource Room 10:30am Grief Support Group Menomonie Senior Center 12:00pm	29 National Coffee Day 	30 National Love People Day	1 Day of Caring Community Volunteer Event National Homemade Cookies Day 	2	3 Frugal Fun Day
4 	5 Virtual Dementia Support Group 7:00pm Grief Support Group Menomonie Senior Center 12:00pm	6 Women Connected Caregiver Support Group ADRC Resource Room 12:00pm	7 DBS at The Cairn House 	8 Relatives Raising Children ADRC Resource Room 9:30am 	9 Fire Prevention Day 	10 National Chess Day
11	12 Exploring Dementia ADRC Resource Room 10:30am Grief Support Group Menomonie Senior Center 12:00pm	13 Creative Caregiver ADRC Resource Room 1:00pm	14 National I Love You Day	15 National Cheese Curd Day 	16 	17
18 World Menopause Day 	19 Grief Support Group Menomonie Senior Center 12:00pm	20 Medicare & YOU ADRC Resource Room 2:30pm	21 Long Distance Caregiver Virtual Support Group 11:00am Caregiver Support Group ADRC Resource Room 2:00pm	22 	23 National Mole Day 	24
25 	26 Exploring Dementia ADRC Resource Room 10:30am Grief Support Group Menomonie Senior Center 12:00pm	27 Black Cat Day 	28 	29 The Memory Tree Cafe Menomonie Senior Center 1:00pm	30 Candy Corn Day 	31 TRICK OR TREAT

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 Line800-924-9918

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

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

Bridge to Hope715-235-9074



Medicare Advantage Plan Enrollment

By the GWAAR Legal Services Team



*Submitted by Bethany Schneider,
ADRC Elder Benefit Specialist*

What is a Medicare Advantage plan?

Medicare Advantage plans are Medicare plans that are an alternative to having Original Medicare. These plans are run by private health insurance companies that provide Medicare benefits. These plans are also reimbursed and regulated by the federal government.

The plans are required to cover Part A and B benefits but can also include Part D or drug coverage. They are required to cover what Original Medicare covers, but there are plans that cover more. Some of the plans may cover things that Original Medicare doesn't like dental, hearing, and vision coverage.

It is important to note that if you have a Medicare Advantage plan you cannot have a Medigap or supplemental plan. This means that coinsurance and copays will be your responsibility. The cost of premiums for Medicare Advantage plans will vary depending on what company the plan is from and what plans they offer.

When can I enroll in a Medicare Advantage plan?

You can elect to enroll in a Medicare Advantage plan during your Initial Enrollment Period or IEP. This is the period when you first become eligible for Medicare. This period begins three months prior to turning 65, the month you turn 65, and three months after you turn 65. You may also be entitled to an IEP if you are eligible for Medicare based on a disability. This period would start three months prior to your 25th month of receiving disability benefits, the 25th month, and three months after.

You can also sign up for a Medicare Advantage plan during the Open Enrollment Period or OEP. This period starts October 15 and ends December 7 each year. The coverage will begin the first day of the month in January. During this period, you can also choose to enroll in Original Medicare and/or enroll in or switch Part D plans.

During the General Enrollment period you can switch Medicare Advantage plans or drop your Medicare Advantage plan and enroll in Original Medicare and a Part D plan. This period starts January 1 and ends March 31 each year.

There is one more way to enroll in a Medicare Advantage plan which is during a Special Enrollment Period or SEP. These periods open when certain events occur. There are SEPs for moving out of network, losing employer coverage, when eligibility for Medicaid ends, and when you aren't eligible for Extra Help. Each SEP has different criteria for when it can be used, how long the period is open, and what actions an individual can take during this period. An example of a SEP is when someone moves outside of their Medicare Advantage plan network. If this occurs, an individual can switch plans. This SEP is open for two months after the move.



What should I know before enrolling in a Medicare Advantage Plan?

Medicare Advantage plans get to decide each year if they want to continue to offer plans in your area. They will provide notice if they decide to discontinue coverage in your area. They can also change their premiums, copays and provider networks each year. It's important to look out for notices from your plan to stay up to date on what your plan decides to do from year to year.

- You may have to get prior authorization to see a specialist.
- The providers you see will need to be in network. This restricts who you can see and where you are covered.
- You need to know the plan's formulary to check if your prescribed drugs are covered and what your cost will be.
- If you enroll in a plan with Part D coverage you will need to ensure that your preferred pharmacy is in network.

Deciding to enroll in a Medicare Advantage plan is an important decision. It is vital that you learn about the plans available to you, what's covered, and what the network coverage is. Healthcare is expensive and learning about the coverage available to you will help you make informed decisions about your healthcare. If you want to learn about Advantage plans in your area you can compare plans with the Medicare Plan Finder (<https://www.medicare.gov/>).

You can also visit your local Aging & Disability Resource Center (<https://www.dhs.wisconsin.gov/adrc/contacts.htm>) or ADRC to get help with questions about Medicare Advantage plans.

Taking Steps to Slow Decline: New Study Examines the Role of Physical Activity on Alzheimer's Progression



Submitted by Carla Berscheid,
Dementia Care Specialist

10,000 – that's the magic number of steps often recommended for a healthy lifestyle. With recent research looking into whether that number is an accurate benchmark for health, could the number of steps taken per day have an impact on brain health and, specifically, cognitive decline?



That's precisely what a new study from Harvard Medical School and Mass General Brigham sought to examine, looking at how physical activity, specifically step count, impacted cognitive decline for those living with Alzheimer's disease.

Dr. Bri Breidenbach and Sarah Lose join the podcast to break down the results of this new study, as well as share what current research says about the effect of other kinds of physical activity, such as different intensity exercises, on the brain and Alzheimer's progression.

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



Women Connected 2026



A support group for women caring for loved ones with dementia or other chronic illnesses, focused on self-care, support, and meaningful connection.

**Tuesday, October 6, 2026
12:00pm-1:30pm**

**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



THE MEMORY TREE CAFE

FREE!
**OPEN TO THE
COMMUNITY**

Join us at the Menomonie Senior Center
to enjoy conversation and creativity!

October 29, 2026 at 1:00pm

1412 Sixth Street E, Menomonie WI

A program for people living with
dementia and their care partners.

Enjoy refreshments, social connection,
creative activities, and a supportive community
in a relaxed and friendly setting.



Contact Casey at Dunn County ADRC
(715)231-2713 for more information.

OAKWOOD HILLS
— SKY ACTIVE LIVING —



**Caring
Transitions®**

Oakwood Hills and Caring Transitions present:

Downsizing MADE EASY!



**The Art of
Rightsized Living®**

PRESENTED BY CARING TRANSITIONS

Learn simple steps to downsize,
declutter and create a home that
fits your lifestyle today.



**Preparing Your Home
for a Successful Sale**

PRESENTED BY GREG FROM CARING TRANSITIONS

Get expert advice on what to prioritize,
the benefits of a pre-inspection, and how
to make your home market-ready.



GUIDED TOURS OF OAKWOOD HILLS
Immediately Following the Presentations!



COMPLIMENTARY
SNACKS &
REFRESHMENTS
WILL BE PROVIDED!

4316 Oakwood Hills Parkway
Eau Claire, WI 54701

Call Sam at 715-894-7994 to RSVP!

Come find your joy here!

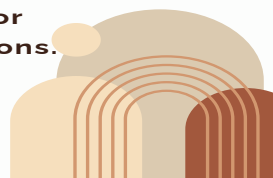
2026 CAREGIVER SUPPORT GROUP

**Wednesday, October 21, 2026
2:00pm-3:30pm**

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

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

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





OCTOBER DEMENTIA SUPPORT & EDUCATION

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

DEMENTIA P.A.C.T.

Positive & Assertive Caregiver Training

JOIN US FOR FREE QUARTERLY TRAININGS TO
INCREASE YOUR SKILLS AS A CAREGIVER.

ALL TRAININGS WILL BE HELD AT
DUNN COUNTY ADRC - 3001 HWY 12 E, MENOMONIE

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

ATTEND SOME OR ALL TRAININGS!

715-232-4006 | adrc@dunncountywi.gov

NOGGIN KNOWLEDGE

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

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

- **NORMAL BRAIN AGING OR SOMETHING ELSE • DECEMBER 8, 2026**
Have you ever wondered if your "brain blips" are normal or warning signs of brain changes? Join us to find out the difference.
- **DEMENTIA LIVE • MARCH 9, 2027**
Have you ever wondered what it would feel like to have dementia? Join us for a chance to experience it for 5 minutes, then discuss ways to support those with brain changes.
- **HOW TO SPEAK DEMENTIA • JUNE 8, 2027**
Speaking with someone that has brain changes can be tricky. If you are a caregiver, or just want to learn, join us to learn practical strategies.

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

Registration is required

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

LONG DISTANCE CAREGIVING

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

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

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

MONDAY D.I.S.H.

Dementia Informed Super Heroes

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

VIRTUAL SUPPORT GROUP

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

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

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

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

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

DEMENTIA SUPPORT GROUP

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

When: 2nd & 4th Monday of every month

Time: 10:30 am to Noon

Where: Dunn County ADRC - 3001 Hwy 12 E, Menomonie

2026 Dates:

October 12 & 26 | November 9 & 23 | December 14 & 28

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

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

Contact Carla Berscheit,
Dementia Care Specialist, ADRC

715-308-3527

cberscheit@dunncountywi.gov

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

ADRC Website:



Find more
Brain Health
information
& upcoming
events!

ADRC Facebook Page:



October is National Seafood Month: Here's Why Fish Belongs on Your Plate

By: Natalie Stewart, Dietetic Intern 2025



Submitted by Bernie Allen,
Aging & Transportation Programs Manager

Fish Contain Essential Nutrients

- Fish is an excellent source of omega-3 fatty acids – nutrients that are essential for your body to function optimally. You must get omega-3 fatty acids from the foods you eat, as your body cannot make its own.
- Fish is also high in protein, a nutrient essential for building and maintaining muscle mass.
 - FACT: about 50% of women and 30% of men 71 and older fall short of protein food recommendations.



Fish Offer a Variety of Health Benefits

- It supports your brain health and function.
 - Includes protection against Alzheimer's & memory loss.
- It reduces the risk of heart disease.
- Omega-3s can help lower blood pressure and triglycerides.
- Protein helps prevent the loss of lean muscle mass, keeping you strong and agile.

How Much Should I Eat?

- The Dietary Guidelines recommend that adults eat two 4-ounce portions of fish per week.
- A 4-ounce portion is about the size of a deck of cards.

Are There Other Ways to Reap These Benefits?

- If you choose to skip the fish, the good news is there are other ways to get these essential nutrients.

Sources of omega-3 fatty acids include:

- Oils: soybean oil, canola oil, walnut oil, flaxseed oil
- Edamame
- Walnuts
- Hemp hearts & ground flaxseed

To maintain muscle mass, other protein options include:

- Lean meats (chicken, turkey, beef)
- Dairy products (milk, cottage cheese, Greek yogurt)
- Tofu
- Beans & lentils

What About Mercury?

- Mercury is found in seafood at varying levels.
 - Large fish contain more mercury because they eat smaller fish in the food chain. This causes mercury to build up in their bodies over time.
- For most adults, it is unlikely that mercury would cause health concerns. Below, you can see that most types of fish are okay for consumption.

FDA guidelines on choosing fish low in mercury.

- Mercury exposure should be limited for women who might become pregnant, are pregnant and lactating, and children up to age 11.
- When eating locally sourced fish, be sure to check local advisories for guidance.

Best Choices		
Anchovy	Herring	Scallop
Atlantic croaker	Lobster	Shad
Atlantic mackerel	American and spiny	Shrimp
Black sea bass	Mullet	Skate
Butterfish	Oyster	Smelt
Catfish	Pacific chub mackerel	Sole
Clam	Perch, freshwater and ocean	Squid
Cod	Pickrel	Tilapia
Crab	Plaice	Trout, freshwater
Crawfish	Pollock	Tuna, canned light (includes skipjack)
Flounder	Salmon	Whitefish
Haddock	Sardine	Whiting
Hake		

Good Choices		
Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Carp	Sablefish	Tuna, yellowfin
Chilean sea bass/ Patagonian toothfish	Sheepshead	Weakfish/seatrout
Grouper	Snapper	White croaker/ Pacific croaker
Halibut	Spanish mackerel	
Mahi mahi/dolphinfish	Striped bass (ocean)	

Choices to Avoid HIGHEST MERCURY LEVELS		
King mackerel	Shark	Tilefish (Gulf of Mexico)
Marlin	Swordfish	Tuna, bigeye
Orange roughy		

Sources:

Dietary Guidelines for Americans. (2020). (Vol. 9). US Department of Agriculture.

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October is National Seafood Month:

HERE'S WHY FISH BELONGS ON YOUR PLATE

By: Natalie Stewart, Dietetic Intern 2025



Fish Contain Essential Nutrients

- Fish is an excellent source of **omega-3 fatty acids** – nutrients that are essential for your body to function optimally. You must get omega-3 fatty acids from the foods you eat, as your body cannot make its own.
- Fish is also high in **protein**, a nutrient essential for building and maintaining muscle.

FACT: About 50% of women and 30% of men 71 and older fall short of protein foods recommendations



Fish Offer a Variety of Health Benefits

- Supports your brain health and function
 - Includes protection against Alzheimer's & memory loss
- It reduces the risk of heart disease
- Omega-3s can help lower blood pressure and blood triglycerides
- Protein helps prevent the loss of lean muscle mass, keeping you strong and agile

How Much Should I Eat?

- The Dietary Guidelines recommend that adults eat two 4-ounce portions of fish per week.
 - A 4-ounce portion is about the size of a deck of cards

The Best Baked Salmon Recipe

By: Natasha's Kitchen

Ingredients:

- 1 ½ lb salmon fillet, cut into 4 filets
- 2 Tbsp fresh parsley
- 2 Tbsp light olive oil or vegetable oil
- 2 Tbsp lemon juice
- 3 garlic cloves, pressed or minced
- ½ Tbsp Dijon mustard
- ½ tsp sea salt
- 1/8 tsp black pepper
- ½ lemon, sliced into 4 rings for garnish



Directions:

1. Pre heat oven to 450 °F and line a baking sheet with parchment or foil. Arrange salmon fillets on the prepared baking sheet, skin side down.
2. In a small bowl, mix together parsley, garlic, oil, lemon juice, Dijon mustard, salt, and pepper.
3. Generously spread the mixture on top of the salmon, brushing over the tops and sides of each piece. Then top each one with a slice of lemon.
4. Bake uncovered at 450 °F for 12-15 minutes until the salmon reaches an internal temperature of 145 °F.

Notes:

Once the seasoning mixture is applied, bake right away or the lemon juice will start to 'cook' the salmon, making it tough.

Prep Time: 5 mins | Cook Time: 15 mins | Total Time: 20 mins

Servings: 4 people

All Welcome — No Cost
Community Meals
Free Meals in Menomonie
Monday, Tuesday, Wednesday & Thursday

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

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

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

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

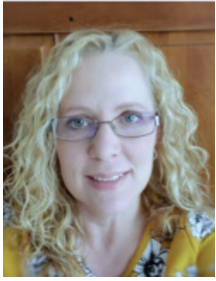
Shirley Doane
Senior Center
1412 6th Street East
Menomonie, WI 54751
715-235-0954 email: seniors@wwt.net

Shirley Doane Senior Center October 2026



SUN	MON	TUE	WED	THU	FRI	SAT
		<i>Need Reservations *</i>		1 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 9:45-10:45am Stronger Seniors Inter. 11:00-11:45am Stronger Seniors Basic	2 MHS Homecoming CENTER CLOSED No Activities NO BINGO	3
4	5 8:30-9:30am Tai Chi 12-3pm Open Walking Gym 12pm ADRC Grief Support 1pm Mah Jongg	6 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9am Cribbage 9:45-10:45am Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic 1pm Euchre	7 8:30am Foot & Nail Clinic* <u>9am-Sr Center Boat Day Trip*</u> 9am-2 Crafts/10am-2:30pmADS* 12-3pm Open Walking Gym 1:30-3pm CVLR Sushi Making* 1pm Open Duplicate Bridge 1pm Hand & Foot Cards	8 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 9:45-10:45am Stronger Seniors Inter. 11:00-11:45am Stronger Seniors Basic	9 10am-2:30pm ADS* 12:3pm Open Walking Gym 1pm Bingo	10
11	12 8:30-9:30am Tai Chi 12-3pm Open Walking Gym 12pm ADRC Grief Support 1pm Mah Jongg	13 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga <u>8:30am SENIOR CENTER BOARD MTNG</u> 9am Cribbage 10am-12:00pm American Lutheran Sponsored BP & Blood Sugar Checks 9:45-10:45am Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic 1pm Euchre	14 8:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pmADS* <u>11:30am SENIOR CENTER MEAL*</u> 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot Cards	15 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 9:45-10:45am Stronger Seniors Inter. 11:00-11:45am Stronger Seniors Basic	16 10am-2:30pm ADS* 12:3pm Open Walking Gym 1pm Bingo	17
18	19 8:30-9:30am Tai Chi 12-3pm Open Walking Gym 12pm ADRC Grief Support 1pm Mah Jongg	20 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9am Cribbage 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic 1pm Euchre	21 8:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pmADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot Cards	22 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 9:45-10:45am Stronger Seniors Inter. 11:00-11:45am Stronger Seniors Basic	23 10am-2:30pm ADS* 12:3pm Open Walking Gym 1pm Bingo	24
25	26 8:30-9:30am Tai Chi 12-3pm Open Walking Gym 12pm ADRC Grief Support 12:30-2pm CVLR Cook w/ Monica* 1pm Mah Jongg	27 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9am Cribbage 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic 1pm Euchre	28 8:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pmADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot Cards	29 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 9:45-10:45am Stronger Seniors Inter. 11:00-11:45am Stronger Seniors Basic	30 10am-2:30pm ADS* 12:3pm Open Walking Gym 1pm Bingo 	31

Medicare Open Enrollment



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

Medicare open enrollment – also known as Medicare’s annual election period – runs from October 15 through December 7 each year.

During this annual window, Medicare plan enrollees can reevaluate their coverage – whether it’s Original Medicare with supplemental drug coverage, or Medicare Advantage – and make changes or purchase new policies if they want to do so.

You can join, switch, or drop a Medicare Health Plan or a Medicare Advantage Plan (Part C) with or without drug coverage during these times:

- **Initial Enrollment Period.** When you first become eligible for Medicare, you can join a plan.
- **Open Enrollment Period.** From October 15 – December 7 each year, you can join, switch, or drop a plan. Your coverage will begin on January 1 (as long as the plan gets your request by December 7).
- **Medicare Advantage Open Enrollment Period.** From January 1 – March 31 each year, if you’re enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. Note: You can only switch plans once during this period.



There are many questions that can come up for an individual as you are evaluating your choices for Medicare coverage. We at the ADRC can help! If you have questions regarding your options, you can contact the Dunn County ADRC’s Elder Benefits Specialist, Bethany Schneider, who can assist. You can call the ADRC at 715-232-4006 and ask to make an appointment with Bethany. She is a wonderful resource available to Dunn County residents and will be happy to help.



FALL 2026 REHEARSALS

Our choir was created for those living with memory loss, their care partners and singing volunteers. No musical experience needed to participate.

SEPTEMBER 10- NOVEMBER 19 1:00 - 2:45PM
Rehearsals on Thursdays

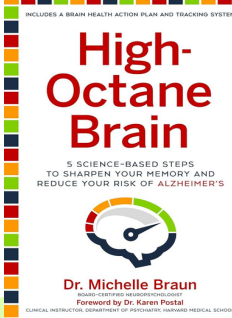
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For more information contact Dominique at vibrantvoicesdirector@gmail.com

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Mondays | Sept 21 – Oct 26 | 1:00 – 3:00 PM



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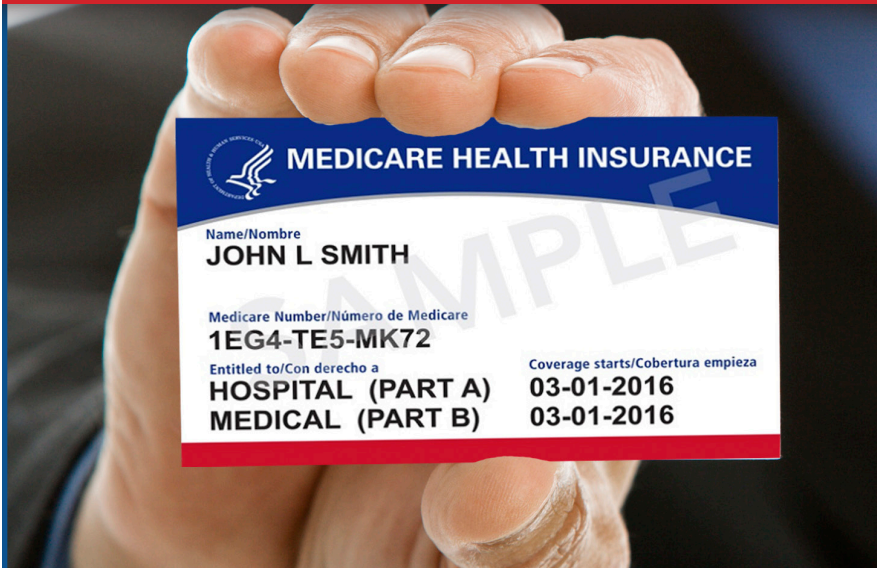
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- Report suspicious calls to SMP



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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).

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www.smpwi.org

f WisconsinSeniorMedicarePatrol

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Time to Review Your Medicare Plan: Prepare Early This Year!

By the GWAAR Legal Services Team



Submitted by Bethany Schneider,
ADRC Elder Benefit Specialist

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2027! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period, which runs from October 15 through December 7th. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2027. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.



Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Dunn County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist at Dunn County ADRC.

Start preparing early this year. Don't let this opportunity pass you by! Go to Medicare.gov to compare plans online or for local assistance call the Dunn County ADRC at 715-232-4006.

If our appointments are full, you can get assistance through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783



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A Partnership of:
Chippewa County Public Health, Dunn County Health Department
Eau Claire City-County Health Department, Aspirus Health, Chippewa Valley Health Cooperative, Mayo Clinic Health Systems, Rogers Behavioral Health and United Way of the Greater Chippewa Valley

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



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MENOMONIE, WI

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Thank you to the Chippewa Valley Dementia Coalition for the generous grant supporting Creative Caregiver.



October Is the Time to Talk About Your Prescriptions

For many older adults, taking medications is simply part of the daily routine. There may be a pill for blood pressure in the morning, another medication with lunch, something for cholesterol at bedtime and perhaps several over-the-counter medicines or supplements in between.

With so many medications involved, it is easy to forget an important part of medication safety: **talking about what you take, why you take it and whether you still need it.**

October is **Talk About Your Medicines Month**, an observance that began in 1986 as Talk About Prescriptions Month. The National Council on Patient Information and Education, now known as the BeMedWise Program at NeedyMeds, created the observance to encourage better communication between patients and their health care providers. Over the years, the focus has expanded to include medication safety, adherence, interactions, proper storage and safe disposal.

Start with a conversation

October is a good time to bring your medication list to your doctor or pharmacist and ask some basic questions.



Do I still need every medication I am taking? Are any of them duplicates? Could any of my prescriptions interact with another medicine, an over-the-counter product or a supplement? Are there side effects I should be watching for? Could any medication affect my balance, alertness or risk of falling?

It is also important to tell your health care provider about **everything** you take—not just prescriptions. Vitamins, herbal supplements, pain relievers and other over-the-counter medicines can

interact with prescription medications.

If you have difficulty remembering when to take your medications, ask whether your prescriptions can be synchronized or whether a pill organizer, medication chart or other reminder system might help.

Clean out the medicine cabinet

Talking about medications should also include what you no longer take.

Unused and expired medications can be dangerous if accidentally taken by someone in the household or obtained by someone for whom they were not prescribed. Wisconsin DHS recommends safely disposing of medications rather than keeping them around the house “just in case.” Unused and expired medications should not be flushed down the toilet or poured down the drain because they can contaminate the water supply.

Wisconsin holds Drug Take Back Days twice a year, in April and October. The next statewide Drug Take Back Day is **Saturday, October 24, 2026**. Prescription and over-the-counter medications—including pills, capsules, liquids, creams, ointments, patches and inhalers—can be taken to participating collection sites. Pet medications are also accepted.

If April or October doesn't work for you, you don't have to wait. Contact your local county health department for locations where residents can safely and anonymously dispose of medications throughout the year.

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Senior Hi-Lites 2026 | 13

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Submitted by Compass IL

The Ray-Ban Meta Glasses enable users to capture visual and audio content through integrated cameras and microphones.



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Notably, these glasses can identify and describe objects in front of the user or read written material they are holding.

Users can also request specific information, such as detailed descriptions or word-by-word readings of documents. These glasses combine communication features with advanced technologies, including object recognition, environmental description, and optical character recognition, all integrated into a single device.

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.

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Office hours: Monday-Friday / 8:00am-4:30pm



Upcoming Flu Shot Clinics

Flu shot walk-in clinics will be held on the following Thursdays:

September 26,
October 3 and
October 10th.



At the Chippewa and Rice Lake clinics, shots will be available from 1-3 pm on these dates. At the Minneapolis Medical Center, shots will be available from 1-3:30 on these dates.

Did you know?

As part of Suicide Prevention Awareness Month, Buddy Check Week is officially recognized this year from September 21-25. A quick call, text or visit can remind someone that they aren't alone. Pick up the phone and make the call.

Military Spouse Connection

Spouses and Surviving Spouses are welcome to join us in Rm 100, Dunn County Government Center, for a gathering on October 15 at 10:30-11:30 AM. Light refreshments will be provided. Please call Amy at 715-232-1646 to register.

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Why Talking About Your Prescriptions Matters

Taking a prescription medication can become such a routine part of daily life that it is easy to stop thinking about what is in the bottle, why you are taking it or whether it is still the right medication for you. That is why **October is recognized as Talk About Your Medicines Month**—a reminder that an open conversation with your doctor and pharmacist can be an important part of staying safe and healthy.

The observance dates back more than 35 years and was established to encourage better communication between patients and health care professionals about medications. The goal is simple: understand what you are taking, why you are taking it and how to take it safely. (NeedyMeds Blog)

Don't Be Afraid to Ask Questions

A prescription is not simply a bottle of pills. It comes with instructions, possible side effects, potential interactions and important considerations about how it fits with your other medications.

- When your doctor prescribes something new, ask:
- What is this medication for, and how will it help me?
- How much should I take, and what time of day should I take it?
- Should I take it with food or on an empty stomach?
- How long will I need to take it?
- What side effects should I watch for, and which ones require a call to my doctor?

- What should I do if I miss a dose?
- Will it interact with my other prescriptions, over-the-counter medicines, vitamins or supplements?
- Are there foods, beverages or activities I should avoid?
- How will we know whether the medication is working?
- Is there a less expensive alternative or another treatment option?



The FDA recommends keeping an updated list of every medication you take—including prescriptions, over-the-counter medicines, vitamins and supplements—and sharing that list with your health care providers. (U.S. Food and Drug Administration)

A Simple Question Can Prevent a Big Problem

Consider this composite example: A woman in her 70s was prescribed a new medication after a doctor's appointment. She understood that she needed to take it once a day but didn't ask whether it should be taken in the morning or at bedtime. She also didn't mention that she occasionally took an over-the-counter sleep aid.

Within several days, she began feeling unusually tired and unsteady. Her family initially thought she was simply having a few "off days." When her doctor reviewed all of her medications, it became clear that the combination could contribute to increased drowsiness and dizziness.

The important lesson isn't that she did something wrong. **She didn't know what she didn't know.** A few additional questions—and a complete medication list—could have brought the potential problem to light sooner.

Medication side effects can sometimes look like other health problems. The FDA notes that some medications can contribute to symptoms such as dizziness, sleepiness and memory difficulties. (U.S. Food and Drug Administration)

Make Medication Conversations Routine

Medication reviews shouldn't happen only when something goes wrong. Ask your doctor periodically whether you still need each prescription, whether the dose remains appropriate and whether anything has changed that could affect how the medication works.

And remember, your pharmacist is an important resource, too. Pharmacists can answer questions about dosing, interactions, side effects and how to take medications correctly. (U.S. Food and Drug Administration)

This October, take a few minutes to **talk about your prescriptions**. Bring your medication list to your next appointment, ask questions and speak up about anything that doesn't seem right. When it comes to medications, there really is no such thing as a question that isn't worth asking.

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