

FREE



MARCH 2026

in this issue...

- ▶ How Social Security Determines Disability
- ▶ Caregiver Self-Care: Caring for You
- ▶ Celebrating Senior Nutrition Programs Nationally
- ▶ Understanding Estate Recovery
- ▶ What is Lewy Body Dementia?
- ▶ Things I Have Never Done



Medicare Coverage for In-Home Health Services

By the Greater Wisconsin Agency on Aging Resources Legal Services Team

Medicare covers part-time home health care when it's medically necessary, ordered by a doctor, and provided by a Medicare-certified home health agency. Skilled services such as skilled nursing care or physical therapy are covered but custodial care that helps with daily living activities is not covered if it is the only type of care you need. You also need to be considered "homebound," which means that leaving your home is difficult or not recommended because of your medical condition(s). These requirements are explained further below.



Medicare does not cover these types of services when it's the only type of care you need.

These services must be needed on an intermittent basis or part-time. This means less than 8 hours each day and 28 hours or less each week. There is no maximum number of days covered, but payment and care needs are assessed every 30 days.

Skilled Services

Skilled care is nursing or therapy care that can only be safely and effectively performed by, or under the supervision of, professionals such as nurses or licensed therapists. Examples of skilled services include:

- Skilled nursing care such as wound care, intravenous medications, feeding tube care, injections, or monitoring of a serious illness or condition
- Physical therapy, occupational therapy, and speech-language pathology services
- Part-time or intermittent home health aide care such as help with bathing, grooming, and feeding but only if you're also getting skilled nursing care, physical therapy, speech-language pathology services, or occupational therapy. Otherwise,

Homebound

If you're homebound it means that you have trouble leaving your home without help or it requires a significant effort. It could also be that you're normally able to leave your home, but it isn't recommended due to your current illness or injury. This does not mean that you can never leave home like to go to church or a doctor appointment, just that it is very difficult for you to do so. Your doctor will document this when they order the care.

Finally, you must make sure the home health agency is Medicare-certified. To find a home health agency, you can visit the Wisconsin Department of Health Services website at <https://www.dhs.wisconsin.gov/guide/home-health.htm>, and for more information on Medicare coverage of home health services, visit <https://www.medicare.gov/coverage/home-health-services>.

Check out our website at seniorreviewnewspapers.com

Staff Spotlight: Brittany

Hello! I'm Brittany Lofquist, and I'm excited to be the newest addition to the Chippewa County ADRC in the role of Options Counselor.



With over 11 years of experience working with individuals with disabilities, primarily as a DVR Counselor with the Division of Vocational Rehabilitation, I've had the privilege of supporting individuals with various ages and backgrounds. My experience also includes roles in group home settings and healthcare, all of which contribute to my holistic understanding of the needs of those I serve.

Currently, I am immersed in learning the specifics of my new role while building upon my existing knowledge. I am passionate about helping individuals in Chippewa County connect with resources that enable them to live independently and enhance their quality of life.

My husband Sam and I are proud parents of two kids, and we reside in Chippewa Falls. Having lived in the Chippewa Valley for most of my life, I cherish the opportunity to raise my family here. Outside of work, I enjoy cooking, being creative, and most importantly, making the most of family time.

Chippewa County Seeks Citizen Member on Aging & Disability Resource Center Board

Submitted by Sarah Zielke,
ADRC Division Manager



Chippewa County is now accepting applications from individuals who desire to serve as a citizen member of the Chippewa County Aging & Disability Resource Center (ADRC) Board. The ADRC Board is the appointed oversight body that represents the interests of older people, adults with physical or developmental disabilities, and Chippewa County residents in the mission and policies that govern the ADRC. The Board meets bi-monthly and consists of one county board supervisor and six citizen members who are not elected officials and have a demonstrated interest in services for older persons or persons with physical or developmental disabilities.

In accordance with state requirements and local governance, this Board opening must be filled by an adult with a physical disability, or a representative of an adult with a physical disability. Members of the Board shall reflect the diversity of the community. A per diem and mileage reimbursement is available. Citizen members are appointed for a three-year term.

Interested County residents should submit a completed application form. Applications are due back to the County Administrator's Office, Room 106 on or before 4:30 pm on Thursday, March 26th, 2027. For more information, contact Sarah Zielke, ADRC Manager, at 715-726-7779.



The ADRC is Online!

Subscribe for FREE to get this eNewsletter emailed to you each month at www.chippewacountywi.gov/adrc or scan the QR code below. You can always pick up this free newspaper at most local grocery stores, or pay \$16/year for a mailed subscription. Call the ADRC at 715-726-7777.

Website



Resource Guide



Facebook



Events



Leave Us a Review



eNewsletter



Aging and Disability Resource Center (ADRC) Staff ... *Your Bridge to Support!*

- ADRC Manager – Sarah Zielke
- Administrative Assistants – Renee Price, Carmen Olson, Karen Herbison
- Benefit Specialist Assistant – Breanna Schemenauer
- Dementia Care Specialist – Carla Berscheit
- Disability Benefit Specialist – Stephanie Rasmussen
- Elder Benefit Specialist – Cory Miller
- Nutrition & Transportation Programs Supervisor – Kayla Colbenson
- Nutrition Program Assistants – Jason Kolano, Jen Buckley
- Nutrition Site Aides – Sue Barnum, Linda Felmlee, Cindy Sarazen, Ann Mueller, Cindy Irish, Vicky Steinmetz, Renae Rosolowski
- Options Counselors – Sarah Hedlund, Erika Stevens, Jessica Gibson, Libby Leinenkugel, Brittany Lofquist

Aging and 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.

Loop Quiet 2 Earplugs: Supporting Comfort, Focus, and Accessibility

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



How they help

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

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

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

- **People experiencing sleep disruption**, by reducing nighttime noise and supporting consistent rest

Why they matter

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

Where Can I Find Them?

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

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

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

Anti-Elderspeak Language Guide

CATCH-ON
A HRSA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM

We are ALL aging – how do you want to be spoken to?

Through verbal and non-verbal language, we can celebrate adult personhood by acknowledging and honoring older adults' unique identities, yet our speech can get in the way. Elderspeak uses over-simplified language and is often driven by ageist stereotypes or the belief that accommodation is needed. While aimed at expressing care or enhancing comprehension, it is demeaning, and can make caregivers seem less respectful or nurturing, dominant, and unfriendly.

Try saying this:	Instead of saying this:	Because:
Older Adult/Person/People	Senior/Senior Citizen Elderly	Implies frailty, dependence, and perpetuate stereotypes
Person with dementia or cognitive impairment	Demented Senile	Disrespectful and contributes to stigma
"You are beautiful!" "You have a vibrant energy!"	"You are beautiful for your age!" "You are young at heart!"	Implies that youth is superior, and aging is shameful or undesirable
"How can I help you be safe?" "I admire your independence. Do you need any support?"	"Should you still be doing that?" "You live alone at your age? You're so independent!"	Can discourage activity and implies that getting older guarantees dependence or inability to perform tasks
"You may fall without the walker." "Ensure may help your nutrition."	"You must use the walker." "Drink this Ensure."	Implies control and dependence. Explain why you are providing a service.

Try saying this:	Instead of saying this:	Because:
Preferred name or title "Good morning, Mrs. P"	Sweetie, Dear, Honey "Good morning, honey."	Pet names can be demeaning and minimize the perception of control
You, I "Are you ready for breakfast?"	We, Us, Our "Are we ready for our breakfast?"	Pleural pronouns imply joint control and refusal to treat as an individual
"Are you ready to take a bath?" "Which hat do you want?"	"You're ready for a bath, aren't you?" "You want the green hat, right?"	Tag questions imply control and lack of choice
"I hear that you're in pain." "I'm here for you."	"Now, now. It's not that bad." "Bless your heart."	Implies scolding, even if the intent is to soothe or empathize
Wound, Blanket, Stomach Depends, Caregiver, Day Center	Ouchy, Blankie, Tummy Diapers, Babysitter, Day Care	Child-like words disregard maturity, wisdom, and experience
"I see you ate all of your dinner." "Let me know if you need help."	"Good job finishing your dinner!" "Wow - you brushed your teeth alone!"	Praising for tasks we wouldn't praise a younger adult for is condescending

Join us and begin

Planning AHEAD

for the end of this life

What is Planning AHEAD?

Planning AHEAD is a 3-session course that guides participants through the topics on the right. This course features a workbook to help people with the tasks and decisions associated with end-of-life.

Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

When is the program?

April 16, May 21, and June 18 from 4:00pm-6:00pm
G.E. Bleskacek Family Memorial Library
1519 17th Ave, Bloomer, WI

How do I sign up?

No Fee Required
Contact the Chippewa County Extension Office at 715-726-7950 or by emailing amber.gilles@wisc.edu.

Scan or visit go.wisc.edu/planning-ahead-participants to download a fillable copy of the Planning AHEAD workbook and get more information.

Planning AHEAD program topics

- Getting Started**
- Handling Financial Changes**
- Advance Medical and Legal Directives**
- Estate Planning**
- Choices in End-of-Life Care**
- Final Wishes**
- Understanding Grief**

This class is taught by Jeanne Walsh, Chippewa County Human Development & Relationships Educator.

A hard copy of the workbook will be provided during the first session of the course.

Extension
UNIVERSITY OF WISCONSIN-MADISON

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

SCAMS

How to Avoid A Scam *By Jeanne Walsh*

March 1-7 is the National Consumer Protection Week. Follow the steps below to avoid scams.



1. Block unwanted calls and text messages.

Take steps to block unwanted calls and to filter unwanted text messages.

2. Don't give your personal or financial information in response to a request that you didn't expect.

Honest organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.

If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID.

3. Resist the pressure to act immediately.

Honest businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.

4. Know how scammers tell you to pay.

Never pay someone who insists that you can only pay with cryptocurrency, a wire transfer service like Western Union or MoneyGram, a payment app, or a gift card. And never deposit a check and send money back to someone.

5. Stop and talk to someone you trust.

Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a scam.

6. Contact information for people I trust

Create an action plan to help with scam prevention. List only people you know in person — like family members, friends, or neighbors. Let them know they're a trusted person and that you might call them if you suspect a scam.

Report Scams to the FTC

If you were scammed or think you saw a scam, tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud)

To talk about other important family and financial topics, contact Chippewa County's Extension educator Jeanne Walsh at (715)726-

7950. Visit <https://chippewa.extension.wisc.edu/> for more information.



Extension

UNIVERSITY OF WISCONSIN-MADISON
CHIPPEWA COUNTY

How Social Security Determines Disability

By the Greater Wisconsin Agency on Aging Resources Legal Services Team



Submitted by Stephanie Rasmussen, Disability Benefit Specialist (DBS)

If you've applied or thought about applying for Social Security disability benefits, you may have heard about the five-step process the Social Security Administration (SSA) uses to decide whether someone is disabled. Understanding how SSA makes disability determinations can help you understand why a claim was approved or denied. Read on to learn more about the process.



Step 1: Are you working?

Social Security first looks at whether you are working and earning over a certain monthly amount. If you are earning too much, SSA usually decides that you are not disabled. If you are not working or earn below the limit, SSA will send the application to the Disability Determination Bureau (DDB) for the remaining steps.

Step 2: Is your condition severe?

Next, the DDB looks at your medical conditions. To qualify, your condition must be serious enough to limit your ability to do basic work activities, such as standing, lifting, remembering instructions, or concentrating. If the condition is not considered severe, the claim is denied. If it is severe, the DDB continues to Step 3.

Step 3: Is your condition on SSA's list?

SSA has a list of medical conditions that are considered automatically disabling. If your condition meets or equals one of these listings, you are determined to be disabled. If it does not, the DDB will move on to the next step.

Step 4: Can you do your past work?

At this step, the DDB reviews the jobs you have done in the last 15 years. They decide whether you can still do any of that work based on your medical limits. If you can still perform your past work, your claim is denied. If you cannot, the DDB goes to the final step.

Step 5: Can you do any other work?

Finally, the DDB looks at whether you can do any other type of work that exists in the national economy. They consider your age, education, work experience, and physical or mental limitations. If SSA decides you cannot adjust to other work, you are found disabled. If they decide you can work, the claim is denied.

For more information, please see: <https://www.ssa.gov/benefits/disability/qualify.html>.

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715-568-2190

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



Medicare & You Classes



Free 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.

Registration Required (3 ways)

1. www.chippewacountywi.gov/adrc/events



2. Or use your phone's camera to scan this code & register online.

3. Or call us to register: 715-726-7777

In person and Virtual attendance are offered. See our website for the full schedule.



Upcoming Wednesday, March 11 | 1:00 PM - 3:00 PM | Chippewa Falls Public Library



2026
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BOARD ON
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LONG TERM CARE**

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FOR IMMEDIATE RELEASE

Medicare Plan Finder Provider Directory Special Enrollment Period

New in 2026, the Medicare Plan Finder tool now includes a provider directory for beneficiaries to verify their doctors or other healthcare providers are in network for Medicare Advantage plans.

The Center for Medicare and Medicaid Services (CMS), in response to potential errors that may exist within the Medicare Plan Finder's provider directory tool, has granted a temporary special enrollment period for beneficiaries who enrolled using this tool and later discovered that their provider is not in their Advantage plan's network ([HPMS Memo](#)).

To be eligible for this special enrollment period, beneficiaries must:

- Have enrolled in their current Advantage plan with a start (effective) date between 1/1/2026 and 12/1/2026,
- Used the Plan Finder tool on Medicare.gov to enroll in their Advantage plan, and
- Be within 3 months of their plan's start (effective) date.

To use this special enrollment period, beneficiaries must **contact 1-800-MEDICARE** (633-4227) and speak with a customer service representative. When utilizing this special enrollment period, beneficiaries can change Medicare Advantage plans, return to Original Medicare, or return to Original Medicare and enroll in a Medicare Part D plan.

For further questions or assistance about Medicare-related health insurance coverage in Wisconsin, contact the Medigap Helpline at 1-800-242-1060 to speak with a counselor.

(1/2026)



Navigating Medicare

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SERVICE with PASSION



DISCOVER THE DIFFERENCE

Providing assisted living and memory care services in a thoughtfully designed community setting.

Experience the difference of a non-corporate, unconventional care provider like Comforts of Home.



GREAT LOCATIONS

Menomonie Chippewa Falls
Hudson River Falls
Baldwin St. Croix Falls

www.COHSeniorLiving.com

What to know about Medicare Advantage Medicare Cash Cards



Medicare Advantage flex spending cards can help pay for groceries, over-the-counter drugs, and more. However, starting in 2026, not everyone can get them.

You must qualify:

- 1 **Joining a plan doesn't mean you get the card.** You need a qualifying chronic condition.
- 2 **Work with your plan to see if you qualify** for extra benefits, like the cash card. See the plan's Evidence of Coverage document for details.
- 3 **You may need to send in paperwork** proving you have a qualifying condition to get a cash card.

Also consider:

- ⊕ Medicare Advantage plans have provider networks. Make sure your doctors are covered.
- 🏠 Using flex spending cards to pay for utilities or rent can reduce HUD benefits ([HUD 2025](#)).

For help, contact the Wisconsin SHIP.



- Medigap Helpline: 855-677-2783
- A local benefit specialist: 844-947-2372
- dhs.wi.gov/medicare-help



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Comfort and Connection

Compass IL recently received a generous grant from the Chippewa Valley Dementia Coalition titled "Comfort and Connection," to support a project that provides assistive technology and home care stipends for individuals with dementia and their caregivers.



This project consists of two main components:

1. Assistive Technology: Compass IL has acquired several dementia-specific assistive devices, which we will distribute to individuals with dementia who may benefit from them. This program will serve as both a demonstration and donation initiative. We will meet with potential recipients, assess their needs and barriers, and bring appropriate devices accordingly. Staff members will demonstrate the devices provided; if the individual, their caregivers, or family members determine that a device is suitable, it will be donated to the individual at no charge.

Our goal is to promote safety, comfort, education, and engagement. We aim to reduce anxiety, support memory retention, and enhance the overall quality of life for individuals living with dementia.

2. Home Care and Respite Stipends: Caring for a person with dementia at home can be overwhelming—physically, emotionally, and financially. To ease this burden, Compass IL will provide stipends for home care and respite services. The amount of each stipend will be dependent on individual needs. This assistance can be used to provide short-term in-home relief or help with household tasks, giving caregivers time to rest, work, or attend to personal responsibilities while ensuring their loved one remains in a safe, familiar environment.

If you or someone you know may benefit from caregiver stipends or assistive technology for individuals with dementia, please contact Compass IL at 715-233-1070.



COMPASS IL

CAREGIVER SERVICES

Compass IL aims to offer Comfort & Connection—a project created to give home care stipends that support people with dementia and their caregivers. Taking care of someone with dementia at home can be pretty overwhelming—physically, emotionally, and financially. To help lighten that load, Compass IL will provide stipends for home care and respite services. The amount of each stipend will depend on what's needed for each person. This support can be used for short-term in-home relief or assistance with household tasks, giving caregivers a break to rest, work, or handle personal stuff, all while making sure their loved ones stay safe and comfortable in a familiar environment.

- ✓ Caregiver and person with dementia need to live in Eau Claire, Dunn, or Chippewa County.
- ✓ 24/7 companionship support
- ✓ Daily living activities aid

CONTACT US

Phone Number: 1-715-233-1070

Website: www.compassil.org

Call For Availability

COMPASS IL
Navigating Toward Independence and Freedom

COMFORT & CONNECTION ASSISTIVE TECHNOLOGY GRANT

Compass IL received a grant from the Chippewa Valley Dementia Coalition to acquire assistive technology for individuals with dementia. The program offers demonstrations and donations—if the technology benefits you or a loved one, you can keep it. Contact Compass IL to participate.

Equipment Available

Digital Clocks
Assist individuals with dementia by providing clear, consistent orientation to time to reduce anxiety and support daily routines.

Fidgets
Activity and fidget aprons provide sensory stimulation, reduce anxiety, and support fine motor skill development in individuals with dementia. They often soothe, lowering agitation and boredom.

Digital Picture Frame
Support individuals with dementia through visual stimulation that improves memory, reduces anxiety, and promotes engagement, while fostering emotional bonds with familiar faces and scenes to combat isolation.

Baby Dolls
Realistic baby dolls comfort and soothe individuals with dementia by satisfying their innate need to nurture, reducing anxiety and loneliness, and promoting calmness and purpose.

TO REFER YOURSELF OR A LOVED ONE: CALL US AT 715-233-1070

EQUIPMENT PREVIEW

Digital Clock

Fidget Devices

Digital Picture Frames

Baby Dolls

Wisconsin Dementia Resource Network Webinar Invite

Connecting Those Impacted by Young-Onset Dementia to Essential Resources: Practical navigational guides to use with clients.

Thursday, March 19, 2026, Noon to 1:00pm

Young-onset dementia (YOD) refers to any form of dementia diagnosed in people between the **ages of 30 and 65, or even younger**. YOD presents complex challenges that differ significantly from those experienced in late-life dementia. Professionals often report uncertainty about diagnosis pathways, service eligibility, and support options. If you are a professional working with individuals impacted by YOD, we invite you to join us for a **free one-hour virtual educational session** that will provide **actionable guidance and ready-to-use tools** to enhance your practice.

- During the one-hour session**, participants will be provided with:
- An overview of the **basics of YOD** and considerations unique to this population.
 - A deeper understanding of the **unique journey** individuals and families face, as well as the significant gaps in services and supports.
 - An in-depth look at the **Guide for Younger Onset Dementia Diagnosis in Wisconsin**—a practical navigational tool
 - An introduction to the companion resource, the **Guide for Getting a Diagnostic Evaluation**, created to help individuals and families navigate the steps toward an accurate diagnosis.

- Who Should Attend**
Professionals working with individuals or families affected by dementia, including:
- Care managers and social workers
 - Dementia care specialists
 - Community-based aging and disability service professionals



Collaborators that developed guides and will present:
Jennifer Harders, Dementia Care Specialist, Aging & Disability Resource Center of Waukesha County
Jody Krainer, LCSW, MBA, Dementia Diagnostic Clinic Network Manager, Wisconsin Alzheimer's Institute
Heidi Neeley, Program Manager and Research Champion, Alzheimer's Association, Wisconsin Chapter
Trisha Witham, Dementia Care Specialist, Aging & Disability Resource Center of Barron and Rusk Counties

Join us for the free Zoom webinar, register at: [YOD](https://www.yod.wisc.edu)

Please contact Jody Krainer at jkrainer@wisc.edu with questions.

Advancing Education, Research, Clinical Care, and Community



Caregiver Self-Care: Caring for You By: Family Caregiver Alliance

The care you give to yourself is the care you give to your loved one.

Keep these simple steps and strategies in mind to ensure that you, as a caregiver, find time and resources to take care of yourself.

- Learn about the disease your loved one has. Find out about what is happening now and what will happen in the future with this disease. The more you know, the more you will be able to plan.
- Use community resources. The more you let these services help you, the less you have to do. There are places to get help:
 - o Your local Area Agency on Aging
 - o Paratransit
 - o Meals on Wheels
 - o Day care programs
 - o Support groups
- Take a break from caregiving. Make a date to go to the movies, take a walk, meet a friend for lunch. Everyone needs to get out of the house once in awhile. Do something not related to caregiving.
- Get support. Attend a support group, have a buddy you can call just to let off steam and complain. Depression is treatable. Talk to your doctor about it. Or seek counseling.
- Practice communication and behavior management skills if you are caring for someone with dementia. This will make your job

easier. Learn how to do this by taking a class or researching online. The best communication strategies are often not intuitive.

- Relax. Read a book, meditate, pray, garden, knit, get a massage, take a long bath.
- Take care of your health. Go to the doctor, get routine exams and flu shots, get enough sleep, and eat your fruits and vegetables.
- Ask for and accept help when offered. No one can do this alone.
- Change “guilt” to “regret.” Guilt is you did something wrong, regret is that you are in a difficult situation and sometimes you have to make difficult decisions, but they are not wrong.
- Forgive yourself—often. You cannot be a perfect caregiver, all day, every day.
- Laugh. Find ways to keep your sense of humor on a daily basis. Watch comedies, practice laughter yoga, share jokes with friends.



CARING THROUGH THE JOURNEY:

DEMENTIA TRAINING

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

TRAINING INCLUDES:

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



SHERI FAIRMAN



www.dementiacaresolutions.org

THURSDAY, APRIL 9TH

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

\$15.00
PER
PERSON

To Register:

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

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



D.R. MOON MEMORIAL LIBRARY

COMFORT CORNER

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

APRIL 29

1PM-2:30PM

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- ACTIVITIES
- REFRESHMENTS
- GAMES
- SOCIALIZATION

239 E 1ST AVE. STANLEY WI 715-644-2004

MADE POSSIBLE WITH FUNDING FROM THE CHIPPEWA VALLEY
DEMENTIA COALITION

Healthy Living Programs Available to YOU

The ADRC of Chippewa County has made arrangements with the ADRC of Eau Claire County to allow Chippewa County residents the ability to enroll in any of their healthy living programs. If you would like more information about any of these programs or would like to register, please call the ADRC of Eau Claire County at 715-839-4735 or go to www.adrcevents.org

StrongBodies Information Session (for new participants)

Strength training is especially important as we age. Being physically active and socially connected are both essential for health and well-being. The StrongBodies program provides a safe environment for older adults to improve strength and balance with a fun group of peers. Learn more in this free orientation and sign up for classes starting in March 2026.

Thursday, 10:00 - 11:15 am, March 5, 2026
(virtual and phone conference)

StrongBodies

10-week workshops, classes meet twice weekly for one hour each.

Virtual:

- Mondays & Wednesdays, March 30 - June 3, 2026 at 8:30 am, 11:15 am
- Tuesdays & Thursdays, March 31 - June 4, 2026 at 8:30 am

In-person:

- Mondays, Wednesdays & Fridays, 8:00 am (Augusta Senior & Community Center)
- Mondays & Wednesdays, 5:00 pm (Dove Healthcare-West Eau Claire)
- Tuesdays & Thursdays, 1:00 pm (Grace Lutheran Church)

Repeat participants must complete a Re-enrollment Consent Form to sign up by March 16. No late registrations will be accepted to maintain the quality of our program. \$20 suggested contribution for repeat participants. Download form at www.adrcevents.org, email adrc@eauclairecounty.gov or call the ADRC at 715-839-4735 to request a form by mail.

Stepping On – fall prevention program

Are you feeling unsteady on your feet? Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just 7 weeks, you will learn: Strength and balance exercises you can adapt to your individual level, to identify and remove or avoid fall hazards both inside and outside your home. How vision, hearing, medication, and footwear affect your risk of falling, to get back on your feet the right way if you do fall.

Tuesdays, 10:00 am - 12:00 pm, April 7 - May 19, 2026
Lake Street Methodist Church, 337 Lake Street, Eau Claire

Mind Over Matter: Healthy Bowels, Healthy Bladder

Three-session workshop designed to give women the tools they need to take control of symptoms. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you do not have leakage symptoms now, it is never too early or too late to think about bladder and bowel health.

Thursdays, 9:30 - 11:30 am, April 9, 23 & May 7, 2026
Lake Street Methodist Church, 337 Lake Street, Eau Claire



REGISTER at least one week prior: Call the ADRC at 715-839-4735 or go to www.adrcevents.org.

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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 to view class times for the upcoming series beginning soon.

For registration code, please contact Sarah Zielke at 715-726-7777 or szielke@chippewacountywi.gov

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seniorreviewnewspapers.com

National Nutrition Month: Nourish Your Body, One Choice at a Time

Every March, National Nutrition Month encourages people of all ages to focus on making informed food choices and developing healthy eating habits that can last a lifetime. Sponsored by the Academy of Nutrition and Dietetics, this annual campaign highlights the powerful connection between nutrition, health, and overall quality of life.



Nutrition is not about perfection or restrictive dieting. Instead, it's about learning how foods work in your body, enjoying meals, and building patterns that support long-term wellness. No matter your age, lifestyle, or health goals, small changes can add up to meaningful results.

The Importance of Good Nutrition

The foods we eat provide the nutrients our bodies need to function properly. A balanced diet supports nearly every system in the body, including:

- **Heart health:** Proper nutrition helps manage blood pressure, cholesterol, and inflammation.
- **Blood sugar control:** Balanced meals with fiber, protein, and healthy fats help prevent spikes and crashes.
- **Digestive health:** Fiber-rich foods support gut health and regular digestion.
- **Immune function:** Vitamins, minerals, and antioxidants help the body fight illness and recover faster.
- **Energy and mental clarity:** Nutritious meals help maintain steady energy levels and focus throughout the day.

Poor nutrition, on the other hand, can increase the risk of chronic diseases such as heart disease, type 2 diabetes, obesity, and osteoporosis. National Nutrition Month is a reminder that what you eat today can influence how you feel tomorrow and for years to come.

Creating a Balanced Plate

A helpful way to build healthier meals is by following the MyPlate approach, which emphasizes balance and variety:

- **Half your plate:** Fruits and vegetables
 - Choose a variety of colors for a wide range of vitamins and antioxidants.
 - Fresh, frozen, and canned (low sodium or no added sugar) all count.
- **One-quarter of your plate:** Lean protein
 - Examples include fish, poultry, eggs, beans, lentils, tofu, and low-fat dairy.
 - Protein helps maintain muscle, supports immune health, and promotes fullness.
- **One-quarter of your plate:** Whole grains
 - Brown rice, quinoa, oats, barley, and whole-wheat products provide fiber and sustained energy.
- **Include healthy fats:**
 - Olive oil, nuts, seeds, and avocado support heart health and help absorb fat-soluble vitamins.

Balanced meals not only improve nutrition but also help regulate appetite and energy throughout the day.

Practical Tips for Healthier Eating

Healthy eating doesn't have to be complicated or expensive. Consider these simple, realistic strategies:

- **Plan meals and snacks ahead of time** to reduce last-minute, less nutritious choices.
- **Read food labels** and aim to limit added sugars, saturated fat, and excess sodium.
- **Eat more fiber** by choosing whole fruits, vegetables, beans, and whole grains.
- **Stay hydrated**—water is essential for digestion, circulation, and temperature regulation.
- **Practice mindful eating** by slowing down, noticing hunger cues, and enjoying your food.

Recipe: Mediterranean Chickpea Veggie Bowl

Ingredients (Serves 4)

- 1 can (15 oz) chickpeas, rinsed and drained
- 2 cups cherry tomatoes, halved
- 1 cucumber, diced
- 1 cup cooked quinoa or brown rice
- ¼ cup red onion, finely chopped
- ¼ cup crumbled feta cheese (optional)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- Salt and pepper to taste



Directions

1. In a large bowl, combine chickpeas, tomatoes, cucumber, and red onion.
2. In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper.
3. Pour dressing over the vegetables and toss gently until well combined.
4. Serve over quinoa or brown rice and top with feta cheese if desired.

National Nutrition Month is a great opportunity to reflect on eating habits, try new foods, and set realistic nutrition goals. Healthy eating is not about restriction—it's about nourishment, enjoyment, and balance. By making informed choices and embracing small changes, you can build habits that support health, energy, and well-being for years to come.

Celebrating Senior Nutrition Programs Nationally



Submitted by Kayla Colbenson,
Nutrition and Transportation Supervisor

Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act (OAA), local programs serve as hubs where people 60+ find healthy meals and vital services that strengthen social connections and promote well-being. Every March, we celebrate our program's anniversary and its many accomplishments at the national and local levels. We promote how nutrition services help people stay independent as they age, and highlight critical senior nutrition issues.

The 2026 theme, *Serving Up Solutions*, reflects the creativity, innovation, and collaboration that define the Senior Nutrition Program. It highlights how local programs continually adapt to meet community needs — from providing nutritious meals to creating opportunities for older adults to stay engaged and independent. With every meal, programs are serving up solutions that support health, well-being, and stronger communities.

The Importance of Senior Nutrition

As we age, our bodies require different nutrients to maintain energy levels, bone health, and cognitive function. However, many older adults face challenges such as limited mobility, financial constraints, or social isolation, making it difficult to access healthy meals.

Senior Nutrition Programs

1. Home Delivered Meals – More Than Just a Meal

For older adults who are homebound, Home Delivered Meals program provides not only a nutritious, dietitian-approved meal but also a wellness check and social connection. Volunteers deliver meals up to five days a week, ensuring that recipients receive one-third of the recommended daily nutrients while also helping combat isolation.

- Meals meet strict nutritional guidelines and accommodate dietary needs.
- Participants receive friendly visits and safety check-ins from volunteers.
- This program provides a lifeline for older adults living alone or with limited mobility.

2. Community Dining – Food and Fellowship

Older adults looking for nutritious meals in a welcoming environment can take advantage of Chippewa County's Senior Dining program. These meal sites, hosted at senior centers, churches, and community centers, provide balanced meals while encouraging social engagement.

- Meals are served five days per week in a communal setting.
- Registered Dietitians ensure that meals meet one-third of daily nutritional requirements.
- Participants build connections and friendships while enjoying a shared meal.

3. Restaurant Dining Program – Expanding Meal Choices

The ADRC of Chippewa County partners with local restaurants to give older adults more dining flexibility. Participants can enjoy healthy meals at approved restaurants within their communities, promoting both independence and socialization.



- Offers greater meal variety and choice compared to traditional meal programs.
- Encourages older adults to remain active in their communities.
- Ensures that cost is never a barrier, as meals are provided through the nutrition program.

No Income Restrictions – Open to All Older Adults

One of the most important aspects of nutrition programs is that they are open to all older adults aged 60 and over, regardless of income or financial status. While a suggested donation is appreciated, no one is ever turned away due to an inability to contribute.

Fueling the Future: The Impact of Nutrition on Aging

Chippewa County Senior Nutrition Programs does more than just provide food. We support healthy aging, combat loneliness, and help older adults remain independent. By ensuring access to nutritious meals and opportunities for social interaction, these programs empower older adults to thrive in their communities.

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The Funding Gap for Home-Delivered Meals – And How You Can Help



Submitted by Kayla Colbenson,
Nutrition and Transportation Supervisor

Every day, older adults in our community count on Home-Delivered Meals (HDMs) not just for nutrition—but for daily safety checks, social connection, and the comfort of knowing someone cares. For many, these meals are a lifeline that helps them stay independent in their own homes.

Unfortunately, demand is rising while funding has not kept pace. That’s why we need your support now more than ever.

How Are Senior Meals Funded?

The Older Americans Act (OAA) provides essential federal support through two separate funding streams:

Title III-C1: Congregate/Senior Dining

These funds support meals served in group settings—like our local Senior Dining Sites. They also cover nutrition education. We’re proud to say that our congregate meal program is strong and open to anyone aged 60 or older, or their spouse. Meals are provided on a voluntary contribution basis, and we warmly invite you to join us for good food and great conversation.

Title III-C2: Home-Delivered Meals (HDMs)

These funds support meals delivered directly to older adults' homes, including carryout meals when appropriate. This funding also covers nutrition education.

This program is underfunded, and unfortunately, we’ve had to create a waitlist due to limited resources.

To make the best use of available funding, we’re moving to a new process called “*The Right Meal & Services for You*” that helps us:

- Assess individuals more thoroughly
- Prioritize meals based on need
- Match people with the best meal option(s) for their situation
- Connect individuals with other programs and services that support their independence and quality of life

Program	Actual Cost	Suggested Contribution
Home Delivered Meals	\$12.00	\$5.50
Senior Dining	\$13.50	\$5.50
Café 60	\$15.00	\$6.50

While limited transfers between C1 and C2 are allowed, demand is significantly higher for Home Delivered Meals funded by Title III-C2. That’s why private donations are essential—especially for home-delivered meals.



How Local Support Makes a Difference

Local funding can come from:

- Donations from caring individuals like you
- Support from civic groups, businesses, and faith communities
- Contracts to provide meals to other agencies
- Proceeds from fundraising events
- Endowments from community foundations

These dollars can be used to match federal funds, multiplying the impact of your gift and keeping essential services in place.

Every Dollar Counts

Your support directly helps us:

- Deliver hot, nutritious meals
- Provide a friendly check-in and connection
- Support seniors in living independently and safely at home

Here’s How You Can Help

You can:

- Donate — every dollar makes a difference. Please be sure to designate your donation for "Home-Delivered Meals."
- Volunteer — deliver meals or lend a hand in the kitchen
- Spread the word — share this message with friends, family, and local businesses

To donate, volunteer, or learn more, contact:

Sarah Zielke, ADRC Manager
Kayla Colbenson, Nutrition and Transportation Programs Supervisor
Aging and Disability Resource Center of Chippewa County
711 N. Bridge Street, Room 118 Chippewa Falls, WI 54729
715-726-7777

Chippewa County Nutrition Program

Congregate Meal Sites

- ❖ Bloomer Senior Center
- ❖ Chippewa Falls Senior Center
- ❖ Cornell - Sam’s Diner – Café 60 Program

Home Delivered Meal Routes

- ❖ Bloomer
- ❖ Boyd
- ❖ Chippewa Falls
- ❖ Cornell
- ❖ Cadott
- ❖ Jim Falls
- ❖ Lake Hallie
- ❖ Lake Wissota
- ❖ Stanley

For more information, please contact Kayla Colbenson at 715-726-7777.

Understanding Estate Recovery

By: The Greater Wisconsin Agency on Aging Resources Legal Services Team

If you use certain Medicaid benefits during your lifetime, your estate may be subject to Estate Recovery after your passing. The State does this so it can recoup the costs of your care and use those funds to help more people. Although Estate Recovery can be complicated, it is important to understand the basics to prepare yourself, your family, and your legal representatives so that you feel comfortable signing up for Medicaid and accessing any services you need.



pass on to your heirs. You can also set up a funeral trust to cover your funeral expenses, and those funds are not subject to Estate Recovery. Further, the State may not bring a claim while your spouse is alive, or if you have a child under 21, or a disabled child of any age. While the State may file a lien on your real estate, the lien will not be satisfied until the property is sold. There are additional protections available against Estate Recovery, so it is important to work with an attorney to protect your assets.

Should you apply for Medicaid?

Some people are afraid to use Medicaid programs available to them because they are under the mistaken belief that anyone who uses Medicaid will “lose their house.” However, it’s important to remember that millions of Americans benefit from Medicaid, receiving key services that help improve health outcomes, quality of life, and personal dignity. Furthermore, not all services provided by Medicaid are recoverable.

Which Medicaid Programs Are Subject to Estate Recovery?

In general, recoverability depends on which services you received, as well as your age and residence when you received the benefit. Medicaid recipients who move into long-term care facilities may be subject to Estate Recovery. This can include nursing homes, skilled nursing facilities, and institutionalization in an inpatient hospital. Some services you receive in your home if you are 55 years old or older are subject to estate recovery as well. This can include skilled nursing services, home health aide services, and more. For more information, please see pages 1-3 of the Estate Recovery Program Handbook here: <https://www.dhs.wisconsin.gov/publications/p1/p13032.pdf>.

How Does Estate Recovery Work?

After you pass away, the State will seek repayment for services you received during your lifetime from both your estate and non-probate assets. The State can also seek recovery for services you received from your spouse’s estate and non-probate assets after they pass away. The State is limited in their recovery efforts to assets you, as the Medicaid recipient, had an interest in at your death. If the State is seeking Estate Recovery, they will file a claim against your estate and send a notice to your surviving spouse or Personal Representative. Note that your family may receive this notice 9-12 months after your passing, so they should be careful and work with an attorney before spending those funds. The State will assume that the full claim amount is available--your spouse or Personal Representative must be ready to explain to the State why any amount of the claim is not available.

The State can recover from your legal assets, including real and personal property, life insurance, revocable trusts, joint accounts, payable on death accounts, any excess in your funeral trust, and annuities.

The good news is that there are several protections in place to help your surviving family members after you pass away, even if your property is subject to Estate Recovery. Some of your personal items and tangible non-business personal property can be exempted to

Who can help me prepare for Estate Recovery?

Estate Recovery falls under the purview of Medicaid planning, a complicated area of the law. Some people think that any estate planning attorney can provide advice regarding Medicaid and Estate Recovery. However, Medicaid planning attorneys and estate planning attorneys can have different goals or strategies because Medicaid planning is focused on qualifying for Medicaid benefits, while estate planning is focused on distributing assets to your heirs. Because of this distinction, questions regarding Estate Recovery must be handled by an experienced Medicaid planning attorney. WINAELA maintains a directory of Wisconsin Medicaid planning attorneys who can help you here: <https://winaela.org/>

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Veteran Benefit Information and News

Benefits for anyone who has a service-connected rating 100%



- 100% Service-Connected Disability Rating
1. Dependent Educational Assistance (DEA) Program
 - a. Provides a monthly stipend when a dependent is enrolled in secondary school education
 2. Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)
 - a. Health Insurance for Dependents
 3. Dental Eligibility
 - a. Veterans at 100% qualify for dental coverage by the VA
 4. Property Tax Credit
 - a. Property Taxes are credited back to Veterans once they file their taxes
 5. Student Loan Forgiveness
 - a. Federal Student Loan Forgiveness

Local Veteran Events March 2026:

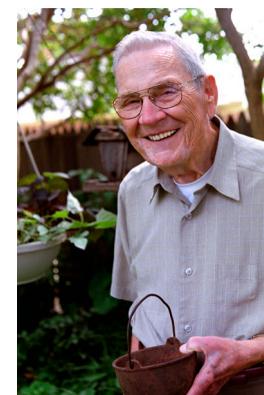
Bloomer Library Visit: Tuesday, March 9th, from 11:30-1:00

Local American Legion and VFW Meetings

ORGANIZATION	MEETING DATES	MEETING LOCATION	Contact
American Legion Post 77 - Chippewa Falls	1st & 3rd Thursday every Month at 6:00 PM	12 E Spring St Chippewa Falls WI 54729	James Campbell 715-579-8238 diliane@aol.com
American Legion Post 112 - Stanley	2nd Thursday of every Month at 6:00 PM	Corner of Broadway and 4th Ave	Bruce Wozniak 651-295-9174 brucejwozniak@gmail.com
American Legion Post 159 – Cadott	1st Monday of every Month at 6:30 PM	110 N Main St Cadott WI 54727	Kathryn Vandermolden 602-682-2751 kathryn.siverling@me.com
American Legion Post 295- Bloomer	1st Thursday of every Month at 7:00 PM	1200 Veterans Memorial Dr, Bloomer, WI 54724	Rodney Johnson 715-288-6291 albloomer295@gmail.com
American Legion Post 326 – Boyd	3rd Tuesday of every Month at 7:00 PM	135 Clark Street Boyd WI 54726	Steve Sisensee 715-667-3528 Steve Sisensee1954@gmail.com
American Legion Post 353 – Cornell	1st Tuesday of every Month at 7:30 PM	Veterans Hall 301 South 2nd St Cornell WI 54732	Rick Mitchell 715-271-1396 rickmholcombe@yahoo.com
VFW Post 6005 – Cadott	1st Monday of every Month at 5:30 PM	Vet's Hall 110 N Main St Cadott WI 54727	Joseph Melville 715-379-1496 joemelville@gmail.com
VFW Post 1038 – Chippewa Falls	1st & 3rd Wednesday every Month at 7:00 PM	16939 Co Hwy J (East Park Ave) Chippewa Falls WI 54729	Leroy Jansky 715-829-6571 ljansky@charter.net
VFW Post 2711 – Stanley	3rd Thursday of every Month at 6:30 PM	402 N Broadway St Stanley WI 54768	Brandon Heifner heifner36@gmail.com
VFW Post 6175 – Bloomer	2nd Thursday of every Month at 6:00 PM	1200 Veterans Memorial Dr, Bloomer, WI 54724	Dave Clements 715-933-8201 clements@bloomer.net
VFW Post 9464 – Cornell	1st Tuesday of every month at 7:00 PM	Veterans Hall 309 S Second St Cornell WI 54732	Rick Mitchell 715-271-1396 rickmholcombe@yahoo.com

What is Lewy Body Dementia?

Lewy Body Dementia is the second most common form of dementia (Alzheimer's is number one). Over 1 million Americans are affected by this disease. Lewy Body Dementia is marked by a protein found in the brain that disrupts the communication



between neurons. This disruption, eventually leads to brain cells dying. Lewy Body Dementia affects memory and thinking skills, but also affect motor components. Some common symptoms include, tremor, slower and shuffled walking, stiffness of muscles and stooped posture. Visual hallucinations and fluctuations in alertness and energy are also common. The cause of this type of dementia is unknown. The number one risk factor, like most dementias is age.

If you would like to find out more about this type of dementia, a good resource is www.lbda.org

Myth or Fact?

MYTH



The ADRC provides cognitive evaluations and diagnoses dementia.

FACT



The ADRC does NOT diagnose dementia.

Our Dementia Care Specialist offers education, support, care planning, and resources for individuals and families navigating memory concerns—before or after a diagnosis.

Education

Support

Care Planning

Resources

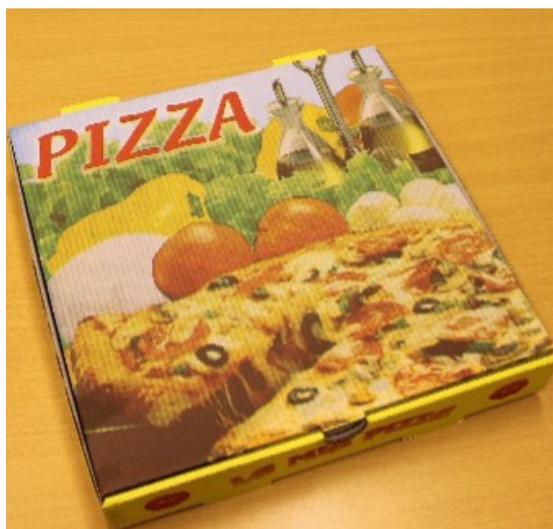


Things I Have Never Done By Ken Anderson, themayberryguru@gmail.com

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

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

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



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

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

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

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



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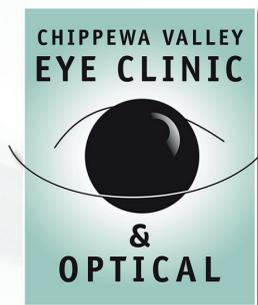
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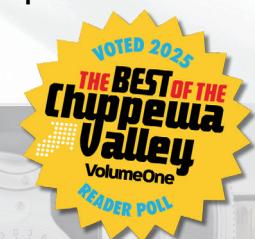
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- Put a bell or light on their collar. Use a bright-colored collar
- Keep your pet in a separate area during busy times or if someone comes to visit
- Be aware! Know where your pet is at all times
- Learn your pet's behaviors and habits
- Take your time and pay attention to your surroundings

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www.FallsFreeWI.org



Falls Free Wisconsin

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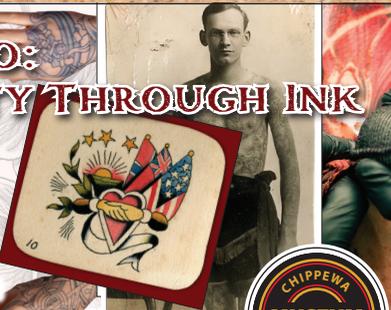
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