



Hi SENIOR Lites

Happy Thanksgiving!

- **Reminder: Get Your Flu Shot**
- **Updated Food Pantry Hours**
- **Time To Review Your Medicare Plan: Prepare Early This Year!**
- **Giving Thanks Can Make You Happier**
- **November Recipe : Mom's Meat Loaf**
- **Spotlight on our Dementia Care Specialist**



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Reminder: Get Your Flu Shot

By the GWAAR Legal Services Team



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

Flu season starts each fall and lasts until the following spring. The Centers for Disease Control and Prevention (CDC) recommend that everyone six months of age and older get a flu shot every year with few exceptions. Vaccination is especially important for people who are at high risk for complications from the flu. People aged 65 and older are at great risk of serious complications compared with younger adults.

It's important to get vaccinated before flu activity begins in your community. In general, it takes about two weeks after vaccination for antibodies to develop in your body and provide protection against the flu. If possible, you should get a flu shot before

the end of October. However, getting vaccinated later can still help later in the season while flu viruses are circulating.



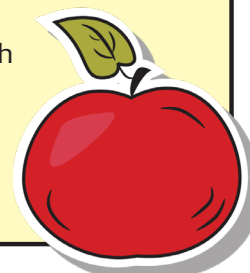
Most insurance, including Medicaid, covers an annual flu shot without charging a copay or coinsurance. Check with your plan to find out whether you must go to a specific provider to receive the shot. Original Medicare Part B covers 100% of the Medicare-approved price when you receive your flu shot from a provider that accepts Medicare. Additionally, Medicare Advantage Plans are required to cover flu shots without deductibles, copayments, and coinsurance, as long as you get the flu shot from an in-network provider.

Dunn County Area Retired Educators' Association

NOV. 13, 2023 MEETING

"Patriot K9s" will be the guest presenter during the Dunn County Area Retired Educators' Association on November 13 meeting. "Patriot K9s" is a non-profit organization, which trains psychiatric service dogs for disabled veterans. Presenters, with trained dogs, will highlight their program.

Retired public school employees, preschool through university, are invited to attend the November 13 meeting at the Menomonie Moose Lodge, 12:00 noon. Lunch will be served. Please call Jean at 715.235.8286 by November 9, 2023 to RSVP.



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



Aging & Disability Resource Center of Dunn County

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

Manager: Tracy Fischer
Social Workers: Amy White/Ruth Huske/
Ashley Williams/ Wendy Sterry/Kelly Bien

Nutrition Director: Bernie Allen
Elder Benefit Specialist: Bethany Schneider
Caregiver Coordinator: Casey Romsos

Dementia Care Specialist: Carla Berscheid
Disability Benefit Specialist: Lisa Schuler
Community Health Worker: Alida Moua

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. Tues, 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.

FOOD HARVEST MINISTRY: Food distribution will be the third Saturday of each month 8:00 am until 10:00 am located at 1002 Main Street, Boyceville. No Requirements and No Questions Asked!!! All food is good quality surplus, some perishable, that otherwise would be wasted!!! Please bring bags or boxes to carry your food. If you have any questions or your church or organization would like to become involved, please call 619-6979.

FOR RENT

MEMORIAL HEIGHTS APARTMENTS

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



715.235.0656



FOR RENT

SUNNYSIDE APARTMENTS

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



715.308.3158



Find us at
seniorreviewnewspapers.com

UPDATED FOOD PANTRY HOURS

v10.23

Stepping Stones of Dunn County

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

MONDAY Inside Only	TUESDAY Inside Only	WEDNESDAY Curbside Only	FRIDAY Curbside Only	SATURDAY Inside Only
1:00p to 4:00p	10:00a to 1:00p	2:00p to 6:00p	2:00p to 6:00p	9:00a to 12:00p

Mon/Tue/Sat - **Inside Shopping Only**. No curbside available.

Wed/Fri - **Curbside Shopping Only**. No inside shopping available.

**Check-in to receive meat, dairy,
dry goods, bakery, fresh fruits &
vegetables***

*as available

Pick-up once a week
This service is free and
open to anyone.



POP-UP CURBSIDE FOOD PANTRY



Stepping Stones Food Pantry provides this service
for families and individuals in rural Dunn County
who have limited access to a food pantry.

EVERY 1ST TUESDAY



Elk Mound

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

Rock Falls

1:00 pm - 2:00 pm
Township Hall
N995 County Rd H, Rock Falls

EVERY 1ST AND 3RD THURSDAY



Sand Creek

11:30 am - 12:30 pm
Arts Center
E9311 County Rd I, Sand Creek

Ridgeland

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

EVERY 2ND AND 4TH THURSDAY



Downsville

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

Colfax

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

For more information, contact Kris Pawlowski:
715.235.2920 ext. 202 | k.pawlowski@steppingstonesdc.org


All pop-up pantries are closed holidays.

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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

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Shepard's pie, Stewed tomatoes, Bread pudding with raisins, Vanilla butter sauce	2 Baked fish fillet, Lemon butter sauce, Twice baked potatoes supreme, Broccoli cuts, Wheat bread, 24 hour fruit salad	3 Three bean chili with canned beans, Mixed green salad, Cornbread, Angel food cake, Maple whipped cream
6 Open face hot turkey sandwich with gravy, Mashed potatoes, Turkey gravy, Broccoli, Apple slices	7 Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake	8 Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Frosted pumpkin bar	9 Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler	10 Tuna noodle casserole, Colorful coleslaw, Apricots
13 Pork chops with apples, Mashed sweet potato, Seasoned peas, Wheat bread, Sugar cookies	14 Beef pot roast, Brown gravy, Roasted red potatoes, Carrots with parsley, Whole wheat rolls, Banana cake	15 Barbecue glazed chicken, Au gratin potatoes, Whole kernel corn, Wheat bread, Clementines	16 Ham & cheese sandwich, Just bean soup, Crackers, Creamy coleslaw, Diced pears	17 Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Iced brownie
20 Salisbury steak, Gravy, Parslied potatoes, Stewed tomatoes, Wheat bread, Pineapple tidbits	21 Roast turkey, Mashed potatoes w/turkey gravy, Stuffing, Sliced carrots, Cranberry sauce, Pumpkin pie	22 Meat lasagna, Romaine and onion salad, Garlic bread, Mandarin oranges	23 	24
27 Breaded pork chop, Buttered new potatoes, Dilled carrots, Wheat bread, Grapes	28 Herb baked chicken, Oven roasted sweet potatoes, Spinach salad, Apple crisp	29 Baked spareribs, Sauerkraut, German potato salad, Perfect pinto beans, Pumpkin bread	30 Roast beef, Mashed potatoes, Brown gravy, Whole kernel corn, Cherry torte bar	

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 _____

Menomonie Memory Café

2023 Dates

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

Memory Cafés are designed for people living with dementia and their care partners. This is an opportunity to gather and enjoy coffee and camaraderie

1st Thursday of the Month

10 am—11:30 am

Call 715-232-4006 for updated location!

registration is not required.
Gatherings will comply with
Dunn County COVID Guidelines



Stepping
Stones
of Dunn County

Food, Shelter,
Support.

1602 Stout Rd | Menomonie, WI | 54751
715.235.2920

People helping people strengthen the
Dunn County community by providing
food, shelter and support.

FOOD PANTRY

EMERGENCY SHELTER

COMMUNITY
CONNECTIONS

Give
Help

Get
Help



Words. Follow us on
Facebook and tell others
about our work in the
community.



Pantry offers in-person,
curbside, and pop-up
options. See our website for
dates/times of operation.



Work. Volunteer in our
office, pantry, shelter, or
community.



Shelter provides emergency
housing, assistance and
referral services.



Wallet. Donate money, food,
and supplies to help those
in need.



Community Connections links
volunteers to neighbors to
provide supportive services.



For more information, visit

www.steppingstonesdc.org
Stepping Stones is a tax-exempt 501(c)(3) charitable organization.

ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF NOVEMBER 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



DEMENTIA ADULT DAY SERVICES (DADS)

Are you caring for a loved one with dementia? Need some respite?
Check out the DADS program
Mondays & Tuesdays 10 AM - 2:30 PM

SHIRLEY DOANE

SENIOR CENTER

For more information call:

715-235-0954

or email: seniors@wwt.net

We offer affordable help to caregivers in the community

Are you a family caregiver?

Do you often find yourself challenged to complete everyday tasks, like shopping, personal medical appointments, or even errands because the family member you care for is unable to remain at home without supervision?

Do you find yourself neglecting your own self-care needs, like having coffee with a friend, a trip to the salon, or even some alone time?

Give Aurora Senior Drop-In Center a call TODAY!

Aurora
Senior Drop-In
CENTER

1740 6th Ave
Baldwin, WI 54002

More information: 715.235.1839
Reservation Line: 855.838.7172

www.AuroraServices.com

Aurora
residential alternatives

"An Employee Owned Company"

HELP END ELDER ABUSE

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

COUNTY HELPLINES

DUNN COUNTY DEPT. OF HUMAN SERVICES & ADRC

Adult Protective Services 715-232-4006

DOMESTIC ABUSE VICTIM ADVOCATE

24-Hour Crisis Line 800-924-9918

Dunn County Sheriff's Office 715-232-1348

Aging & Disability Resource Center 715-232-4006

Bridge to Hope 715-235-9074



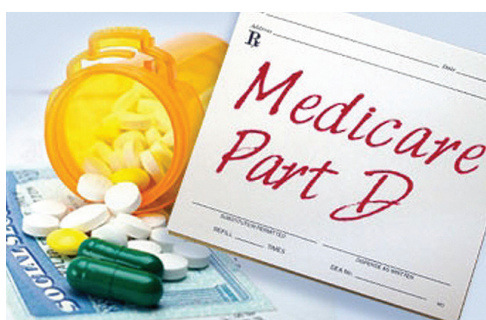
Time To Review Your Medicare Plan: Prepare Early This Year!

By the GWAAR Medicare Outreach 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 2024! 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 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 2024. 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 the 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.

Assistance is also available through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Monday D.I.S.H.

Dementia Informed Super Heroes

Are you working and caring for a parent or family member with dementia? Join us virtually for support and resources



First Monday of the month

7 pm to 8 pm



To register, contact Scott Seeger at 715-261-6066
Email: scott.seeger@adrc-cw.org

715-839-8666

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GIVING THANKS CAN MAKE YOU HAPPIER



Submitted by Bernie Allen, ADRC Nutrition Program Coordinator

November kicks off the holiday season with high expectations for a cozy and festive time of year. However, for many this time of year can be tinged with sadness, anxiety or depression. Research suggests that one aspect of the Thanksgiving season can actually lift the spirits, and it's built right into the holiday – expressing gratitude.

The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness. In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible

or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the current level of someone's gratitude, it's a

quality that individuals can successfully cultivate further.

WAYS TO CULTIVATE GRATITUDE

Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier, or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack. This mental state grows stronger with use and practice.

Here are some ways to cultivate gratitude on a regular basis:

Write a thank-you note. You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver

and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

Keep a gratitude journal. Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.

Count your blessings. Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

Meditate. Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).

November Recipe

Mom's Meat Loaf

Source: tasteofhome.com



Ingredients

- 2 large eggs, lightly beaten
- $\frac{3}{4}$ cup 2% milk
- $\frac{2}{3}$ cup finely crushed saltines
- $\frac{1}{2}$ cup chopped onion
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon rubbed sage
- Dash pepper
- 1-1/2 pounds lean ground beef (90% lean)
- 1 cup ketchup
- $\frac{1}{2}$ cup packed brown sugar
- 1 teaspoon Worcestershire sauce

Directions

1. Preheat oven to 350 degrees. In a large bowl, combine the first 7 ingredients. Add beef; mix lightly but thoroughly. Shape into an 8x4-inch loaf in an ungreased 15x10x1-inch baking pan.
2. In a small bowl, combine remaining ingredients, stirring to dissolve sugar; remove $\frac{1}{2}$ cup for sauce. Spread remaining mixture over meat loaf.
3. Bake 60-65 minutes or until a thermometer reads 160 degrees. Let stand for 10 minutes before slicing. Service with reserved sauce.

Total Time: Prep: 20 minutes.

Cook: 1 hour+

Yield: 6 servings

Mark Your Calendar

DEMENTIA SUPPORT GROUP

WILL MEET DECEMBER 19

(INSTEAD OF DECEMBER 26)

10:30 AM - NOON

SHIRLEY DOANE

SENIOR CENTER

The Dementia Adult Day Services (DADS) program is available during this meeting time. To find out more or make a reservation, contact the Senior Center at 715-235-0954

Exploring Dementia Caregiving

Do you care for someone with dementia?

Join us for care strategies, resources and support

Fourth Tuesday of the Month

10:30–12:00

Shirley Doane Senior Center

1412 Sixth Street E,

Menomonie

2023 Dates

January 24

February 28

March 28

April 25

May 23

June 27

July 25

August 22

September 26

October 24

November 28

December 26

The Dementia Adult Day Services (DADS) program is option during this meeting. To find out more about the availability, make a reservation and cost, contact the Senior Center at 715-235-0954



Aging & Disability Resource Center
of Dunn County

Shirley Doane

Senior Center

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

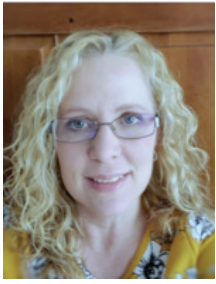
Shirley Doane Senior Center

November 2023

SU	MON	TUE	WED	THU	FRI	SAT
			1 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	2 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 1pm 500 Cards	3 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	4
5	6 9-10:30am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	7 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage / 10am-2:30pm DADS* 11-11:45am Stronger Seniors-Basic 1-3 pm Hand & Foot Cards	8 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	9 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 1pm 500 Cards / 1pm Open Party Bridge	10 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	11
12	13 9-10:30am Tai Chi 10am-2:30pm DADS* 10:30am-Noon* Opening Minds thru Arts 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	14 8:30-9:15am Chair Yoga 8:30am SENIOR CENTER BOARD MEETING 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage / 10am-2:30pm DADS* 11-11:45am Stronger Seniors-Basic 1-3pm Hand & Foot cards	15 SENIOR CENTER THANKSGIVING MEAL @ 11:30 AM 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	16 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 1pm 500 Cards	17 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	18
19	20 9-10:30am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	21 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage / 10am-2:30pm DADS* 11-11:45am Stronger Seniors-Basic 1-3 pm Hand & Foot Cards	22 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	23 CENTER CLOSED <i>Thanksgiving Holiday</i>  Happy Thanksgiving	24 CENTER CLOSED <i>Thanksgiving Holiday</i>	25
26	27 9-10:30am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	28 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage / 10am-2:30pm DADS* 10:30am Exploring Dementia Caregiving 11-11:45am Stronger Seniors-Basic 1-3 pm Hand & Foot Cards	29 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	30 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class*		

Senior Hi-Lites 2023 | 7

Spotlight on our Dementia Care Specialist



By Tracy Fischer, ADRC Manager

Many people with dementia live at home. But dementia can cause challenges—both for people with the condition and their caregivers. Our program for dementia care offers support. Our dementia care specialists work to improve the quality of life for people with the condition who are living at home. They also support caregivers.

What do dementia care specialists do?

Dementia care specialists provide:

- Free information and support to adults with dementia and their caregivers.
 - **Independence.** Dementia care specialists can help connect you with things to do in your community so you can stay involved.
 - **Memory screenings.** Dementia care specialists can perform memory screenings. These are tools to help identify changes to memory and cognition. If the screening shows memory loss, a specialist may refer you to a doctor.
 - **Social opportunities.** Dementia care specialists can help you find social activities, such as those involving music and art.
 - **Care planning assistance.** Dementia care specialists can help you with where you are now—and help you plan for the future.

- **Support group connection.** Dementia care specialists can connect you with caregiver support groups where you live.

- Help creating places where people with dementia can remain active and safe.
 - **Memory cafés.** Dementia care specialists form and support meeting places for those with memory loss and their caregivers. These cafés let people share experiences and connect.
 - **Dementia-friendly businesses.** Dementia care specialists train businesses to better understand how to support customers with dementia.
 - **Coalitions.** Dementia care specialists support community groups focused to dementia initiatives.



In Dunn County, we are fortunate to have Dementia Care Specialist Carla Berscheit. Carla works half time in Dunn County, and half time in Chippewa County. She is easily reached by phone at 715-738-2584 or 715-944-8091 or by email at cberscheit@co.chippewa.wi.us. She is a wonderful resource for those affected by dementia and their family members and/or caregivers.

Virtual Support Groups



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

Monday DISH - First Monday of the Month 7-8 pm. Contact Scott at scott.seeger@adrc-cw.org

Circle of Support - Third Tuesday of the month 2-3 pm. Contact Becky at becky.kamrowski@co.trempealeau.wi.us

Evening Conversations - Every Thursday night 7:30-8:30 pm. Contact Becky at becky.kamrowski@co.trempealeau.wi.us

Lunch Bunch - Third Thursday of the month 11:30 - 12:30 pm. Contact Katrina at 715-279-7870

Lewy Body Dementia - Second Wednesday of the month, 6-8 pm. Contact Janell at romatowskiji@comcast.net



Opening Minds through Art

SECOND MONDAY OF THE MONTH
10:30 - NOON
SHIRLEY DOANE SENIOR CENTER
1412 6TH ST. EAST MENOMONIE
CALL: 715-235-0954 TO REGISTER

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

Program sponsored by
 MAYO CLINIC

Thankfulness and Wastefulness

By Ken Anderson, The Mayberry Guru, themayberryguru@gmail.com

For Americans, the month of November can mean different things. For many, especially in Wisconsin, November means deer hunting and the great outdoors. And, of course, November means Thanksgiving. A national holiday set aside to give thanks for our many blessings. But contrary to popular belief, Thanksgiving is not unique to America. A day of Thanksgiving is observed in Canada, Germany, Switzerland, the United Kingdom, Japan, and many other countries worldwide.



Although countries worldwide have unique ways of celebrating Thanksgiving Day, America's Thanksgiving practices are significant. We use Thanksgiving Day as a day set aside to give thanks for our many blessings as Americans. We sit around the family table laden with all kinds of delicious foods. At least, that is how Thanksgiving Day is perceived to be for all Americans.

In Japan, Thanksgiving is called "Kinro Kansha no Hi," which means Labor Thanksgiving Day. In the United States, we celebrate Thanksgiving Day every third Thursday of November, while Japan celebrates Thanksgiving every November 23rd. Japan's Thanksgiving is a day set aside to honor the hard work of laborers.

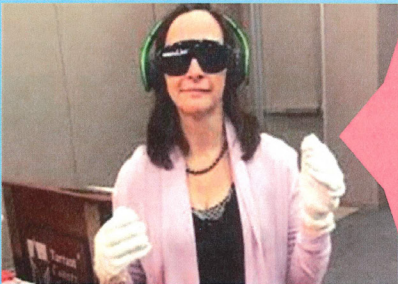
According to the German Way & More, in German-speaking countries, Thanksgiving is an autumn harvest celebration called Erntedank or Erntedankfest ("harvest thanksgiving festival"). The observance usually occurs in September or October, depending on the region. The typical German, Austrian, or Swiss Thanksgiving celebration (Erntedankfest) is usually a rural harvest time observance with church services, a parade, music, and a country fair atmosphere.

But for many, food scarcity is a reality. Yet, our supermarkets have enough food to feed everyone. RTS Waste Services, a company that helps businesses and communities manage waste more responsibly using technology, estimates that nearly 35 million people across America, including 10 million children, suffer from food insecurity. At the same time that so many people are hungry, Americans, each year, discard more food than any other country, nearly 40 million tons or 30-40 percent of the entire US food supply. According to Forbes.com, 30 percent of the food we see in supermarkets is wasted.

I have difficulty processing all these statistics about hunger in the wealthiest country in the world. All that food ends up in landfills, only to be eaten by rats rather than those who desperately need it. Take a few moments on this Thanksgiving Day to think about those who are so desperately hungry. Especially the children. I will try to remember all this the next time I tell my wife, "I'm starved."



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Providing a Peace of Mind By Christine Eggers, RN

“He’s gotten so big!” is a joyous part of celebrating the holidays with family. We shout it out when we first see our youngest family members to mark their growth and vitality. “She looks so frail,” is the other side of that coin. We say it quietly, privately. Instead of being joyous, it’s anxious because we see the people who protected us needing help and protection.

What do we see? Loose fitting clothes indicate weight loss. Weight loss has several possible causes; decreased appetite, inability to shop or prepare food, or an unknown illness. Stained clothes or wearing the same thing every day suggests difficulty doing laundry. The cause may be physical. Look for changes in mobility like needing help getting up from a chair, or shortness of breath after minimal effort? Other signs of poor hygiene include odors, unkempt hair, hands, and nails. Physical barriers that prevent a person doing laundry, taking a shower, or even walking across the room don’t usually prevent them washing hands, brushing teeth, or combing hair. It may be an early sign of dementia, or a late sign of depression.

What about the home environment? Is it as clean as expected? Are there obstacles that could cause falls? Is there expired food in the fridge or in the cupboards? Altogether these add up to deteriorating health.

Help with hygiene and housekeeping is a great start! Personal and supportive care workers assist with bathing, dressing, cleaning, shopping, and a whole host of tasks that need doing on a daily or weekly basis to help keep loved ones at home.

What can be done to address the health problems behind these changes? Check into private nursing services. A private nurse performs assessments to control chronic illnesses and prevent acute illnesses. The

assessment is like a routine physical; taking vital signs, listening to heart, lungs, and abdomen, performing skin checks, and cognitive and functional assessments, and reviewing medications for effectiveness, side effects, and other issues. Over the age of 70 the majority of ER visits are related to medications. An RN works with her clients’ doctors to change treatment, like medications, as needed to maintain health and prevent decline.

Navigating the health care system is another benefit of a private nurse. Starting with chaperoned clinic appointments, a private nurse is able to communicate between doctors and patients to the benefit of both. A nurse can initiate a referral to a specialist for timely care of a new health problem; and having the status of a nurse when calling the clinic speeds up care and treatment.

Several studies over decades have shown that RN care managers for people with chronic conditions improve overall health, and health outcomes, and are a cost-effective way of slowing decline. Finally, a private nurse provides peace of mind that loved ones are well cared for and safe in their homes so that family may exclaim, “Doesn’t she look great!” at the next holiday gathering.

Christine Eggers RN owns Appeal to Heaven LLC: Independent Nurses’ Network.





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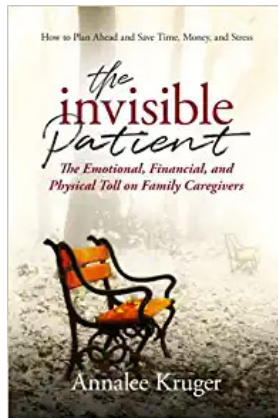
BOOK REVIEW: *The Invisible Patient*

The Emotional, Financial, and Physical Toll on Family Caregivers

Fulfilling the role of family caregiver is difficult, even if chosen willingly as an act of love to another. While the emotional, financial, and physical toll of caregiving is well documented, the high level of self-love and self-care within the caregiver to successfully put the needs of others first without self-destructing is not.

Caregiving can be a rewarding experience for all involved, but the stress of being a caregiver can lead to burnout, exhaustion, and in some cases, financial peril IF an Aging Plan is not in place. Consequently, the stress involved in caregiving causes caregivers to put themselves and their well-being in the background and focus on their needs last. This ongoing self-sacrifice causes a phenomenon known as compassion fatigue, leading caregivers to become the "invisible patient."

In *The Invisible Patient*, Annalee Kruger, Concierge of Senior Care Planning, writes how to manage aging, caregiving, understand changing family dynamics, and care options (at home and care communities). Caregiving can be a positive experience IF families better understand aging, understand the disease their loved one has, learn how to improve family communication, and have an Aging Plan. *The Invisible Patient* provides inspiration, encouragement, and step-by-step guidance to ease the caregiving journey. *Source: caregiving.com*



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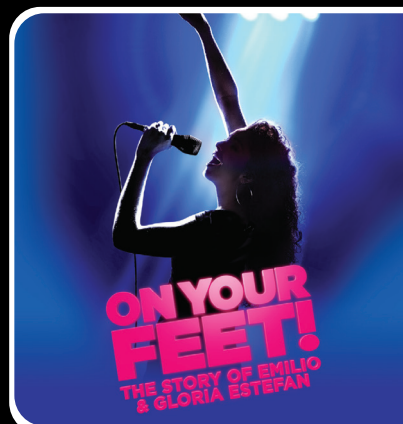
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Hunting with Grandpa by Kristi Gay, freelance writer

November in Wisconsin gets a large majority of the population VERY excited about deer hunting and the potential for a future venison dinner. I grew up in a full-on hunter's family with my dad and brother and now my husband gone all fall bow hunting in October and November and then the exciting rifle season around Thanksgiving where all of my cousins and uncles would roll into Thanksgiving dinner with their blaze orange clothes, wind burnt cheeks and tired eyes.

What many don't know is the hunt itself is only part of the excitement, and possibly not even the biggest and best part. What is more memorable and special is the bonding between hunting buddies, relatives, or in the cases of these stories the special time with Grandpa.

My husband, Keith, now 48 years old, remembers with a laugh a time hunting with his late Grandpa Ernie when he was a young teen in Ernie's town of Owen, Wisconsin where he was an attorney. As they were sitting huddled together quietly in a tree stand waiting for a deer to walk by, Keith made a sound with his shoe without any real intention. The speed at which Grandpa Ernie turned his head thinking it was a stick breaking in the woods from a deer walking fully amused little Keith, who proceeded to continue that sound every 30 seconds or so. Each sharp intake of breath and head-whip from Grandpa made it even funnier, finally throwing Keith into a fit of laughter which if there ever WERE going to be deer around likely squashed that hope with the extra noise. But these are the memories that make him smile 35 years later with fond thoughts of Grandpa Ernie.

My daughter, Sydney, now 17 years old, remembers hunting with my own dad, her late Grandpa Mike one freezing spring day as he shared his #1 hunting passion with her which was hunting for



turkeys. As they sat huddled in the small turkey blind with sideways snow whipping around outside, Sydney's fond memory that she laughs with an eye roll about now was Grandpa's soapbox talk about the importance of learning history and paying attention in school "so we don't repeat the mistakes of the past." Sure enough soon after that he called a turkey over and with her heart beating in her ears took a shot and made it. Posing for the photo in the crazy weather was the least fun part of such a warm memory.

Our nephew, Emmitt, now 13 years old, has had heightened senses his entire life, so when his Grandpa Dave, my husband's dad, took him out to sight in guns one fall he was completely turned off by the loud sound of the gun right next to his ear, even with the typical foam ear plugs in. Never deterred, Grandpa offered option after option of different noise-canceling headphones, not wanting to miss out on this grandson bonding moment of sitting in the quiet nature and having stories to tell afterward. Finally Emmitt found some headphones that he was comfortable with and the huge grin from ear to ear that was plastered on his face afterward made it worth the effort.

These bonding moments between generations are the thing that drives people to deer camp or to the deer hunting stand. Of course the sport of hunting is a fun hobby, but the memories and shared stories are the thing that people remember over the number of times on the deer's antlers in any given year. To any grandmas and grandpas reading this, find this bonding experience with your own grandkids, whether it's hunting or baking or walking in the woods. If you don't have a hobby to share with them, ask them to share their own hobby with you. The memories of shared experiences are what will stay with people long after their loved ones have passed.

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Being a Caregiver to a Sibling By Becky Streeter

When we think of caregivers, the first image that comes to mind is child-parent or spouse-to-spouse. These are perhaps the most common forms of caregiving, however, there are many siblings in this world that care for the physical, emotional and mental needs of their brothers or sisters. And sibling-sibling care is expected to become more of a norm in the future.

As we age, we accept the notion that we might someday have to care for an elderly parent, but the role of caregiving for a sibling is not always anticipated. It may come in the form of an aggressive diagnosis or a debilitating accident—something that leaves the sibling at the mercy of needing daily assistance. If there is no other family around to help, that duty can fall to a brother or sister.

Additionally, modern medicine is continually finding ways to increase life expectancy for those with mental and physical disabilities. Under normal circumstances, this is great. However, an aging parent who was the primary caregiver for their child in the past might find that they are no longer the best fit for that role. The role then often falls to the sibling.

Sibling-sibling caregiving comes with unique stressors. If the sibling still has cognitive function, they might experience a range of emotions from frustration and rage because of their new situation, to jealousy of the caregiving sibling's independence and health. The new caregiver can often feel forced into the role and simultaneously feel guilty for not wanting the responsibility. The need for care often occurs around midlife, when the caregiver sibling is unprepared financially and probably extremely busy with their own significant responsibilities such as family and work. The caregiver may be required to spend more time with their sibling than forming and developing other key relationships in their life.

If you know you might need to take on the role of primary caregiver for a sibling someday, planning is key. If possible, start

having conversations with the current caregiver sooner rather than later. It can be uncomfortable to have end-of-life conversations, but when another life is dependent on the elderly caregiver, this conversation is essential. Family dynamics can be tough to mitigate, so consider bringing in a professional such as a therapist or healthcare advocate who can help keep everyone's best interests in mind.



Research group living facilities if that might be an option. So much depends on the illness, insurance, willingness of the sibling and financial means of those involved. Also keep in mind that abuse in a group home can be hard to detect, especially among those with intellectual disabilities.

Other resources for sibling caregiving include:

- Sibling Leadership Network - <https://siblingleadership.org>
- The Sibling Support Project - <https://siblingssupport.org>
- The Caregiver Action Network - <https://www.caregiveraction.org>
- The National Alliance for Caregiving - <https://www.caregiving.org>

As with any type of caregiving, make sure to care for yourself, too. You need and deserve support and rest. Find friends and groups who will listen to and support you. Give yourself a day off, or treat yourself to something nice, even if it's just alone time with a good book. And most importantly, give yourself grace.

Sources: Barrett-Ibarria, Sofia. "What to Expect When You Become a Sibling's Sole Caregiver." *Vice*. 9 April 2018. <https://www.vice.com/en/article/gymw7m/what-to-expect-when-you-become-siblings-sole-caregiver>.

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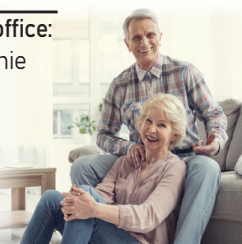
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Yes, You Can Live Well with Dementia

by Shelley Krupa, Business Operations Coordinator at Lake Hallie Memory Care

It has been ten years since my mom passed away from vascular dementia. We would have been more prepared for what was ahead if only I knew what I know now. Mom received her diagnosis four years prior, and the hope of living well with dementia was missing from our discussions. Days were often filled with doom, gloom, and fear as we waited and watched her health decline.



Several years ago, my dad began exhibiting early signs of mild cognitive impairment. He took a memory test willingly and then embraced an approach to life with dementia different from my mom because of his underlying health conditions.

My mom had risk factors - diabetes, obesity, HTN, and high cholesterol. My dad has a slight elevation in blood pressure and is approaching the pre-diabetic stages due to diet choices. He stays active to delay the effects of dementia in his life. The pandemic put limits on his favorite socialization activities in the community. Despite those challenges, he is a living example to me that you can live well with dementia—yes, you can.

A diagnosis of dementia is less likely to be revealed than a cancer diagnosis. People who learn of their diagnosis early in the stages of dementia are fortunate. The lack of early knowledge leaves many unaware of the options available to them and their loved ones. While an early diagnosis of Alzheimer's or related dementia may be scary to hear, think of it as your opportunity to live well with the disease.

Knowing early on allows you:

- Time to write down your wishes and plan for future care needs.
- Plan and talk with your physician about your concerns.
- To learn more about the disease and your risk factors.
- To learn about diet and the risks an unhealthy standard American diet has on your brain function.
- To learn how regular exercise helps your brain.
- To learn about vitamin deficiencies from the side effects of medications.
- To learn about your baseline memory skill measurements so you can monitor the effects of your lifestyle changes for the better.
- To learn about ways to cope with the changes.
- To find ways to continue enjoying activities.
- To learn about resources available to you.

In addition to support groups, keeping your brain active is one way to slow the progression of the disease. It's wise to seek out socialization activities free from awkwardness and stigma to help you live well and enjoy life.

A Memory Café is a place to connect with others in a safe, comfortable, and engaging environment. Guests laugh, learn, and remain socially engaged with others traveling the same journey. The activities vary based on the participants' interests. Individuals worried about memory loss or who have Mild Cognitive Impairment, those with early to moderate Alzheimer's or related types of dementia, along with their family members or care partners are welcome to attend.

Contact your local Aging and Disability Resource Center (ADRC) for more information and the availability of Memory Café in your area.



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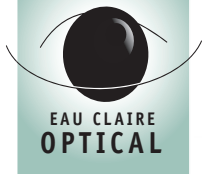


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