

**FREE**



**MAY 2023**

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## May is Older Americans Month!

**E**stablished in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- ☺ **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- ☺ **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- ☺ **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.



**AGING UNBOUND: MAY 2023**

- ☺ **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

*For more information, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.*

## ADRC Board Meetings Are Open to Public

As the ADRC Manager for Chippewa County, it is important to me that people learn about and take an active role in helping to shape the ADRC. The next ADRC Board meeting will be May 11, 2023. The meeting will be held at 4:45 pm in Room 302 of the Chippewa County Courthouse. You can view the agenda on the county website. If you need a little guidance trying to find it on the website, give me a call (715-726-7779) and I will gladly walk you through it. The website is [www.co.chippewa.wi.us/home](http://www.co.chippewa.wi.us/home).

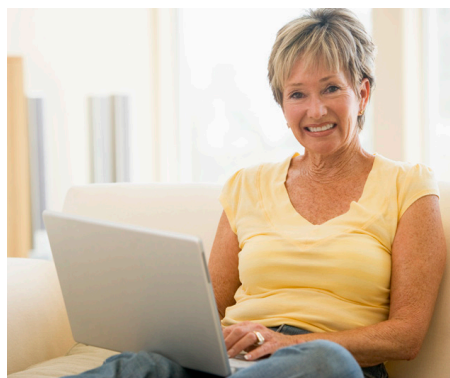
Members of the public have an opportunity to share their concerns at the beginning of the meeting. Most meetings last about one hour so you can certainly ask questions of myself or board members following the meeting.

Our next meeting will include a presentation about the impact of Facebook on our programs and services, current advocacy opportunities in Madison and Washington DC, and updates on agency changes. If you have any questions, feel free to give me (Leslie) a call at 715-726-7779.



*Reprinted from <https://blog.ssa.gov>*

**S**ocial Security programs touch the lives of more than 70 million people. We work hard to ensure critical benefits and other services are accessible to you. Consider the start of the new year as an opportunity for you to engage with Social Security online. This begins with creating your free and secure personal my Social Security account.



Once you create an account, you can:

- Apply for retirement, spouses, or disability benefits.
- Apply for Medicare.
- Check your application status.
- Request a replacement Social Security number card.

If you do not receive Social Security benefits, you can use your personal my Social Security account to:

- Get personalized retirement benefit estimates.
- Get your Social Security Statement.
- Get estimates for spouse's benefits.
- Get instant proof that you do not receive benefits.

If you receive benefits, you can use your personal my Social Security account to:

- Change your address (Social Security benefits only).
- Set up or change your direct deposit information (Social Security benefits only).
- Instantly get proof of benefits.
- Print your SSA-1099.

Your personal my Social Security account has a secure Message Center. You can choose to receive the annual cost-of-living adjustments and the income-related monthly adjustment amount online. Unless you opt-out of receiving notices by mail that are available online, you will receive both mailed and online notices.

Your personal my Social Security account offers easy access to features that save you time when you do business with us online. Check out our other resources available on our [Online Services page](#).

Please share this information with your friends and loved ones who may need it.



**NOW SEEING PATIENTS IN OUR NEW BUILDING**

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# NEW BEGINNNINGS!

## CHIPPEWA VALLEY EYE CLINIC

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 Macular degeneration • Oculoplastics

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 2715 Damon Street, Eau Claire

**Rice Lake .... 715.234.8444**  
**Menomonie .. 715.235.8335**

**WE ACCEPT MOST INSURANCE PLANS**

**OTHER LOCATIONS: BLACK RIVER FALLS, CUMBERLAND & DURAND**

Tip #8

## Help Yourself to Better Health

# Aging — Think Positive

Research shows that people with **positive** perceptions of aging live longer — 7½ years longer! Embracing the benefits of growing older — more time for loved ones, opportunities for learning and giving back — can help you view aging in a whole new light!



Wisconsin Institute  
for Healthy Aging  
wihealthyaging.org

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

- ADRC Manager – Leslie Fijalkiewicz
- Administrative Assistants – Breanna Schemenauer, Renee Price, Carmen Olson, Carrie Schick
- Dementia Care Specialist – Carla Berscheit
- Disability Benefit Specialist – Stephanie Rasmussen
- Elder Benefit Specialist – Michelle Fellom
- Nutrition & Transportation Programs Coordinator – Kelly Zimmerman
- Options Counselors – Kasha White, Sarah Hedlund, Erika Stevens, Jessica Gibson, Sue Koepnick
- Nutrition Program Assistant – Jeff Hahn, Jason Kolano
- Nutrition Site Aides – Rose August, Sue Barnum, Mary Ann Brodbeck, Cathie Mercier, Linda Felmlee, Laura Henderson, Darcy Bjerke

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

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ADRC of Chippewa County  
711 N. Bridge Street, Room 118  
Chippewa Falls, WI 54729



# Update to Social Security Overpayment Waiver Process

By the Greater Wisconsin Agency on Aging Resources Legal Services Team

When the Social Security Administration (SSA) makes a determination that it paid an individual more than they were entitled to, this creates an “overpayment.” A person can dispute the overpayment with a request for reconsideration (appeal), or the person can request a waiver. A waiver states that even though the person was overpaid, they were not at fault in causing the overpayment and they cannot afford to pay the money back, or the overpayment is unfair for some other reason.



In order to prove the inability to pay the money back, an individual completes an overpayment waiver form, which asks for details regarding income and expenses. SSA then considers whether expenses equal or exceed that income. The waiver form previously provided a margin of \$25 on expenses, recognizing that every household has some unbudgeted or unaccountable expenses.

However, a new change provides a higher margin of \$55. Going forward, total expenses plus the \$55 margin will be compared to

total income, giving people more leeway for unexpected expenses. The lower margin had long been challenging for individuals to navigate because \$25 did not reflect the reality of current-day household costs.

The SSA’s Program Operations Manual System (POMS) has been updated with the \$55 margin in GN 02250.100 (section D4), however, the overpayment waiver form has not been updated yet. Regardless, the \$55 margin will apply going forward and waiver requests will be processed using the updated margin.

This update will make the waiver process more accessible because it better reflects current financial realities for older adults and people with disabilities who receive Social Security benefits.

*This release provided in part by Justice in Aging:*  
<https://justiceinaging.org/>

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**STOKES, PROCK & MUNDT FUNERAL CHAPEL - 715-832-3428**  
535 S. Hillcrest Parkway, Altoona WI 54720

The Aging and Disability Resource Center of Chippewa County Presents

## Medicare & You Classes



### Receive Unbiased Medicare Information!

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

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

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

**Registration Required**  
[jotform.com/ADRC\\_adrc/medicareandyou](http://jotform.com/ADRC_adrc/medicareandyou)



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

Or contact us to register:  
715-726-7777 or [ADRC@co.chippewa.wi.us](mailto:ADRC@co.chippewa.wi.us)

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

1st Thursdays..... 5:00 — 7:00 pm  
3rd Wednesdays..... 1:00 — 3:00 pm

**Upcoming Dates:**  
May 4th ..... 5:00 — 7:00 pm  
May 17th ..... 1:00 — 3:00 pm



Follow the ADRC of Chippewa County on Facebook

2023

Check out our website at [seniorreviewnewspapers.com](http://seniorreviewnewspapers.com)



# SCAMS

## Never Pay to Get a Prize

Say you hear or read the words: "You've won!" What will you do with your winnings? Who wouldn't be excited to win a prize, sweepstakes, or lottery? But...did you actually win? And how do you know?

Sweepstakes, prize, and lottery frauds are among the top scams people report to the FTC. These scams usually start with a call or message that says you're a winner. (A lie.) They say to get the so-called prize you have to send money or click somewhere to give your information. Don't. The

most recent FTC data shows people reported losing \$301 million to this type of fraud. That's an average loss of \$907 per person.

Never pay to  
get a prize.

That's a scam.

[ftc.gov/fakeprizes](https://ftc.gov/fakeprizes)



FEDERAL TRADE  
COMMISSION

#FTCTopFrauds

ReportFraud.ftc.gov

But there are also legitimate contests and prizes that follow the law and give real prizes. So how do you know the difference?

One question to consider is: Did you enter the sweepstakes or play the lottery? If not, you absolutely didn't win. And here are other ways to spot and avoid prize scams:

- **Don't pay to get a prize.** Real prizes are free. Anyone who asks you to pay a fee for "taxes," "shipping and handling charges," or "processing fees" to get your prize, is a scammer. Stop and walk away.
- **Don't give your financial information.** There is absolutely no reason to ever give your bank account or credit card number to claim a prize. If anyone asks for it, it's a scam.
- **Don't give your personal information.** Scammers hope you'll click on links that will take your personal information or download malware on your device. Delete the message without clicking on the links and don't respond.

Check out the Federal Trade Commission's top frauds at [www.ftc.gov/data](https://www.ftc.gov/data) to learn more. Already paid a scammer? Learn how to get your money back by going to <https://consumer.ftc.gov/articles/what-do-if-you-were-scammed#Paid> and tell the FTC at <https://reportfraud.ftc.gov/#/>

## May 31, 2023

Every year, Senior Health and Fitness Day is the last Wednesday in May. It's an important day to remember the importance of engage in moderate exercise and strength training each week. Regular exercise can help older adults stay independent and prevent many health problems. Read more about exercise programs that promote fitness at: <https://www.ncoa.org/article/exercise-programs-that-promote-senior-fitness>

## Senior Health and Fitness Day



## Serving those who have served

If your struggle is PTSD, substance abuse, anxiety, stress, anger, depression, or grief, we're here for you.

Healing isn't forgetting what happened. Healing is making sense of the past, so you can feel confident living in the present, and looking hopeful towards the future.



It's true, horses help veterans heal in remarkable ways to find hope again.

*We serve veterans for free!*

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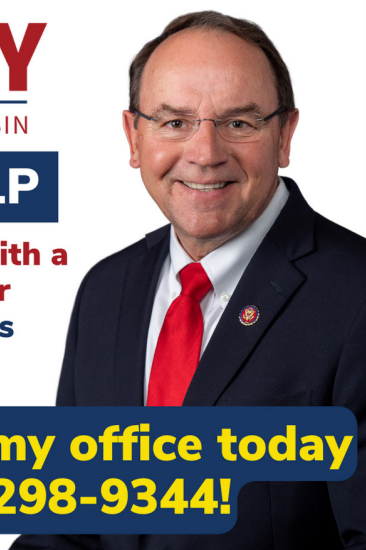
CONGRESSMAN  
**TOM TIFFANY**

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- Obtain military records

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at (715) 298-9344!



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# Veteran Benefit Information... Community Care

Veterans may be eligible for care through a provider in their local community depending on their health care needs or circumstances, and if they meet specific eligibility criteria.

Veterans must receive approval from VA before receiving care from a community provider to avoid being billed for the care. VA staff members generally make all eligibility determinations for community care.

### Eligibility

A Veteran's eligibility for Community Care depends on his/her individual health care needs or circumstances. Please note the following about eligibility for community care:

- Veterans must receive approval from VA prior to obtaining care from a community provider, in most circumstances.
- Veterans must either be enrolled in VA health care or be eligible for VA care without needing to enroll to be eligible for Community Care.
- Eligibility for Community Care will continue to be dependent upon a Veteran's individual health care needs or circumstances.
- VA staff members generally make all eligibility determinations.

There are six criteria that can qualify a Veteran to receive Community Care. Veterans only need to meet one of these to be eligible.

1. Veteran needs a service not available at a VA medical facility
2. Veteran lives in a U.S. state or territory without a full-service VA medical facility
3. Veteran qualifies under the "Grandfather" provision related to distance eligibility for VCP
4. VA cannot provide care within certain designated access standards
5. It is in the Veteran's best medical interest
6. A VA Service Line Does Not Meet Certain Quality Standards

Please reach out to the Chippewa County Veteran Service Office if you have any questions. Phone number 715-726-7990 and Email Veterans@co.chippewa.wi.us



# Boil Alert

Take the guesswork out of boiling water with the boil alert! This boil alert is a solid disk that will rattle against the sides of a pan when liquid is boiling. When needed, place the disc in the bottom of the pot and it will rattle to alert you when liquid is boiling.



For more information on boil alert or to learn more about other assistive technology to assist with living independently, please reach out to Jenesis Lindbo, Independent Living Specialist, by calling 715-233-1070 extension 222 or by emailing jlindbo@cilww.com.

There are various services available through the assistive technology program at C.I.L.W.W. as a part of the WisTech Assistive Technology Program. Our agency can provide information on WisTech's alternative financing options (WisLoan and Telework) per request.

# Veteran News

The Department of Veteran Affairs is encouraging veterans to enroll in My HealtheVet online portal. Apply on [www.myhealth.va.gov](http://www.myhealth.va.gov).



Benefits of using My HealtheVet to access your VA health records:

- View, download, or print your VA health information at your convenience, 24/7
- Share your VA health information with your caregivers, community providers, and family members
- Prevent unnecessary or repeated procedures and tests
- Review what you discussed with your VA care team at previous visits



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Scan here to learn more!



## Dementia Care Research Project



**Are you caring for someone with Alzheimer's disease or other dementia?**

The Dementia Care Research Project is looking for people to participate in caregiving research studies

**What is care research?**

Dementia care research focuses on understanding how to improve the quality of life for people with memory concerns and their caregivers by examining the care they receive at home or within the healthcare system

**What is the Dementia Care Research Project?**

The Dementia Care Research Project is an opportunity for people with memory concerns and their caregiver to get involved in dementia care research

**What is the commitment and compensation?**

- 30-60 minute phone visits
- \$50 for the initial visit
- \$25 per yearly visit for 5 years
- Information about news research studies you may be eligible for



**Who is Eligible?**

- People with memory concerns, Alzheimer's disease or other dementia
- Care givers of those with memory concerns, AD and other dementia
- English speaking
- 18 years+
- Professional caregivers are not eligible!

**Get Involved or learn more**

Phone: (608) 262-5553  
Email: [caregivercore@medicine.wisc.edu](mailto:caregivercore@medicine.wisc.edu)

Use the QR code to learn more the Dementia Care Research Project!

## Alzheimer's Association: Alzheimer's Facts & Figures Report

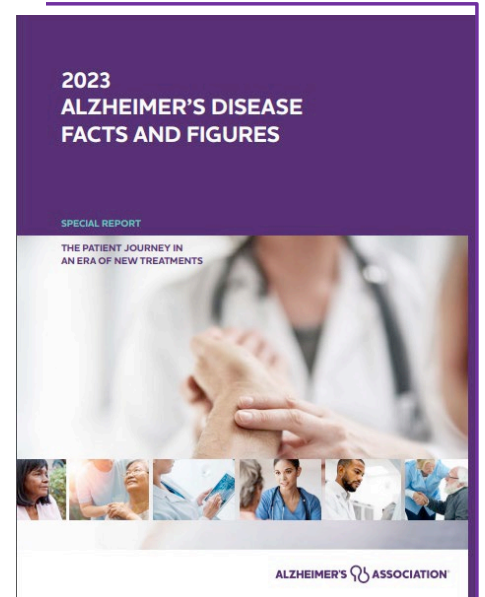
The Alzheimer's Association 2023 Alzheimer's Disease Facts and Figures report highlights prevalence, caregiver burden and direct care workforce shortages. The new report released earlier this month shows there were an estimated 191,000 dementia family caregivers across Wisconsin caring for more than 120,000 on a journey with dementia.

### Wisconsin statistics:

- Number of Wisconsin residents aged 65 and older living with Alzheimer's: 120,000
- Estimated number of Wisconsin residents living with Alzheimer's in 2025: 130,000
- Number of Wisconsin residents serving as unpaid family caregivers: 191,000
- Total hours of unpaid care provided: 213,000,000; Total value of unpaid care: \$3,970,000,000.

Read the full report here:

<https://www.alz.org/media/documents/alzheimers-facts-and-figures.pdf>.



## 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](mailto: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](mailto: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](mailto: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](mailto:romatowskiji@comcast.net)



## Early Stage Dementia Support Group

Central Lutheran Church  
28 East Columbia Street - Chippewa Falls

2nd Thursday of the month  
1 pm—2:30 pm



This group is dedicated to people with early stage dementia or memory loss and their care partners to come together to share, learn and grow.

For more information, contact Vern Weeks at 715-313-0635





## Growing Connections Gardening Club

This club is designed for people living with dementia and their care partners to work on indoor and outdoor gardening projects together

### Projects include:

Microgreens  
Wildflower Seed Paper  
Dandelion Uses  
Pressing Wildflowers  
Regional Apples  
Succulents  
Indoor Herb Garden



Every 4th Thursday of the Month

1:00 - 2:30 pm

Chippewa Falls Public Library

RSVP at 715-723-1146

## Living Well With Memory Loss Events

May  
2

### Memory Café - Chippewa Falls

Time: 10am-11:30am Location: Central Lutheran Church  
Recurring: 1ST Tues. every month

May  
11

### Early Stage Memory Loss Support Group

Time: 1pm-2:30pm Location: Central Lutheran Church  
Recurring: 2ND Thur. every month

May  
17

### \*Free Art Classes (designed for people living with memory loss and their care partners)

Time: 1:00-3:00 pm Location: Chippewa Falls Public Library  
Months of February, May, August

May  
23

### Memory Café - Cornell

Time: 10am-11:30am Location: Our Saviors Lutheran Church  
Recurring: 4TH Tues. every month

May  
25

### \*Growing Connections (gardening group for people living w/memory loss)

Time: 1:00- 2:30 pm Location: Chippewa Falls Public Library  
Recurring: 4TH Thurs. every month

June  
6

### Memory Café - Chippewa Falls

Time: 10am-11:30am Location: Central Lutheran Church  
Recurring: 1ST Tues. every month

June  
8

### Early Stage Memory Loss Support Group

Time: 1pm-2:30pm Location: Central Lutheran Church  
Recurring: 2ND Thur. every month

June  
22

### \*Growing Connections (gardening group for people living w/memory loss)

Time: 1:00- 2:30 pm Location: Chippewa Falls Public Library  
Recurring: 4TH Thurs. every month

June  
27

### Memory Café - Cornell

Time: 10am-11:30am Location: Our Saviors Lutheran Church  
Recurring: 4TH Tues. every month

\* Registration Required call 715-723-1146

Trinity United Methodist Church - 201 West Central Street, Chippewa Falls

Central Lutheran Church - 28 East Columbia Street, Chippewa Falls

Chippewa Falls Public Library - 105 W. Central Street, Chippewa Falls

Our Saviors Lutheran Church - 201 South 6th Street, Cornell

## Caring for Your Loved One at Home

A Skills Fair for Family Caregivers

PRESENTED BY THE CHIPPEWA VALLEY DEMENTIA COALITION

Thursday, May 11, 2023 • 9AM - 3:30PM

Sleep Inn & Suites Conference Center • 5872 33rd Ave • Eau Claire

Centrally located between Dunn, Eau Claire, and Chippewa County!

### WHO SHOULD ATTEND

Family caregiver of a spouse, adult child, parent, friend or neighbor who is living with dementia, Parkinson's disease, stroke, etc.

### EVENT DETAILS

This Family Caregiver Skills Fair will help you learn practical skills with hands-on demonstrations by a registered nurse and physical, occupational, and speech therapists. Caregivers will learn how to provide everyday care for their loved ones.

### TOPICS COVERED

- Oral Care
- Handling Medications
- Bathing & Dressing
- Incontinence Management
- Body Mechanics and Transfer Equipment Demos
- Adaptive Equipment and More!

**Plus, presentations on palliative versus hospice care; meaningful activities; and Dementia Live** (a simulation experience that immerses participants into what it might be like to live with dementia, resulting in deeper understanding and empathy)

### REGISTRATION REQUIRED BY MAY 4

Online: <http://www.adrcevents.org>

Call: 715-839-4735

Thanks to our generous sponsors, a light breakfast and lunch are provided at this no-fee event. **You must register by May 4 and commit to attending please.**

### VENUE SPONSORS



Rehabilitation Hospital of Western Wisconsin

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



## Social Engagement Vital At Any Age

By Carla Berscheid, Dementia Care Specialist

**S**ocial engagement, we have heard so much about this in the last two years along with social distancing and social isolation. Once our ability to be social was compromised, we all realized how important it is to our overall health. Some of the documented benefits for social engagement for seniors include; improved emotional and physical health, enhanced cognitive function and better sleep!



We all need social engagement, for some of us it more challenging to engage and participate. If you have memory loss, it can be challenging to keep up with conversation and/or the activity that others are engaging in. People living with dementia start to avoid social engagement for these reasons and others. Unfortunately, that may further affect their memory decline. When someone has memory loss, the caregiver is often isolated too, which can negatively affect their health too.

Chippewa County has two Memory Cafés to help support those with memory loss and their care partners. We have a Memory Café in Chippewa Falls and Cornell. What is a Memory Café? I am glad you asked, it is a social time for people living with dementia and their care partners to join together for refreshments and connection with others. This is different from a support group, as a Memory Café's goal is to increase social engagement. It's a time to come together and have fun with others, a short reprieve from the challenges that come with memory loss.

## Memory Café Cornell/Lake Holcombe

COFFEE SOCIALIZATION COMMUNITY

### 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 19

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

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

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

**Where:** Our Saviors Lutheran Church  
201 S.6th Street, Cornell

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

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



## FREE ART CLASSES

These classes are designed for people living with dementia and their care partners

February 15  
May 17  
August 16

1:00 pm -  
3:00 pm

CHIPPEWA FALLS PUBLIC LIBRARY  
CALL 715-723-1146 TO REGISTER

Taught by local Artist Lindamerry Udell



*Are you caring for a person  
with memory loss?*

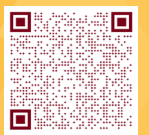
## CARING FOR PEOPLE WITH MEMORY LOSS CONFERENCE

Saturday, June 3, 2023

8 a.m. - 4:30 p.m. CST

Hybrid Event Format

Choose to attend in-person or virtually via Zoom



SCAN ME

Join experts in lively and informative discussions related to memory loss, caregiving tips, and well-being. The Caring for People with Memory Loss Conference provides information, support, and education for the adult children, spouses, parents, health and community care providers, and others concerned with caring for people with memory loss. The conference is free and open to the public. Contact hours/CEUs must be purchased separately.



For more information or to register visit:

<http://z.umn.edu/memorylossconference>





## FREE Foot and Nail Care CLINICS FOR THE COMMUNITY

**APR. 24-28, 2023 | OCT. 23-27, 2023**

### LOCATION:

**Grace Lutheran Church, Eau Claire**

Services are free — appointment required, call 715-836-3636 to schedule.

The UW-Eau Claire Continuing Education will offer a **FREE** Foot and Nail Care Clinic open to the community.

If you have diabetes-related foot concerns, or simply have difficulty caring for your own feet and nails, please don't miss this **free** clinic.

This clinic is part of a certification program and the services will be supervised by a nurse practitioner certified in foot and nail care. During the clinic registered nurses will assess your foot and nail health and determine areas that need attention.

Clinic Date		Registration begins	
Apr. 24-28	7:30 a.m. - 4:30 p.m.	Apr. 10	8:30 a.m.
Oct. 23-27	7:30 a.m. - 4:30 p.m.	Oct. 9	8:30 a.m.

Call **715-836-3636** to schedule your appointment.



Diabetic clients and individuals with difficult foot and nail care issues are encouraged to attend.

To ensure the safety of participants we will be following current CDC and UWEC Campus policy regarding COVID safety protocols.

Continuing Education

University of Wisconsin  
**Eau Claire**

[uwec.ly/footnail1](http://uwec.ly/footnail1)

# Chippewa Falls Parkinson's Support Group

Trinity United Methodist Church  
201 W. Central Street  
Chippewa Falls

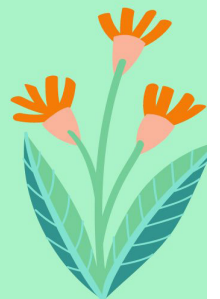
First Tuesday of each month at 1:30 pm

**Spring 2023**

**March 7** - Megan Stark - WI Parkinson's Disease Assoc

**April 4** - Jim Adams - Author of Other Me's

**May 2** - Stepping On Program



## TOPS (Take Off Pounds Sensibly)

Sometimes we need to be reminded that difficult times and tasks are made easier when others are there for us. Support comes in both physical and emotional forms. A hug, a smile, a "good job", will help us to move forward.

Each week at TOPS in Cornell, friends receive encouragement and support for their ongoing battle with weight issues. Meetings consist of a weigh in, shared recipes, health programs, member feedback and laughter to motivate us to a better eating lifestyle.

Once a year we have an awards morning where every member is recognized for their accomplishments. We all need help from time to time. Join us and learn to enjoy working toward your healthy weight loss goal. If you would like more information, please call Linda at 715-595-3804.

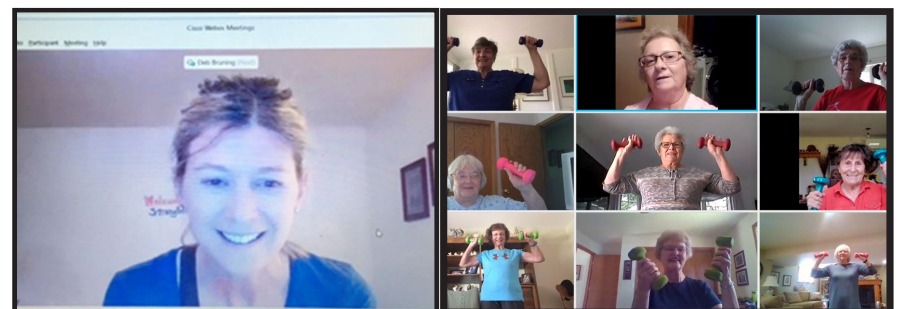
*And remember "It is never too late to be what you might have been."*  
(George Eliot)

**Tip #20**

## Help Yourself to Better Health Schedule Activity

Making physical activity part of your daily or weekly schedule can help you stick with it. Weekdays before breakfast, right after lunch on Tuesdays and Thursdays, before your favorite TV show — you decide what works best for you. Building activity into your schedule helps you stay on track.

**wiha**  
Wisconsin Institute  
for Healthy Aging  
[wihealthyaging.org](http://wihealthyaging.org)



**StrongBodies™** is a 10-week program designed to help older adults become and stay strong. Each class includes warm-up, progressive weight training, balance, and flexibility exercises. Minimal equipment needed: set of dumbbells, ankle weight & floor mat or towel.

All new participants must complete forms at an Information Session before participating in classes. Virtual and in person workshops. Class size is limited. Registration is required two week prior to the start of all classes.

### Registration

New participants register online [www.adrcvents.org](http://www.adrcvents.org) or call 715-839-4735. Repeat participants must complete a Re-enrollment Consent Form to sign up by March 17, 2023.



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



### StrongBodies™ - Information Session

**WHEN:** Thursday, March 2, 2023  
10:00 - 11:15 am

**WHERE:** Webex or phone conference

**Workshops:** M&W, April 3 - June 7, 2023  
8:30 am, 11:15 am, 7:30 am, 5:00 pm  
T&TH, April 4 - June 8, 2023 at 8:30 am

**COST:** No fee for new participants  
\$20 suggested contribution for Repeaters



## Eating Right for Older Adults

From: *Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics website*  
<https://www.eatright.org/national-nutrition-month-2023/resources>

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine. The following tips can help you get started on your way to eating right.

**Make half your plate fruits and vegetables.** Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.



**Make at least half your grains whole.** Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

**Switch to fat-free or low-fat milk, yogurt and cheese.** Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

**Vary your protein choices.** Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you’re at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

**Limit sodium, saturated fat and added sugars.** Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

**Stay well-hydrated.** Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

**Enjoy your food but be mindful of portion sizes.** Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

**Cook more often at home, where you are in control of what’s in your food.** When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

**Consult a registered dietitian nutritionist** if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

## Volunteer Corner

Communication is key to a successful partnership. Not only do we appreciate your time to deliver meals, but we also appreciate the insights or questions you may have about the program. I've had great conversations with volunteers discussing our procedures, challenges, and improvements. Please know that our program staff and I want an “open door” policy where you can feel comfortable sharing your thoughts, concerns, and ideas. After all, we are all part of a team that wants to serve the program participants to the best of our ability.

## Memorial Gifts

The Chippewa County Meals on Wheels program received several gifts in memory of Yvonne Bernier. Yvonne worked for the Meals on Wheels and Senior Dining Programs for 25 years before her passing in March. Special Thank you to the following persons for their gifts:

Larry & Dianne Marquardt  
 James Isaacson  
 Family of Yvonne Bernier  
 Anonymous

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



# Transportation Services are Available



Imagine for a moment that you are dealing with a major health problem. It might be temporary, but it also could be something you are going to live with the rest of your life. Maybe that health issue is going to get progressively worse as time goes by. This is the reality for many of the older people and people with disabilities living in Chippewa County.

The Aging & Disability Resource Center of Chippewa County is available to help connect people to resources that can help folks stay as independent as possible in their community. Probably one of the greatest needs in our county is transportation.

Think for a moment...that gentleman who used to come to the grocery store on Tuesday afternoons; the woman who isn't coming to the diner every morning for coffee; the couple that sat in front of you at church; or the woman who walked five blocks to the beauty shop every Friday for a set.

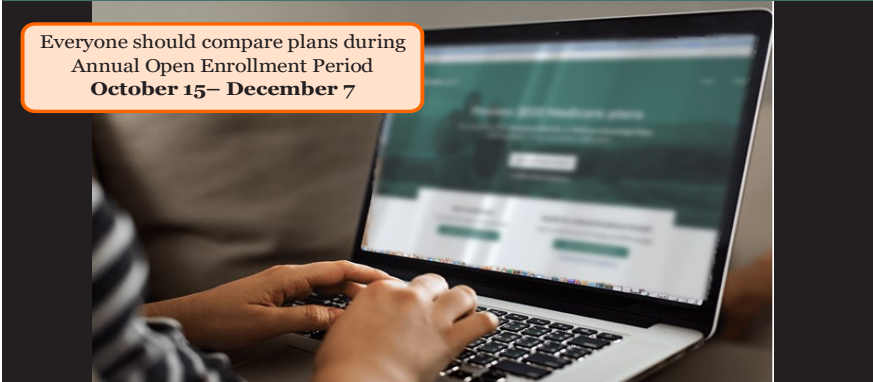
Giving up a driver's license is difficult. It's even harder when there are no alternatives other than asking your family to take you places. Research has shown that social isolation has the same health effects of smoking nearly a pack of cigarettes a day.

The Aging & Disability Resource Center can assist folks in getting where they need to go. Whether you are able to travel in a car or you need to ride in a wheelchair accessible vehicle, we can help. In the past, we only provided transportation assistance to medical appointments. That is no longer the case. We still can help with medical rides but we are now able to offer affordable transportation to the grocery store, bank, beauty shop, and all of the other errands you need to run. Call Kelly at the ADRC for information about your options. 715-726-7777.

If you have ideas for how we can expand our services, please let us know. We are always looking for more opportunities to get people where they need to go.

The Aging and Disability Resource Center (ADRC) brings you a presentation on:

## Compare Medicare Drug Plans Online



Everyone should compare plans during  
Annual Open Enrollment Period  
**October 15– December 7**

### Using Medicare's Online PlanFinder Tool

Did you know drug plans change their costs and coverage every year? Want to see if you can save money on drug costs? Don't get stuck in a plan that doesn't work for you. The power is at your fingertips!

Everyone on Medicare (or their caregivers) should compare plans every year during Open Enrollment either online or by calling 1-800-Medicare.

Learn how to navigate the Medicare.gov website, create an account, enter your drug list, pharmacy choices, and learn what to look for in a good plan & what's important to you. The ADRC provides free, unbiased information.

#### Registration Required

Must be able to operate a computer on your own to follow along on screen with the class.

Register: [www.jotform.com/ADRC\\_adrc/planfinderclass](http://www.jotform.com/ADRC_adrc/planfinderclass)  
Or use your phone's camera to scan this code & register online.

Classes at CVTC Chippewa Campus  
**May 17, Oct 25, Nov 30 (11am-12pm)**

Questions? 715-726-7777 or  
[ADRC@co.chippewa.wi.us](mailto:ADRC@co.chippewa.wi.us)



2023

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# Watch Out for Health Fraud Scams By the Greater Wisconsin Agency on Aging Resources Legal Services Team

**H**ealth fraud has been around for centuries. These scams involve selling drugs, devices, foods, or skincare products with claims that they will help with common health issues, like weight loss, memory loss, or joint pain. Unfortunately, these products usually don't work as advertised, and at worst, they're dangerous. Read on to learn about some common types of health fraud scams.

- ✓ **Miracle Cures** These ads will often use testimonials from patients or medical providers who say that you'll get "miraculous results." Spoiler alert: you won't. Remember that success stories like these are easy to make up, and reviews you read on social media may be fake.
- ✓ **Quick Fixes** Watch out for ads that promise results in "30 days or your money back" or other unrealistic timelines. Remember that few conditions can be treated quickly, even with proven treatments.
- ✓ **"Ancient Remedies" and "All Natural" Cures** These words are used to try to make you believe that products are safer or have a longer track record than more mainstream treatments. Don't be fooled by these descriptions. Remember that some

ancient civilizations believed that drinking mercury would increase a person's lifespan. (We now know that exposure to mercury can have serious effects, ranging from headaches and tremors to death.) In addition, the Food and Drug Administration (FDA) has found many products advertised as "all natural" treatments that actually contain high doses of prescription drug ingredients.

- ✓ **Scientific Breakthroughs** These ads use words that sound scientific or refer to prestigious awards. Some examples include "Nobel Prize-winning technology," or "Extreme Thermogenic Formula." Sometimes ads will mischaracterize research studies and draw conclusions that the researchers themselves didn't make.

Before purchasing a product you've seen advertised, talk to your doctor or other health care professional. Ask whether the product works and whether there is any scientific research that supports the advertisers' claims. If you are taking any supplements or prescription drugs, ask whether using the product will lead to any harmful interactions. If the product is safe to use, ask how much you should take and whether there are any side effects you should know about.



You can also do some research on your own. Search for the name of the product online with the words "reviews," "complaints," or "scam." If the ad mentions any scientific studies, look up the researchers and whether the studies were published in a scientific journal.

If you think you've found a scam, consider reporting it to the Federal Trade Commission (FTC) at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud). The FTC and law enforcement agencies use these reports to stop scammers. If you experience side effects or illness related to a health care product, seek medical help immediately. You can report it later on the FDA's MedWatch website.

## Fill Your Day With Meaningful Work

Employment looks different for everyone and it can be a reality for anybody with the right help! My Choice Wisconsin has experience in supporting seniors and adults with disabilities throughout their employment journey.

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- Build relationships
- Explore different types of work
- Develop your skills

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



*For more information on your long-term care options, contact your local ADRC.*

DHS Approved 5/27/2021



# Mental Health: There are Solutions!

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

Growing older has never been easy, and growing older with mental health challenges can be overwhelming.

The Centers for Disease Control (CDC) estimates that 20% of people age 55 years or older experience some type of mental health concern. The most common conditions include anxiety, severe cognitive impairment, and mood disorders (such as depression or bipolar disorder). Not surprisingly, many of these issues can actually lead to suicide or attempted suicide. So what can we do to help those dealing with these types of difficulties? And what can we do to help maintain positive mental health as we grow older?

First and foremost, we should maintain close emotional and physical ties with the elders in our family or network of friends. We can also encourage seniors to stay active and engaged. Being around people and having hobbies or activities to look forward to on a regular basis, can help fight against the loneliness that can result from disrupted personal ties, moving from one's home or losing a spouse.

Another important thing we can do is talk. Talking about our feelings (good and bad) with someone who cares about us or that may even be a professional counselor, clergy or mental health professional, can have a



profound impact on how we digest and react to emotions. Want to be able to best deal with your feelings? Don't hold them inside – talk them out! Mental and emotional health issues are no longer things to be ashamed of anymore. They are just like any other medical problem we deal with as we age.

Just like medications we take to deal with cancer, headaches and even COVID, there are many treatment options to help with our mental health as well. Thanks to television commercials regularly promoting pharmaceutical treatments for depression, bipolar disorder, and anxiety, our society is becoming used to the idea that people can have issues with their mental health – and still be active and useful members of society. This is a wonderful breakthrough! Remember, just like other diseases, quality treatments and cures are available. If you, or someone you love is struggling with their mental health – seek help as soon as possible.

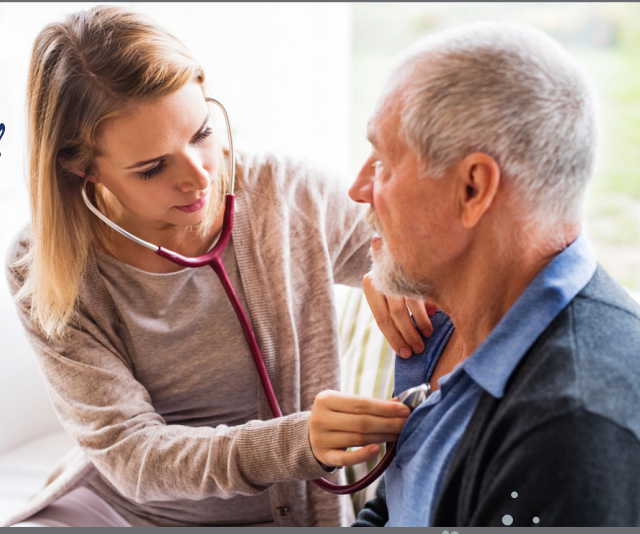
In addition to treatments – there are things we can do to be proactive about our mental health as we age. Psychotherapist, facilitator and trainer Glenn Baird suggests there are five simple actions that people can take which have been proven to improve mental wellbeing.

- Build and maintain strong relationships. These are the foundation of mental wellbeing.
- Be active. Always make time in your week to do something that gets you moving.
- Keep learning. Stimulate your brain by picking up an old skill or trying out a new one.
- Give. Giving back to the local community or helping out a friend or colleague is a great way to boost your self-esteem and raise a smile.
- Take notice and appreciate what is around you. Be grateful for what you have and what you've experienced.

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## Some Key facts about Seniors and Mental Health

- Due to population aging, the number of seniors with mental disorders is expected to double by 2030.
- Depression is the most common mental health problem in older people.
- People aged 85 and older have the highest suicide rate of any age group.
- Two-thirds of seniors with mental health problems do not get the treatment they need.
- Mental health services for older adults are limited in comparison to other age groups.

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

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 Wednesday-Chippewa Falls

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

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