



JANUARY 2024

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Still Time to Sign Up But Don't Wait Any Longer!

Cornell and Lake Holcombe women age 50 or better! You still have time to sign up for a workshop that has been researched and proven to give women the tools needed to help control bladder and bowels. In fact, 71% of participants reported improved bladder symptoms and 55% reported improved bowel symptoms!



Half of all women age 50 or older will experience incontinence at some point in their lives. But just because it's common doesn't make it normal. Best of all there are solutions you can try, without medication or surgery.

The Mind Over Matter (MOM) program teaches strategies for preventing and lessening the symptoms. It includes information about pelvic floor exercises, dietary tips and fluid intake. And here's a hint...reducing your fluid intake can actually result in worsening symptoms! Most people only know about the impact of diet on bowel issues, but it can be equally important with bladder symptoms.

So, call a friend and sign up for the three session workshop in Holcombe. The sessions are 9 am – 11:00 am on January 19, February 2 and February 16 at Lake Holcombe School. Privacy and confidentiality are imperative to the workshop so plans have been taken to assure this. Call the ADRC at 715-726-7777 to register.

STRONG *People*™

STRONG BODIES

Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

For more information, contact 715-726-7777

Virtual StrongBodies - Winter 2024 Session

Dates: January 8 - March 28, 2024

Time: Tuesdays and Thursdays, 9:00 – 10:15 am

Offered virtually via Zoom

How to Sign Up: 715-726-7777 Let us know if you need hand and ankle weights when you register. We can help!

An AA/EEO employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

A Different Kind of Volunteer Opportunity



If you'd like to play a role in shaping the direction of programs and services for older people in the state, we invite you to volunteer for the Greater Wisconsin Agency on Aging Resources (GWAAR) Board of Directors. Our mission is to provide aging offices and ADRCs with training, technical assistance, and support to improve the well-being of older people in Wisconsin. To apply, please go to our website at <https://gwaar.org/> and fill out our online application and submit to john.schnabl@gwaar.org.

If you have any questions about volunteering on the Board of Directors, please contact John Schnabl at john.schnabl@gwaar.org.

Staff Spotlight

Meet Renee

OUR ADMINISTRATIVE ASSISTANT



Hello, my name is Renee Price and I am one of the Administrative Assistants that answer the phone when you call the ADRC of Chippewa County. Part of my job is to make sure when you call or come into our office that you get the information you need and/or meet with someone who can help you. I enjoy being up front and meeting all of you in our community. I moved here from Colorado three years ago where I lived for 16 years. The Midwest has always been home for me though and am glad to be back. I have been married for almost 40 years, I have three grown children and six grandchildren who brighten my day every day!

What I love most about my job is being there for people in a time of need, that there are no two days alike and a great fulfillment in knowing that you will get the best help possible from a group of wonderful, knowledgeable caring people in our office.

Rose August Retires After 19 Years!

If you have been to the Chippewa Falls Senior Center in the past 19 years, you've probably met Rose August. She has been an integral part of the Senior Nutrition Program and shared her smile with hundreds of people. One of Rose's major contributions to the program has been her coordination of the Meals on Wheels volunteers and routes. She's also delivered many meals through the years and served even more in the dining room. In fact, in her 19 years, she has likely served over 50,000 meals to folks at the Senior Center!



We are definitely sad to see Rose leave but she said she isn't going far. Rose plans to continue coordinating volunteers in a volunteer capacity for a while.

One thing she won't do upon retirement is nothing. She's committed to some volunteering, but her greatest joy comes from spending time with her family, and retirement will give her more time for that! We are sure going to miss her smile, laughter, sense of humor, and of course the 19 years of historical knowledge. Pretty sure she will get more than a few phone calls asking where, what, when, how and why!

Thank you for 19 years!

Social Security Announces 3.2% Benefit Increase for 2024

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2% in 2024. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.



More than 66 million Social Security beneficiaries will see the 3.2% cost-of-living adjustment (COLA) beginning in January 2024. Increased payments to approximately 7.5 million people receiving SSI will begin on December 29, 2023.

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

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

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.

Want to get this paper delivered?

A one-year subscription is only \$16! Complete this form, mail to the address below and include your check for \$16. Do not send cash.

Name: _____

Address: _____

City: _____

Phone: _____

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

Social Security and Scam Awareness

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

Social Security imposter scams continue to be widespread across the United States. Scammers use targeted, sophisticated tactics to deceive you into providing sensitive information or money.



If you receive a suspicious letter, text, email, or call, do not respond. We want you to know how to identify a scammer and avoid becoming a victim.

We will NEVER:

- Text or email images of an employee's official government identification.
- Suspend your Social Security number.
- Threaten you with arrest or other legal action unless you immediately pay a fine or fee.
- Require payment by retail gift card, wire transfer, internet currency, or cash by mail.
- Promise a benefit increase or other assistance in exchange for payment.
- Mail or email "official" letters or reports containing your personal information.

We only send text messages if you have opted in to receive texts from us and only in limited situations, including the following:

- When you have subscribed to receive updates and notifications by text.
- As part of our enhanced security when accessing your personal my Social Security account.

If you owe money to us, we will mail you a letter with payment options and appeal rights.

We encourage you to report suspected Social Security imposter scams — and other Social Security fraud — to the Office of the Inspector General website <https://oig.ssa.gov/report/>. You can find more information about scams on our Protect Yourself from Scams webpage <https://www.ssa.gov/scam/?oig-redirect>.

Please share this information with your friends, family, and colleagues to help spread awareness about Social Security imposter scams.

Find us at
seniorreviewnewspapers.com

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LakeHallieMemoryCare.com

SCAMS

Don't Be Fooled by A Fake Package Delivery Scam

By Tiffany Schultz, Better Business Bureau SW WI Regional Director

Online purchases and package deliveries skyrocket during the holiday season. Naturally, scammers use the opportunity to trick busy shoppers into providing personal information. Here is how the scam works:



You receive a text message from what appears to be a delivery driver looking for your home. It says something along the lines of "Hi! My name is Tony. I work for FedEx, and I'm trying to find your house. Please call me."

If you call the number, you will be asked to confirm your personal details, including your name, address, and possibly even your credit card information. If you don't remember ordering anything that needs to be delivered, the caller may try to convince you the package is a gift from a friend or relative. The callers are often friendly and professional, making the scam hard to spot.

Additionally, look out for text or email messages that ask you to reschedule a delivery or pay a small delivery fee. These messages often look legitimate – containing official logos and using professional language. If you click, you may download malware or spyware onto your computer, giving con artists access to personal information and passwords.

In either case, the package doesn't exist. If you provide your personal information, it will be in the hands of con artists, and you'll be at risk of identity theft.

How to avoid delivery scams:

Keep track of deliveries. Scammers hope you will assume they are talking about a package you are expecting, without double-checking. It will be much harder for them to fool you if you know what deliveries you are expecting, from what companies, and when.

Know delivery company policies. Delivery companies will never contact you with unsolicited calls or texts. Depending on how you signed up for notifications, messages are usually posted within a secure online portal. Be leery of unsolicited messages, especially if you never signed up for text alerts.

Never give sensitive personal information to people you don't know. If an unsolicited caller asks you for personal information, even if they claim to represent a company you trust, hang up and call the company using the official customer service number.

Report it. If you've experienced a scam, regardless if you lost money or personal information, report it to BBB.org/ScamTracker. Your report helps to warn others of the scams taking place in the marketplace.

UPEASY Lifting Cushion

Are you struggling with being able to get up or sit down from a sofa or chair? We have just the thing for you! The UPEASY Lifting Cushion. This assistive mobility device helps individuals who



need support with getting up or down from a seated position. This device is designed for individuals experiencing arthritis or various other joint ailments, which affect their ability to reach a sitting, or standing position. It lifts 70 percent of the user's body weight and the foam cushion reduces pressure. It folds flat and is easily portable. LevelLift technology transforms any chair or sofa into a helpful mobility aid that uses hydro pneumatic gas springs to move up and down on a level surface which lessens the pressure put on joints.

If you would like more information on UPEASY Lifting Cushion or any other assistive technology devices that could potentially improve your independence, please call CILWW at 715-233-1070 or 800-228-3287. CILWW provides services at no cost to the individual. CILWW is not a funding source to purchase the assistive technology, but can help locate resources for funding.

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





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For more information call (715) 723-4437 ► www.chippewamanor.com

Veteran Benefits & News

VA Burial Allowance Benefit

To be eligible for allowances that help pay for a Veteran’s burial and funeral costs one of these relationships or professional roles must be true as it relates to your connection to a Veteran:

- You’re the Veteran’s surviving spouse (Note: We recognize same-sex marriages.), or
- You’re the surviving partner from a legal union (a relationship made formal in a document issued by the state recognizing the union), or
- You’re a surviving child of the Veteran, or
- You’re a parent of the Veteran, or
- You’re the executor or administrator of the Veteran’s estate (someone who officially represents the Veteran)

The Veteran must not have received a dishonorable discharge, and one of these circumstances must be true:

- The Veteran died as a result of a service-connected disability (a disability related to service), or
- The Veteran died while getting VA care, either at a VA facility or at a facility contracted by VA, or
- The Veteran died while traveling with proper authorization, and at VA’s expense, either to or from a facility for an examination, or to receive treatment or care, or
- The Veteran died with an original or reopened claim for VA compensation or pension pending at the time of death, if they would’ve been entitled to benefits before the time of death, or
- The Veteran died while receiving a VA pension or compensation, or
- The Veteran died while eligible for a VA pension or compensation at their time of death, but instead received full military retirement or disability pay

You can’t get burial allowances for certain individuals on active duty, while serving as a member of Congress, or while serving a federal prison sentence.

In the News

VA now offers online ordering for CPAP supplies and hearing aids.

Am I eligible to order CPAP supplies from VA?

You may be eligible to order CPAP supplies from the VA if you meet all of these requirements.

- You’re enrolled in VA health care, and
- You’re registered as a patient at a VA medical center, and
- Your VA provider has prescribed a CPAP machine

Follow these steps to order hearing aid or CPAP supplies.

Step One: Prepare

To place an order, you’ll need your:

- Shipping address
- Email address
- Hearing aid information
- CPAP machine information

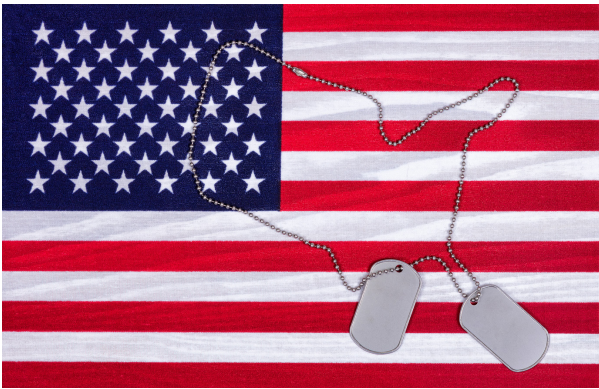
Step Two: Place your order

Complete the hearing aid or CPAP supplies order form by going to: <https://www.va.gov/health-care/order-hearing-aid-or-CPAP-supplies-form/introduction>

When placing your order, you will need to:

- Confirm your personal information
- Confirm or edit your shipping address and email address
- Select any hearing aids that need batteries
- Select any hearing aid accessories you need
- Select any CPAP supplies you need
- Review and submit order

If you have questions about your order, you can call the DLC Customer Service Section at 303-273-6200 or email dalc.css@va.gov. Or call the Chippewa County Veterans Service office at 715-729-7990



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Putting Things Into Perspective *By Leslie Fijalkiewicz*

I'm one of THOSE people...you know, the kind that loves to share miscellaneous factoids that I think EVERYONE should be aware of.

Take for example the article I read a few weeks ago. I'm not even sure what the full article was about because I got so caught up in a chart within the article. The chart, which was actually more of a map of the US, showed how many certified nursing home beds each state lost in the last five years. Wisconsin led the entire nation with a total of 6,341 beds that just disappeared. The next closest was Ohio with 6,181. To put it in perspective, California only saw a decrease of 3,810!

I won't get into the whole process for how beds are "lost" but it is important to understand some of the reasons behind the numbers. One of the main reasons Wisconsin has lost more beds than any other state has to do with the fact that Wisconsin is a leader in developing programs that allow people to stay at home longer. Programs like Family Care and IRIS provide services in the home for people who might otherwise find themselves needing nursing home placement.

Don't get me wrong. Nursing homes are a vital part of our health care system...sometimes a nursing home is the best setting for someone who needs care.

Another reason that Wisconsin and other states are seeing a decrease in certified nursing home beds, is because of the workforce challenges. In fact, over the last few years, all of the nursing homes in our area that have closed their doors, did so because they couldn't hire sufficient staff to provide the care needed to their residents.

I'm concerned and I have been for quite some time. As more people opt for care in their homes instead of a nursing home, who is going to provide this care? Think about it...how many people can one personal care worker assist in a day if they are going from home to home? How many people can that same care worker assist in a day if they are working in a nursing home?

We know our population is aging. The oldest of the baby boomers are aged 77 and approaching the point at which we see a higher incidence of nursing home placements. Where will they go with fewer nursing homes? Who will provide help in the home for folks when we already have a shortage of care workers?

Most of the time I'm a glass-is-half-full person but I admit that sometimes this topic can get me going down the rabbit hole of pessimism. However, as previously mentioned, I have been concerned about this for awhile and consequently, I have a few ideas for how to avoid this doom and gloom.

First of all...remember it is never too late to improve your health.



The longer you stay healthy, the longer you can go without needing help around the house. You don't have to change everything all at once. Snack on exercise...the minutes add up and they all count. Cut back on some of the less healthy foods and maybe incorporate a few healthier ones. Take a class, find a walking buddy, try some new recipes.

It only takes about 10 weeks to form a new habit. Whether that habit includes adding something healthy

or reducing something not so healthy, it all matters. To put it in perspective, ten weeks is approximately the time from Halloween to the week after News Years! Or it's the length of time from July 4th to the week after Labor Day. We all can attest to just how fast that time goes by.

Second but equally important...plan ahead. Start looking at where you live and what you might need in the future. Do you live near people who are in the best position to help you? Can you get to appointments, grocery store, church, etc when you don't drive? I know, you are probably thinking you will never give up your license. Even still, you may want to consider that women outlive their driving ability by about 10 years and men by about 7 years.

I'm not suggesting you sell your house and move next door to your daughter. I don't want that anymore than my daughters would. I'm merely suggesting you think about some options for down the road. That way, should circumstances require a change, you will have put the "research" into it already. That's important because we can think more clearly when we aren't in the midst of a crisis.

I am planning to do both of those things and then some. Laugh if you want, but I'm actually serious. Some of my closest friends and I are looking at living in close quarters. Maybe not communal living, but maybe something close to that. Then we can look at the strengths we each possess and live in a manner that supports each other. Yes, I realize that we will all be getting older, but my hope is that we can help each other, avoid social isolation and loneliness, while also feeling like we are contributing to our own and each other's well-being. It's important to a person's overall health, to be able to feel like you make a difference. Perhaps this sounds a little crazy, but I figure that we should all be looking toward the future and planning for the unexpected...well to the degree you can ever really do that!

In case you are wondering, Gina and I will be sharing the cooking and cleaning. Our husbands (Tom and Mark) will be doing the home and vehicle maintenance, and laundry. When one of us starts to decline in health, we will adjust as needed or pool our resources to hire someone. That's our plan...I think it has merit! We haven't shared it yet with our daughters though they probably won't be surprised!

What is a Busy Box?

A busy box can take on several looks. It can be a simple shoebox with photos and other keepsakes that are important to the person with dementia. It can also be a collection of items the person is interested in at this time (such as scarves, buttons, nuts and bolts, etc.). Consider what your person likes and gather items related to that. The benefit of a busy box is to provide an enjoyable activity for them to engage in. A busy box activity can provide a calming activity and may prevent rummaging through drawers and cupboards, when they appear to be “looking for something”; which may not be safe. Busy boxes can be useful if you are trying to distract or redirect your loved one.



Here are some examples of busy boxes:

- Sorting tasks – using a muffin tin, ice cube tray or small containers, as the person to sort buttons, nuts and bolts, barrettes or costume jewelry.
- Household tasks – matching socks, folding washcloths and hand towels, cleaning/dusting small items.
- Photos – provide a stack of photos and ask them to put them in a small photo album
- Greeting cards – provide a box of greeting cards and envelopes and ask your person to put an envelope with each card or sort the cards by occasion.
- Fabrics– for those that like sewing (but may not be able to do anymore) sorting fabrics by color, organizing thread by color, and/or looking at patterns and pictures of items they have created in the past.
- Fibers – for those that like knitting or crocheting (but may not be able to do anymore) could sort small balls of yarn by color and look at pattern books.

Living Well With Memory Loss Events

Jan 11

Early Stage Memory Loss Support Group

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

Jan 23

Memory Café - Cornell

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

Jan 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

Feb 8

Early Stage Memory Loss Support Group

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

Feb 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

Feb 27

Memory Café - Cornell

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

*** Registration Required call 715-723-1146**

*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*



STRETCHING

Word Play

Find the one missing word that will create two separate compound words.

- | | | | |
|------------|-------------|--------|------------------------|
| 1. Speed | <u>boat</u> | House | (Speedboat, Boathouse) |
| 2. Barn | _____ | Stick | |
| 3. Black | _____ | Room | |
| 4. Bed | _____ | Piece | |
| 5. Ding | _____ | Boy | |
| 6. Butter | _____ | Maid | |
| 7. Fire | _____ | Ways | |
| 8. Flat | _____ | House | |
| 9. Flash | _____ | House | |
| 10. Hang | _____ | Cook | |
| 11. Car | _____ | Scotch | |
| 12. Hump | _____ | Draft | |
| 13. Land | _____ | Out | |
| 14. Oat | _____ | Time | |
| 15. Out | _____ | Room | |
| 16. Under | _____ | Food | |
| 17. Shut | _____ | Lid | |
| 18. Volley | _____ | Room | |
| 19. Sea | _____ | Way | |
| 20. Black | _____ | Coat | |



Tip #4

Help Yourself to Better Health Exercise Your Brain

Engaging in activities that are mentally stimulating can benefit your brain, so take steps to keep your mind active. Learn a new skill – or teach one. Read. Work or volunteer. Do puzzles or play games. Start or revive a creative hobby. **Do something that challenges you – and your brain.**

wha

Wisconsin Institute
for Healthy Aging
wihealthyaging.org

The Aging and Disability Resource Center of Chippewa County Presents

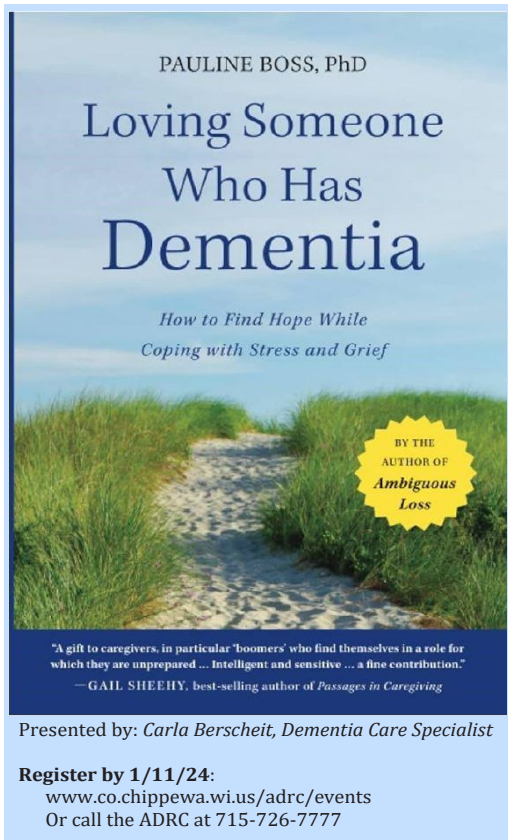
Virtual Book Club

Stories related to journeys of Dementia

What is this book club about?

Join us from the comfort of your own home. We will discuss caring for someone living with dementia and all that it entails. We will discuss one chapter per week. Books are available through the ADRC.

Thursdays
1/19/24—
3/14/24
3:00-4:00p.m
Virtual (Webex)



Presented by: Carla Berscheit, Dementia Care Specialist

Register by 1/11/24:
www.co.chippewa.wi.us/adrc/events
Or call the ADRC at 715-726-7777

Rural Family Dementia Caregivers Needed for NIH-Sponsored Research Study



Researchers from Indiana University in collaboration with CareVirtue, a small business dedicated to supporting people living with dementia and their caregivers, recently received funding from the National Institutes of Health (NIH) to design the Resource Connection, a website that will provide **personalized local resources and connections for family caregivers of people living with Alzheimer's disease and other dementias living in rural areas.**

We are currently looking for **family caregivers living in rural areas** to participate in this research study.

Participants will use CareVirtue's Resource Connection on their phone or computer for 30 days. During that time, participants will complete a demographic questionnaire, use CareVirtue's Resource Connection to connect to resources to support their caregiving needs, and participate in a post-use interview.

If you participate in this study, you will be compensated \$100.

To be eligible, participants must:

- Be a self-identified primary caregiver for someone living with Alzheimer's Disease or other related dementia
- Live with or near the person living with Alzheimer's Disease or other related dementia
- Live in a rural area
- Be over the age of 18
- Have access to the internet

If you are interested in participating or want to learn more, please contact Dr. Jordan Hill at (812) 856-5032 or at jrh6@iu.edu. Your call will not obligate you to take part in the research study. Your participation is completely voluntary, and you can change your mind at any time.



INDIANA UNIVERSITY BLOOMINGTON



CAREVIRTUE

ADRC OF CHIPPEWA AND CLARK COUNTIES PRESENT:

CAREGIVERS OF INDIVIDUALS WITH DEMENTIA

The Chippewa and Clark County ADRC will collaboratively present **FREE**, quarterly education sessions for caregivers of individuals with dementia hosted at Aspirus Stanley Hospital

Sessions are scheduled the first Tuesday of the month, beginning in August, from 10:00 am to 11:30 am.



JOIN OUR EVENTS

AUGUST 8, 2023
NOVEMBER 7, 2023
FEBRUARY 6, 2024

10:00 am - 11:30 am

Aspirus Stanley Hospital
1120 Pine Street
Stanley, WI 54768

Please Register:

715-644-6153

diane.finn@aspirus.org



Virtual Dementia Education Programs

Serving Northwest Wisconsin - January 2024



Support Groups

Support for individuals caring for or who are concerned about a person living with dementia.

Monday DISH - Dementia Informed Super Heroes

Support group designed for working caregivers
1st Monday of the month, 1/8 (due to holiday)
7:00 - 8:00 pm
scott.seeger@adrc-cw.org
715-261-6066



Circle of Support

3rd Tuesday of the month, 1/18
2:00 - 3:00 pm
becky.kamrowski@co.trempealeau.wi.us
715-538-1930

Evening Conversations

Every Thursday, 1/4, 1/11, 1/8, 1/25
7:30 - 8:30 pm
becky.kamrowski@co.trempealeau.wi.us
715-538-1930

Moving Forward: Life After Dementia Caregiving

2nd and 4th Tuesday of the month, 1/10 and 1/24
9:30 - 11:00 am
Jenna Pogorels, jpogorels@alz.org
800-272-3900

Lewy Body Dementia Caregiver Support Group

2nd and 4th Wednesday of each month, 1/3 and 1/17
1:30 - 3:30 pm
rgriesel@co.dodge.wi.us
Rob Griesel, 920-386-4308

Savvy Caregiver Support Group

1st Tuesday of the month, 1/2
10:00 - 11:00 am
Lisa Wells, www.adrcvents.org
715-839-4735



Book Clubs

One hour discussion of recommended book, conversation, and sharing.

Book Club:

Loving Someone Who Has Dementia

Wednesdays, 1/17 - 2/21, Noon - 1:00 pm
Lisa Wells, www.adrcvents.org
715-839-4735
Or
Thursdays, 1/18 - 3/14, 3:00 - 4:00 pm
Carla Berscheit, 715-726-7777

High Octane Brain

Thursdays, 1/18 - 3/7, 11:00 am - Noon
Kimberly.bauer@sccwi.gov



Boost Your Brain and Memory Class

A unique program that takes on a holistic approach to improving brain health in older adults. Participants will learn new habits to maintain cognitive health while also practicing new skills for better memory performance.

Tuesdays, 1/9 - 2/20, Noon - 1:00 pm
www.adrcconnections.org/registrations
715-537-6225

Coordinated by the Dementia Care Specialists Serving:

Ashland, Barron, Bayfield, Burnett, Chippewa, Douglas, Dunn, Eau Claire, Iron, Pepin, Polk, Pierce, Price, St. Croix, Sawyer, Trempealeau, and Washburn counties

To locate your local Dementia Care Specialist, visit

<https://bit.ly/dementiacarespecialist>

Local Tribal Dementia Care Specialist, visit

<https://dpi.wi.gov/amind/tribalnationswi>

Brain Health – The Six Pillars

Did you know that there are more than 125,000 people living with diagnosed dementia in Wisconsin? There is likely another 50% living with undiagnosed dementia. Did you also know that it is estimated that 40% of all dementia cases could have been prevented or delayed by living a healthy lifestyle?

There are six pillars of a brain health lifestyle: nutrition, exercise, stress reduction, sleep, continued learning and social engagement. Here are the basics of the pillars, in each month of 2024 we will discuss one of these pillars in more detail.

Exercise – what is good for the brain, is good for the heart. Aim for 150 minutes of exercise per week.

Stress Reduction – managing your stress reduces the amount of cortisol and other hormones in your body that can negatively impact your brain.

Nutrition – following the MIND diet (similar to the Mediterranean diet) has been shown in research studies to reduce or delay cognitive changes.

Continued Learning – pledge to be a lifelong learner. Engaging and challenging your brain to learn new things keeps your brain healthy. Think of the “use it or lose it” concept.

Quality Sleep – aim for 7-9 hours of quality sleep each night. To improve your sleep, limit or eliminate day time naps, have a consistent bedtime and wake up time, eliminate food and/or alcohol consumption and screen time at least 2 hours before bedtime.



Social engagement – positive social engagement is important for our overall well-being and brain health. We are social creatures. Our connection to others and meaningful pursuits through volunteering and helping others fuels a healthy brain.

To discover more about Brain Health, considering reading one of these books:

- The High Octane Brain, by Dr. Michelle Braun
- 12 weeks to a Sharper You, by Sanjay Gupta

Prevent Colds & Flu



IMMUNE BOOSTER MUST HAVES:

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- Elderberry
- Zinc • Quercetin

STRESS BUSTERS:

- B Complex
- Suntheanine
- Pharma Gaba






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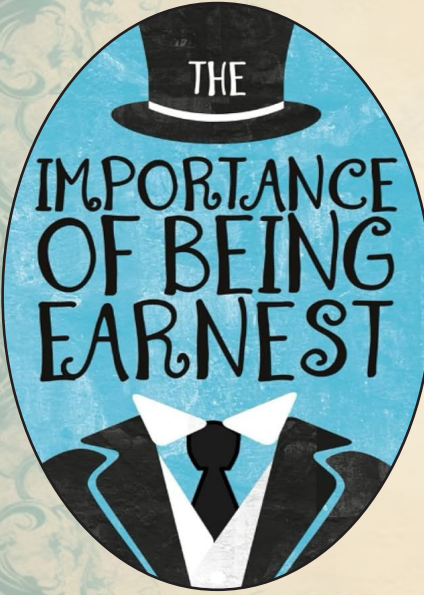
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present a Winter Comedy to Warm the Heart



Oscar Wilde's wildly popular comedy is a crowd-pleasing farce filled with mistaken identities and romance. Jack and Algernon have each created alter egos named Ernest to escape their tiresome lives. Gwendolen thinks Jack is Ernest, and Cecily thinks Algernon is Ernest.

In the midst of all this confusion comes Lady Bracknell, who doesn't like the idea of anybody loving anybody. Laugh-out-loud fun!

7:30PM, JAN 11-13, 18-20
1:30PM, JAN 14 & 21
THE GRAND

TICKETS:
ONLINE AT CVTG.ORG OR CALL 715/832-7529
ADULTS/SENIORS \$25 YOUTH/STUDENTS \$12

Health Living Programs Open to Chippewa County Residents

The ADRC of Eau Claire County offers healthy living programs that are open to Chippewa County residents. Here are several workshops to choose from in the coming months:

Healthy Living with Chronic Pain (virtual)

If living with ongoing pain is keeping you from doing the things you want to do, this 6-week workshop can help give you tools and strategies to manage your pain. If you're 18 or older and have or live with someone who has chronic pain, this program is for you! Topics include Short-term goal setting, Relaxation, Getting quality sleep, Better emotional health, Medication usage and evaluating treatment options, Balancing activity and rest, Creating a pain profile, Fatigue management, Communication skills with friends, family, and medical team. This program does not replace existing treatments, but serves to complement your current medical treatment plan, and is not meant for a person who has pain medication addiction issues. Webex practice session will be held one week prior.

Tuesdays, 1:00 - 3:30 p.m./ **January 30 - March 5, 2024**

Mind Over Matter: Healthy Bowels, Healthy Bladder (in person)

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

Tuesdays, 9:30 - 11:30 am/ **March 5, 19 & April 2, 2024**

Eau Claire County Courthouse, 721 Oxford Avenue, Eau Claire

Stepping On fall prevention program (in person)

Are you feeling unsteady on your feet? Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just 7 weeks, you will learn: Strength and balance exercises you can adapt to your individual level, To identify and remove or

avoid fall hazards both inside and outside your home, How vision, hearing, medication, and footwear affect your risk of falling, To get back on your feet the right way if you do fall. Tuesdays, 10:00 am - 12:00 pm/ **April 9 - May 21, 2024** Grace Lutheran Church, 202 W Grand Avenue, Eau Claire



Healthy Living with Diabetes (in person)

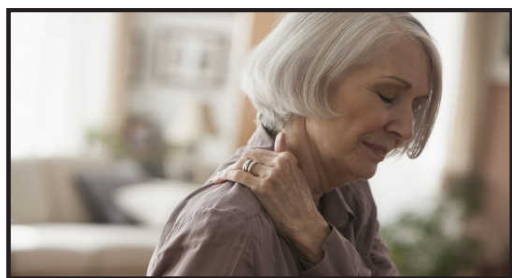
Designed for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone who does. Learn how to manage the condition through 14 self-management tools. Topics include healthy eating and nutrition: food label reading, meal planning, relaxation techniques, fitness for exercise and fun, feedback and problem-solving, stress and depression management, short-term goal setting, communicating with friends, family, and your medical team. Meets weekly for 6 weeks, plus optional class with a Certified Diabetes Care and Education Specialist.

Tuesdays, 10:00 am - 12:30 pm/ **April 18 - May 23, 2024**

Eau Claire County Courthouse, 721 Oxford Avenue, Eau Claire

Advanced registration required. Some workshops fill quickly.

REGISTER at least one week prior by calling the Aging & Disability Resource Center of Eau Claire County at **715-839-4735** or go to www.adrcevents.org.



"Living with arthritis pain—constant, nagging pain—is so debilitating. Healthy Living with Chronic Pain taught me strategies to manage my pain. Having a little control feels great."

Living with pain?

What if you could feel better?

If living with ongoing pain is keeping you from doing the things you want to do, Healthy Living with Chronic Pain can help give you the tools and strategies to manage your pain. If you're 18 or older and have or live with someone who has chronic pain, this program is for you!

Topics include:

- Short-term goal setting and planning
- Relaxation and breathing
- Quality sleep, Fatigue management
- Stress and depression management
- Medication usage & evaluating treatments
- Balancing activity & rest to decrease pain
- Creating a pain profile
- Healthy eating and nutrition
- Decision-making and problem-solving
- Communicating effectively with friends, family, and your medical team

This program does not replace existing treatments, but serves to complement a participant's current medical treatment plan, and is not meant for a person who has pain medication addiction issues.



Healthy Living With Chronic Pain

The workshop meets for 2½ hours once weekly for six weeks and is facilitated by two trained leaders in a small, interactive virtual group setting.

Meet & Greet Webex practice

Tuesday, 1:00 - 2:00 pm
January 23, 2024

Tuesdays, 1:00 - 3:30 pm
January 30 - March 5, 2024
Virtual via Webex

Registration

Please register at least one week in advance by www.adrcevents.org or call 715-839-4735.

No fee (\$10 suggested donation)



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



Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about bladder and bowel health!

Cost: No fee. Voluntary contribution accepted.

In-Person three session workshop:

Tuesdays, 9:30 - 11:30 a.m.
March 5, 19 & April 2, 2024

Location:
Eau Claire County Courthouse
721 Oxford Avenue, Eau Claire

Each workshop is limited to 10 women.

Registration

Please register at least one week in advance by calling 715-839-4735 or online at www.adrcevents.org.



Researched and proven to reduce bladder and bowel leakage!

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

Researchers at the University of Wisconsin-Madison Seek Volunteers for Improving Bladder and Bowel Health

A study conducted by the Center for Disease Control (CDC) found that more than 60% of women experience incontinence (bladder and/or bowel leakage), showing these are common conditions in older women, but they don't have to be!

According to Dr. Heidi Brown at the University of Wisconsin School of Medicine and Public Health, "It is possible to prevent or improve these problems, without medicine or surgery, but most women don't know that there are good solutions available. I take care of women in my clinic who have suffered for years before they end up getting help."

Dr. Brown is conducting a research study that is focused on how to best support women to prevent or improve bladder and/or bowel leakage. The goal of this study is to see how women use an online program that offers simple exercises, and tips on eating and drinking intended to prevent or improve the symptoms of bladder/bowel leakage. Examples of information on the website include exercise suggestions (such as pelvic floor muscle exercises, also known as Kegels), how much and when to drink during the day, and how



much fiber we should be eating every day. Women in the study will be asked to share a bit about their experience with incontinence and using the online program by responding to survey questions and one optional interview with the research study staff. The study activities (online program and surveys) are all in English and take place over a 6-month period.

Who can join the study?

Women who are:

- At least 50 years old
- Have access to email
- Have an Internet-connected device (like a computer, tablet, or smart-phone)
- Able to read and write English because this study is conducted in English

What does being in the study involve?

Women in this 6-month study will be asked to:

- Use a free online continence promotion program (on a computer, tablet, or smart-phone)
- Complete 4 email surveys -- about 15 minutes each, spread over 6 months
- Complete 1 optional phone or video interview -- about 30 minutes

Are women paid to participate in this study?

Yes, participants will receive up to \$125 for their time and participation!

Want to learn more or join the study?

Please visit <http://www.obgyn.wisc.edu/womenonthego>.

If you have questions, you can also contact one of the lead researchers, Megan Piper, by phone (608-265-5472) or email (mep@ctri.wisc.edu).

Email is generally not a secure way to communicate sensitive or health related information as there are many ways for unauthorized users to access email. You should avoid sending sensitive, detailed personal information by email. Email should also not be used to convey information of an urgent nature. If you need to talk to someone immediately or would prefer not to receive study communication by email, please contact Dr. Megan Piper, Lead Researcher at 608-265-5472.



Healing Hearts Grief Group

Presented By
Barbara Jacobsen, Social Worker
Cassandra Prince, Social Worker

1st and 3rd Wednesday of the month
10am - 11am

Event Details
Healing Hearts is a free, ongoing support group for adults that are grieving the loss of a loved one. Everyone's grief journey is unique, yet sometimes grief can be difficult to process on your own. Connect with others, learn coping skills, and discuss your personal grief experience in a safe, affirming and nurturing setting.

This group will meet on the 1st & 3rd Wednesday of each month starting December 6th, 2023. You do not have to attend all sessions, but participate in the dates that work for you. This group is open to the public.

Chippewa Falls Public Library
105 W Central St | Chippewa Falls, WI 54729

No Registration Required. For questions about this Support Group, please email bereavement@stcroixhospice.com

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Tip #16

Help Yourself to Better Health

Make an Action Plan

Want to make a change, but finding it hard to do? Make an **action plan**! Write down what you want to accomplish, what steps you'll take and when you'll take them, how confident you are in your ability to follow through, and what help you'll need to reach your goal.



Wisconsin Institute for Healthy Aging
wihealthyaging.org

One in four people age 65 or older has a fall each year.



Don't be one of them!

Take a Stepping On Workshop!

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

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

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

Where: Bloomer Public Library

When: Wednesday, 2/7/24 – 3/27/24 with no class on 2/21/24

Time: 10:30 – 12:30

Register (2 ways):

1. Online: bit.ly/register_PL
2. Or call the Bloomer Public Library at (715) 568-2384



Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms. Even if you don't have problems now, it's never too early or too late to think about your bladder and bowel health!

The workshop consists of three 2-hour sessions that meet every other week. It provides information and activities along with simple exercises and dietary changes to practice at home.

What will I learn in the workshop?

- Information about bladder and bowel control.
- At-home techniques and exercises to help prevent or improve symptoms
- Tools to help you set goals and mark your progress

Researched & Proven to help!

When: Jan 19, Feb 2, Feb 16
9:00 am - 11:00am

Where: Lake Holcombe School
27331 262nd Ave
Holcombe, WI

Registration Required!

Call 715-726-7777 or go online

https://jotform.com/ADRC_adrc/mindovermatter



The Aging and Disability Resource Center of Chippewa County Presents

Medicare & You Classes



Receive Unbiased Medicare Information!

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

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

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



Follow the ADRC of Chippewa County on Facebook

Registration Required (3 ways)

1. Visit www.chippewacountywi.gov/adrc



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

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

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

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

*Virtual attendance available on select dates

January 9 1:00 – 3:00 pm
January 23 5:00 – 7:00 pm

TOPS (Take Off Pounds Sensibly)

is a low-cost weight loss support group. Each week the members weigh-in, encourage each other (no matter what the scale says), exchange tip & recipes, enjoy short programs that help us to be healthier. If you would like to get to a more comfortable weight with the help of new friends, join us.



We meet at Our Saviors Lutheran Church, 201 S 6th St. Cornell. Weigh-in is from 8:00-8:50 am, with the meeting starting at 9 am. Our members come from many communities because it is worth the drive!

If you would like more information, please call Linda at 715-595-3804.

Find us at
seniorreviewnewspapers.com

You're Not Alone: Help is Available for Older Adults with Vision Loss

Until recently, we didn't have much concrete data on the impact vision loss is having on aging adults across Wisconsin. We could estimate how many people in the state are blind and visually impaired, and we had plenty of anecdotal information about how vision loss is affecting their well-being. But the numbers to back up those stories were missing.

That changed with the publication last year of "Wisconsin's Older Population and Vision Loss: A Briefing," a detailed report prepared by researchers from The Ohio State University College of Optometry and published by VisionServe Alliance, a national network of leaders and organizations working to transform the lives of people living with blindness and low vision.

We now have a much clearer understanding of the impact of vision loss among Wisconsin's older adults. The report tells us not only how common it is, but also what groups are more likely to be affected. We can also better grasp the connection between vision loss and physical, mental and social health.

Here are a few of the facts from the report:

Who Has Vision Loss?

- More than 4 out of every 100 older people in Wisconsin report severe vision impairment or blindness.
- Women over 65 in Wisconsin are significantly more likely than men to experience vision impairment.
- African Americans over 65 in Wisconsin are more than three times as likely to experience vision impairment as their White peers.
- Vision impairment rates vary widely across Wisconsin counties, with high rates found among both urban and rural counties.
- The vast majority of older people with vision impairment do not receive vision rehabilitation services to help them adapt to their changing vision.
- Older adults with vision loss are much more likely to be living in poverty than their peers who are not visually impaired.

What's the Connection Between Vision Loss and Health?

Older people with vision impairment are more likely to have chronic conditions like stroke, arthritis, diabetes and kidney disease, and are twice as likely to suffer from depression. More than half of older people with vision impairment in Wisconsin report fair or poor health, compared to only 20% of

older people without vision impairment.

So, what does all this mean for you? Above all, it means that if you are experiencing vision loss, you are not alone! It's very common to feel isolated and lonely as your vision declines, so it's important to understand that (1) others in your community are going through the same thing; and (2) services are available that can help you feel more independent and empower you to continue with many of the activities you enjoy.

Practicing good eye health and seeing your eye doctor regularly will help preserve your vision as long as possible. It will ensure that your eye condition is diagnosed properly and you know your treatment options. If vision loss has begun to affect your day-to-day life, please consider reaching out to the nearest organization that provides vision rehabilitation services, which can teach you strategies for daily living. They can help you determine if vision rehab or other related services are right for you:

Wisconsin Department of Health Services
Office for the Blind and Visually Impaired (statewide)
888-879-0017
DHSOBVI@DHS.Wisconsin.gov • DHS.Wisconsin.Gov/OBVI

Wisconsin Council of the Blind & Visually Impaired
800-783-5213
Info@WCBlind.org • WCBlind.org

Vision Forward Association
414-615-0100
Info@Vision-Forward.org • Vision-Forward.org/

Lighthouse Center for Vital Living
218-624-4828
Info@Lcfvi.org • Lcfvi.org

The report "Wisconsin's Older Population and Vision Loss: A Briefing" is available online at [Bit.ly/WisconsinBigDataReport](https://bit.ly/WisconsinBigDataReport).

Changing vision can be frightening, but with the right information and support, you can continue to live a vibrant and fulfilling life!



It's easier to stay up to date with your immunizations now that **people with Medicare Part D pay nothing out of pocket for even more vaccines.** This means more people with Medicare can get protection against disease and severe illness.

Medicare Part D now covers these vaccines and more at no cost to you:

- Shingles
- RSV
- Tetanus/diphtheria (Td)
- Tetanus, diphtheria, and pertussis (whooping cough) (Tdap)
- Hepatitis A
- Hepatitis B, if you're at low risk for the virus

Also, Medicare still covers flu shots, COVID-19 vaccines, and pneumococcal shots.

Stay up to date with vaccines. Talk with your doctor about which vaccines are right for you!

FREE StrongBodies Strength-Training Class

Join us for in-person classes 2 days a week!

Tuesday, January 9 – Friday, March 29
Tuesdays and Fridays
9:30 – 10:30 a.m.
Bloomer Senior Center
2121 Duncan Rd., Bloomer, WI

Registration is not required.

New and Exciting Changes Coming In Cornell

Over the past six months we have been looking at other nutrition services across the state and trying to figure out if there is a better way to do things.

What are we currently doing?

The traditional senior dining service that we currently have in place involves ordering meals a day in advance and then serving diners together. It's always been a great model and still works in many places across the state and in Chippewa County. We know that small towns typically have smaller numbers of participants so that isn't always a reason to change.

However, we don't want that to be the reason we ignore the possibility of finding a better way to support our Cornell residents. We haven't had a lot of luck getting new diners to join others at the church where we serve meals. Since COVID, on any given day, we have five or fewer diners and that is concerning.

Why is that concerning?

Everyone knows that our population is aging. There are more people age 60 or better than ever before in Chippewa County and of course in Cornell. Knowing that we have more eligible people but a declining number of people who want to participate in Senior Dining is a concern for us. Not only does it mean we are operating less efficiently, but more importantly, it means our current service might not be what meets the needs of Cornell area residents.

This is not a small-town-Chippewa-County concern. Counties across the state are experiencing the very same phenomena and some are responding by implementing an entirely new model. The model is based on the fact that many of the people who could participate in the traditional model are instead eating at the local restaurants!

The New & Exciting Change!

The change we are looking at making is going to be called Café 60 and goes something like this:

- Prospective diners age 60 or better who want to participate will register with the ADRC
- Registered diners will request vouchers/coupons to use at participating Café 60 restaurants.
- Diners select their meal from the Café 60 menu, which is generally similar to the restaurant's usual menu, though portion sizes will differ.
- Café 60 diners can choose the day and time...if the restaurant is open, they can use their coupon/voucher.

Certainly, there is more to it than those few bullet points, but I think you get the general idea. Café 60 provides the diner with choice... choice of menu as well as when they want to go out to eat. Best of all, we are planning to bring this to Cornell in the next month or two.

continued above...



We just have to get all of our ducks in a row before we start. The first restaurant we are working with for the vouchers is Sam's Place!

Like our Meals on Wheels and Senior Dining programs, we will have a suggested donation for the Café 60 coupons/vouchers. We have not yet worked that out but it will be a little more than our other services.

It's important to point out that Meals on Wheels program will continue to be served like we do now, but we will no longer have dining at the church once Café 60 begins. Please know that we feel Our Saviors Lutheran Church has been the best partner in providing a wonderful place for diners to gather for decades.

More information will be coming out in the February issue of this newsletter and on our ADRC website. www.chippewacountywi.gov/adrc.

Tough Decisions in Bloomer

You may have already heard the news but the nutrition program is moving in Bloomer.

We have appreciated being able to serve meals at the Bloomer Senior Center for decades, but our decision to move was purely financial. The Center is lovely. The people are great. And certainly it provides plenty of space to package Meals on Wheels and serve meals in the dining room. We have zero complaints about the center and the people we have worked with for years.



A few months back, we started looking at areas in our nutrition program where we might be able to save money. This usually leads to conversations with our neighboring counties about some of their expenses in comparison to ours. It turns out that our neighboring nutrition programs are paying little to no rent at the locations where they serve meals.

The nutrition program staff are filled with mixed emotions. We are sad to say goodbye to our current location, while also excited about the new location we are going to. Beginning in March, we will be moving to the Moose Lodge, located at 1890 9th Avenue, Bloomer. We know this will be less convenient for some and more convenient for others. There will be no change in Meals on Wheels delivery, other than maybe a couple of minutes difference in delivery time.

It is our belief that people should be able to get meals no matter where they live in Chippewa County. Currently about 20% of the county is still unable to get Meals on Wheels delivery. The plan is to use the money we are saving to expand meals on wheels delivery to areas where meals are not available.

Please be patient with staff during this transition period. Also, please think about the Bloomer Community Senior Center for family gatherings, special events, and other activities. They are great hosts!

Resolutions and Celebrations

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

I begin this month's article by wishing everyone a Happy and Healthy 2024. I trust that I am like many of you who make New Year's resolutions only to break them.



In the past, I have resolved to lose weight, eat healthier, exercise more, and get more sleep. But rarely did these well-intentioned resolutions last more than a few days. So, this year, I am foregoing any resolutions. Instead, I have decided to educate myself on the origins of the practice of New Year's resolutions and celebrations.

Upon researching the subject, I found a publication called The Conversation U.S. This publication is part of a global group of news organizations founded in Australia in 2011 by a former newspaper editor, Andrew Jaspan. The U.S. version of The Conversation was launched in 2014.

According to The Conversation, Historically, the first people to set New Year pledges were the Ancient Babylonians some 4000 years ago. These pledges later became known as resolutions. The Babylonians were also the first known people who celebrated the beginning of a new year. However, their celebration occurred when they planted their crops in February.

The Babylonians knew how to bring in the new year in style. Their New Year celebration was known as Akitu and lasted 12 days. During this festival, the people would plant their crops, pay honor to their king, and promise to pay their debts. They believed that if they kept their promises, the gods would look favorable upon them, and they would have an excellent new year.

As I look back at my life, I was 14 when I first began celebrating New Year's Eve. My celebration each year would be typically going to a dance at Memorial Hall in Dorchester. The hall filled with dancers, and when midnight approached, the countdown to the new year began. And it was a tradition to kiss your dancing partner when the new year came in. That was the one tradition that I eagerly anticipated all year long.

I have never been one to watch television broadcasts on New Year's Eve. Beginning in the 1940s, NBC began broadcasting news of New Year's festivities from Times Square, anchored by Ben Grauer on radio and television. This coverage was later incorporated into special editions of the network's late-night talk show, The Tonight Show. Over a million people are estimated to pack Times Square on New Year's Eve to watch the ball drop, while an estimated one billion worldwide watch the spectacle on television.

My wife and I celebrate New Year's Eve in our traditional manner. We go out for pizza with friends and then return home to play dominoes, and rarely stay up until midnight. Such is life when you are 77 years old.

Check Your Medicare Summary Notice! You May Have Suspicious Claims on Your Account

By the Wisconsin Senior Medicare Patrol Team

Across the country, Medicare beneficiaries are reporting that claims for urinary catheter kits are showing up on Medicare Summary Notices (MSNs), that were not ordered or necessary. The suspicious claim shows charges for upwards of 200+ urinary catheter kits being billed to Medicare for amounts ranging from \$1,200 - \$2,400.



These fraudsters are counting on Medicare to miss these fraudulent claims, as Medicare processes millions of billing claims daily. Fraudsters are also hoping that Medicare beneficiaries are not reviewing their statements. These fraudulent claims often go unnoticed by both Medicare and you.

Given the unsolicited and fraudulent charges, it is important to review your Medicare Summary Notice (MSN) for these claims. Please visit our website for information on how to read your "MSN, Detect - Wisconsin Senior Medicare Patrol (smpwi.org). There you will find guidance on what to look for along with a link to a video on how to read your statements.

If you have unwanted charges on your statements, contact Senior Medicare Patrol (SMP) at (888) 818-2611 to report these claims.

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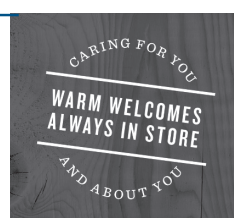
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For Long-Term Care options contact your local [Aging and Disability Resource Center](#).
www.dhs.wisconsin.gov/adrc/

www.mychoicewi.org/hh
800-963-0035 TTY 711



It's Time to Make Your Plan to Vote

Step 1: Check your voter registration status at myvote.wi.gov
Questions? Call your municipal clerk for assistance. If you don't know who your clerk is, you can find your clerk at <http://myvote.wi.gov/en-US/MyMunicipalClerk>.

Step 2: Register or re-register (if you moved since the last election).

February 20 Spring Primary Deadlines

Deadline to register online or by mail: January 31

Deadline to register in person: February 16

Register at your polling place: February 20

April 2 Presidential Preference Primary and Spring Election Deadlines:

Deadline to register online or by mail: January 31

Deadline to register in person: February 16

Register at your polling place: February 20

August 13 Partisan Primary Deadlines

Deadline to register online or by mail: July 24

Deadline to register in person: August 9

Register at your polling place: August 13

November 5 Fall General Election Deadlines:

Deadline to register online or by mail: October 16

Deadline to register in person: November 1

Register at your polling place: November 5

Step 3: Fill out a registration form if you are not registered

Register online at <http://myvote.wi.gov/>, or by mail, or in-person at your clerk's office, or at your polling place on Election Day. To register online, you need a WI driver's license or WI ID Card. If you don't have a valid WI State ID or Driver's License, complete a registration form. Mail it to your clerk with a Proof of Residence document with your name and current address, such as a utility bill, bank statement, or a bill or letter from a government agency with your current name and address.

Step 4: To vote by mail, request an absentee ballot ASAP

Online: Request an absentee ballot at myvote.wi.gov. Use your smartphone to take a picture of your WI ID or WI Driver's License and upload it with your application.

By Mail: Can't request online? Mail your completed absentee ballot request to your clerk with a copy of your photo ID.

By Email: Email your clerk to request an absentee ballot. Include your name, voting address, and a copy of your photo ID.

In-Person: Complete the request form at your clerk's office.

Step 5: Learn about the candidates

Learn about what will be on your ballot at <https://myvote.wi.gov/> and learn about the candidates at <https://www.vote411.org>

Step 6: Complete your absentee ballot and ballot envelope

- Carefully follow the directions to ensure your vote will be counted. Use a black pen.
- Complete your absentee ballot in the presence of a witness, who is not a candidate, is at least 18 years old, and is a US citizen. The witness must verify that you completed the absentee ballot but should not see your choices. Need a witness? Check with your clerk.
- Put your absentee ballot in the return envelope and seal it.

- Your witness must sign the return envelope on the line marked "Signature of Witness" and must also write their address.
- Sign and date the return envelope on the line "Signature of Voter".

Step 7: Return the completed witnessed ballot ASAP

- Your absentee ballot must be received by 8 PM on Election Day.
- **AS SOON AS POSSIBLE**, return your completed and witnessed absentee ballot by mail or to your clerk. **DO NOT WAIT.**
- Check with your clerk for locations and schedules to drop off your completed and witnessed absentee ballot. Some municipalities provide witnesses.
- If you mail your ballot, mail it as soon as possible to allow time for delivery. The US Post Office recommends at least a week.

Step 8: If you vote in-person, bring your photo ID

In-person Absentee Voting (Early Voting): Your clerk may offer in-person absentee voting and voter registration before Election Day. Ask your clerk for information about early voting locations.

- Early Voting for the February Spring Primary may begin February 6.
- Early Voting for the April Presidential Preference Primary and Spring General Election may begin March 19.
- Early voting for the August Partisan Primary may begin July 30.
- Early voting for the November Fall General Election may begin October 22.

Election Day, 7:00 AM - 8:00 PM: You may register and vote at your polling place. Find your polling place at <https://myvote.wi.gov> or ask your clerk – it may have changed.

Voter Tip: Curbside voting is required by law for any voter who cannot enter the polling place due to a disability. This may include voters who are immunocompromised or have symptoms of COVID-19. Contact your clerk before Election Day to ask about curbside voting or ask at your polling place.

Have A Voting Question?

- Contact your Municipal Clerk: myvote.wi.gov/en-US/MyMunicipalClerk
- Disability Rights Wisconsin Voter Hotline: 1-844-347-8683 / 1-844-DIS-VOTE | info@disabilityvote.org Wisconsin Elections Commission: 1-866-VOTE-WIS | elections.wi.gov
- Department of Motor Vehicles (DMV) Voter ID Hotline: 844-588-1069
- Wisconsin Disability Vote Coalition: disabilityvote.org



Need Someone To Talk To? Call UpliftWI

The Wisconsin Department of Health Services (DHS) announces a new phone line is now available allowing all Wisconsinites to share their successes and challenges with a peer who will listen and offer support. Built by Mental Health America of Wisconsin under a grant from DHS for people experiencing mental health and substance use concerns, UpliftWI can be reached at (534) 202-5438 daily from noon to midnight, with 24/7 operation expected by the end of the year. This non-emergency service is free and confidential.

“We’re pleased to partner with Mental Health America of Wisconsin on this expansion of peer services in Wisconsin,” said DHS Deputy Secretary Deb Standridge. “The peer-to-peer support offered by UpliftWI is a proven way to get people the help they need and stay healthy. This service is going to improve lives by providing preventive care for people experiencing stress or other challenges in their lives.” Callers to UpliftWI speak to certified peer specialists with diverse life experiences stationed across the state.

A certified peer specialist is a person who has navigated their own mental health and substance use challenges, completed a training course, and passed a state exam that tests their skills and knowledge about how to support others. They use their personal experiences to help callers identify and pursue their own wellness goals and will share information about community resources if requested. Callers are not required to provide their name, address,

or other identifying information.

“The goal of UpliftWI is to help callers feel connected, understood, and less isolated in an effort to prevent mental health and substance use crises,” said Mental Health America of Wisconsin Chief Operating Officer Brian Michel, the leader of the team responsible for the service. “We all have times of challenge. UpliftWI is a safe place to share those challenges with a supportive voice who will listen in confidence without judgment or criticism.”



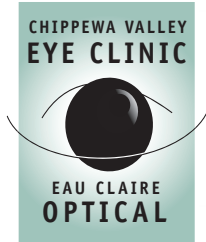
UpliftWI is funded by a \$600,000 annual grant awarded to Mental Health America of Wisconsin in 2022. The grant comes from Wisconsin’s share of funding allocated to mental health and substance use services from the American Rescue Plan Act and will be available through 2025. UpliftWI adds to Wisconsin’s growing network of peer services that now includes statewide options for support by phone, drop-in, and overnight stays. Drop-in support is available at one of 11 state-funded peer recovery centers. Eight of those centers focus on mental health support and three focus on substance use support. Overnight stays are available at one of the six state-funded peer run respites. People need to call ahead to arrange a respite stay of up to one week.

Anyone experiencing mental health and substance emergencies should call, text, or chat the 988 Suicide & Crisis Lifeline. If the emergency is life threatening, call 911.



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SEE ALL UPCOMING EVENTS AT PABLOCENTER.ORG

ADRC Board Meetings Are Open to Public

Did you know that your Aging & Disability Resource Center (ADRC) Board meetings are open to the public? They meet the second Thursday of odd numbered months at 4:45



pm. The meetings are in room 302 of the Chippewa County Courthouse and there is plenty of room for you to join us. You can hear first hand what is happening with ADRC programs and services. If you want to speak to the board, you will have the opportunity at the beginning of the meeting. Most meetings last 75-90 minutes.

Our next meeting is January 11, 2024! The agenda will be available starting on January 5, 2024. You can find it on the county website, or you can call Leslie at the ADRC to have an agenda mailed to you. Hope to see you there!



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