



# Hi SENIOR Lites

*Happy Thanksgiving!*



- Time to Review Your Medicare Plan
- Social Security Compassionate Allowances
- Giving Thanks Can Make You Happier
- How Your Gut Affects Your Brain- And How To Keep Both Healthy
- Blind Fishin Buddy
- Flu and COVID Shots for Minneapolis VA Connected Veterans
- Spotlight on our Dementia Care Specialist
- DCAREA November 10th Meeting

**RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY**

## Time to Review Your Medicare Plan

*By the GWAAR Legal Services Team*



*Submitted by Bethany Schneider, ADRC Elder Benefit Specialist*

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2026! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period, which runs October 15 through December 7th. This is the time of year to find out if your current



plan will cost you more, or less than other Part D plans in 2026. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the

official Medicare website at [Medicare.gov](https://www.medicare.gov). Medicare beneficiaries in Dunn County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist at the Dunn County ADRC.

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

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

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

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



**Aging & Disability Resource Center of Dunn County**  
**3001 US Highway 12 East, Suite 160, Menomonie, WI 54751 Phone: 715-232-4006**

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

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

Disability Benefit Specialist: Lisa Schuler  
Case Worker: Mary Linberg

**LOCAL FREE MEALS & FOOD PANTRY**

**MONDAY'S MEAL:**

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

**TUESDAY'S TABLE:**

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

**WEDNESDAY'S TABLE:**

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

**THURSDAY'S TABLE:**

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

**KNAPP COMMUNITY PROJECTS/PLATES & KNAPPKINS FOOD PANTRY:**

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

**FOR RENT**

**MEMORIAL HEIGHTS  
APARTMENTS**

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



**715.235.0656**



**FOR RENT**

**SUNNYSIDE APARTMENTS**

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



**715.308.3158**



**Find us at**  
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**Stepping  
Stones**  
of Dunn County

**Updated  
Food Pantry Hours**

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

**MONDAY**  
Inside Only

1:00 pm  
to  
4:00 pm

**TUESDAY**  
Inside Only

10:00 am  
to  
1:00 pm

**WEDNESDAY**  
Curbside Only

2:00 pm  
to  
6:00 pm

**FRIDAY**  
Curbside Only

12:00 pm  
to  
4:00 pm

**SATURDAY**  
Inside Only

9:00 am  
to  
12:00 pm

**Mon/Tues/Sat - Inside Shopping only.** No curbside available.  
**Wed/Fri - Curbside Shopping Only.** No inside shopping available.

Check-in once a week to receive meat, dairy, dry goods, bakery, fresh fruits & vegetables (as available).



**Stepping  
Stones**  
of Dunn County

**POP-UP CURBSIDE FOOD PANTRY**

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

**EVERY 1ST TUESDAY**

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

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

**EVERY 1ST AND 3RD THURSDAY**

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

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

**EVERY 2ND AND 4TH THURSDAY**

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

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

For more information, contact Angie Wolf:  
715.235.2920 ext. 204 | [a.wolf@steppingstonesdc.org](mailto:a.wolf@steppingstonesdc.org)  
*All pop-up pantries are closed on holidays.*

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# ADRC DUNN COUNTY NUTRITION PROGRAM

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

Menu subject to change

| MONDAY                                                                                         | TUESDAY                                                                                                                                                           | WEDNESDAY                                                                       | THURSDAY                                                                                                          | FRIDAY                                                                                                             |
|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| 3<br>Hamburger Gravy<br>Mashed Potatoes<br>Corn, Wheat<br>Bread, Banana                        | 4<br>Roast Turkey,<br>Boiled Potato,<br>Glazed Carrots,<br>Wheat Bread,<br>Applesauce                                                                             | 5<br>Lasagna, Green<br>Beans, Garlic<br>Bread, Bread<br>Pudding with<br>Raisins | 6<br>Baked Fish,<br>Parmesan<br>Potatoes,<br>Broccoli, Wheat<br>Bread, Fruit<br>Salad                             | 7<br>Three Bean<br>Chili, Mixed<br>Green Salad,<br>Cornbread,<br>Mixed Berries                                     |
| 10<br>Open Face Hot<br>Turkey with<br>Gravy, Mashed<br>Potatoes,<br>Broccoli, Fresh<br>Apple   | 11<br>Baked Ham &<br>Pineapple,<br>Scalloped<br>Potatoes, Pinto<br>Beans &<br>Bacon, Frosted<br>White Cake                                                        | 12<br>Meatloaf,<br>Baked Potato,<br>Creamy Corn,<br>Apricots                    | 13<br>Chicken Pot Pie,<br>Carrots,<br>Dinner Roll,<br>Cherry Cobbler                                              | 14<br>Battered Fish,<br>Side Winder<br>Fries, Coleslaw,<br>Frosted<br>Pumpkin Bar                                  |
| 17<br>Beef Pot Roast,<br>Red Potatoes,<br>Carrots, Wheat<br>Rolls, Banana<br>Cake              | 18<br>Fried Chicken,<br>Mashed<br>Potatoes, Corn,<br>Wheat Bread,<br>Watermelon                                                                                   | 19<br>Pork Chop with<br>Apples, Baby<br>Bakers, Squash,<br>Sugar Cookies        | 20<br>Ham & Cheese<br>on Bun, Bean &<br>Bacon Soup,<br>Coleslaw,<br>Pears                                         | 21<br>Italian Meat<br>Sauce<br>Spaghetti,<br>Spinach<br>Cranberry<br>Salad, Garlic<br>Breadstick,<br>Brownie       |
| 24<br>Salsbury Steak,<br>Parslied<br>Potatoes, Sliced<br>Carrots, Wheat<br>Bread,<br>Pineapple | 25<br><b>THANKSGIVING<br/>MEAL:</b> Roast<br>Turkey, Mashed<br>Potatoes w/<br>turkey gravy,<br>Stuffing, Sliced<br>Carrots,<br>Cranberry<br>Sauce,<br>Pumpkin Pie | 26<br>Shepards Pie,<br>Rutabagas,<br>Dinner roll,<br>Mandarin<br>Oranges        | 27<br>MEAL SITES<br>CLOSED<br> | 28<br>MEAL SITES<br>CLOSED<br> |

## PUT ME ON THE HI-LITES MAILING LIST

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Phone \_\_\_\_\_



## NEED HELP WITH HOUSING?

Receive assistance with filling out housing applications

### DATES

- September 4
- October 2
- November 6
- December 4
- January 8

### WHEN & WHERE

 Kaleidoscope Center  
809 Wilson Avenue  
Menomonie, WI 54751

 4:00 - 5:00 PM

Walk-ins welcome or  
schedule an appointment

For more information or to sign up,  
contact:

[tfischer@dunncountywi.gov](mailto:tfischer@dunncountywi.gov)  
715-231-6481



## Stepping Stones

of Dunn County

"People helping people strengthen the Dunn County  
Community by providing food, shelter, and support"

## GET HELP



**Food Pantry:** Offers in-person,  
curbside, and pop-up options.



**Shelter:** Provides emergency  
housing, assistance, and  
referral services.



**Community Connections:** Links  
volunteers to neighbors to  
provide supportive services.

1602 Stout Rd, Menomonie, WI 54751  
715.235.2920 | [www.SteppingStonesDC.org](http://www.SteppingStonesDC.org)

## ACTIVITY CALENDAR FOR SITES IN DUNN

### ACTIVITY CALENDAR FOR THE MONTH OF NOVEMBER FOR SITES IN DUNN COUNTY (CHECK MONTHLY MENU FOR SITE CLOSINGS)

#### COLFAX GRAPEVINE SENIOR CENTER (715-962-2550)

- Dine-In Meals Monday through Thursday at 11:30 am
- Congregate and Home Delivered Meals
- Cards and Bingo – Call for Details

#### HOSFORD-RICH APARTMENTS (715-235-4047)

- Dine-In Meals Monday, Tuesday, Thursday and Friday at 11:30 am
- Congregate and Home Delivered Meals

#### TANTARA APARTMENTS DINING ROOM (715-556-0266)

- Dine-In Meals Monday through Friday
- Congregate and Home Delivered Meals

For all questions regarding the Dunn County Nutrition Program, please call the ADRC at 715-232-4006.

## SUPPORT GROUPS

**THE BRIDGE TO HOPE:** The Bridge to Hope offers FREE and confidential services to victims and survivors of domestic abuse, sexual assault and human trafficking in Dunn and Pepin Counties. For ongoing and current weekly support group dates and times, please call 715-235-9074.

**DIABETES SUPPORT GROUP:** From September through May on the 1st Thursday of the month, the Diabetes Support Group meets from 7 to 8 p.m. in the Mayo Clinic Health System in Menomonie Education Center.

**MISCELLANEOUS:** Dunn County Genealogical Society meets on the third Saturday of each month at 10 a.m. at the Russell J. Rassbach—Dunn County Historical Museum. For more information, call 715-232-8685. Do not meet in August and December



## Dementia Support Group

This group is for people living with dementia and their caregivers, friends and neighbors. Join us for support, strategies and resources

**First Wednesday of the Month  
1:00 - 2:30 pm**

**Grapevine Senior Center**

**121 Main Street - Colfax**

For more information, contact the ADRC of Dunn County at 715-232-4006

## Exploring Dementia

*A support group for those caring for someone living with dementia*

**Fourth Monday of the Month  
10:30 am to Noon**

### 2025 Dates:

January 27  
February 24  
March 24  
April 28

May 19\*  
June 23  
July 28  
August 25

September 22  
October 27  
November 24  
December 29\*

\* indicates date change due to holidays

**Shirley Doane Senior Center  
1412 Sixth Street E, Menomonie**



### AFFORDABLE RENTALS!

Accepting applications for seniors/disabled persons  
1 and 2 bedrooms. Income based rent.  
Most utilities included.

Pick up an application at our office:  
1202 10th St. East, Menomonie

**715.235.0656**



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COMPANY**

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- All utilities included except telephone & cable TV
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- Rent is 30% gross income



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**Call today (715) 834-3411**





# HELP END ELDER ABUSE

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

## COUNTY HELPLINES

### DUNN COUNTY DEPARTMENT OF HUMAN SERVICES & ADRC

Adult Protective Services.....715-232-1116

### DOMESTIC ABUSE VICTIM ADVOCATE

24-Hour Crisis Line.....800-924-9918

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

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

Bridge to Hope .....715-235-9074



## Social Security Compassionate Allowances

*By the GWAAR Medicare Outreach Team*



*Submitted by  
Bethany Schneider,  
ADRC Elder Benefit Specialist*

The Social Security Administration (SSA) requires individuals seeking Social Security Disability Insurance (SSDI) or Social Security Income (SSI) to have a confirmed disability before they can receive benefits. Typically, individuals must undergo a disability determination to be found disabled. SSA provides Compassionate Allowances, which identify specific diseases and medical conditions that meet the definition of a disability, thereby bypassing the disability determination process and expediting the eligibility process.

A Compassionate Allowance enables the eligibility determination process to be quicker, allowing benefits to reach individuals more quickly. SSA uses technology to identify medical conditions within disability benefit applications. These applications are then flagged for processing first. SSA will review your medical records to confirm that your health condition is on the Compassionate Allowance list.

The eligibility determination process can take months to years without this process. The conditions on the Compassionate Allowance list are severe enough to allow that individual's application to be pushed to the front of the line to be processed first. Ensuring these individuals get benefits without having to wait. Living with a serious

medical condition is stressful, and this process can ensure that individuals with the most severe conditions receive benefits faster.

There is a full list of around 300 conditions that qualify as Compassionate Allowances. There were 13 new conditions recently added to the list, which include:

- Au-Kline Syndrome
- Bilateral Anophthalmia
- Carey-Fineman-Ziter Syndrome
- Harlequin Ichthyosis-Child
- Hematopoietic Stem Cell Transplantation
- LMNA-related Congenital Muscular Dystrophy
- Progressive Muscular Dystrophy
- Pulmonary Amyloidosis-AL Type
- Rasmussen Encephalitis
- Thymic Carcinoma
- Turnpenny-Fry Syndrome
- WHO Grade III Meningiomas



This list is updated with new conditions when individuals request that a condition be added, and it is deemed severe enough. If you don't see your condition on this list, you can submit a condition to be assessed. SSA receives suggestions for potential medical conditions to be added from Social Security and Disability Determination service communities, medical and scientific experts, the National Institute of Health, and public outreach hearings. The Compassionate Allowance helps individuals with the most severe medical conditions receive SSA benefits quickly, ensuring that benefits reach those most in need.

### Social Security Disability Resources

- You can find more information about Compassionate Allowance and access the list of medical conditions approved at <https://www.ssa.gov/compassionateallowances/index.htm>
- To find out more information about submitting a condition for consideration, go to [https://www.ssa.gov/compassionateallowances/submit\\_potential\\_cal.html?tl=0%2C2](https://www.ssa.gov/compassionateallowances/submit_potential_cal.html?tl=0%2C2)



*The Neighbors  
of Dunn County*  
Generations of caring since 1892

**Skilled Nursing  
Home Facilities**

Spacious private rooms | Skilled rehabilitation therapies  
Daily activities, events, and live entertainment  
Barber / Beautician  
Church / Worship services  
And so much more!



2901 Forbes Ave, Menomonie  
**715-232-2661**

**[www.neighborsdc.org](http://www.neighborsdc.org)**

# Giving Thanks Can Make You Happier



*Submitted by Bernie Allen,  
Aging & Transportation Programs Manager*

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



The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness. In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the current level of someone's gratitude, it's a quality that individuals can successfully cultivate further. Ways to cultivate gratitude

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

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

*Write a thank-you note.* You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

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

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

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

## November Recipe: Hearty Vegetable Soup

*Recipe from tasteofhome.com*

### Ingredients

- 1 tablespoon olive oil
- 8 medium carrots
- 2 large onions, chopped
- 4 celery ribs, chopped
- 1 large green pepper, seeded and chopped
- 1 garlic clove, minced
- 2 cups chopped cabbage
- 2 cups frozen cup green beans (about 8 ounces)
- 2 cups frozen peas (about 8 ounces)
- 1 cup frozen corn (about 5 ounces)
- 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
- 1 bay leaf
- 2 teaspoons chicken bouillon granules
- 1-1/2 teaspoons dried parsley flakes
- 1 teaspoon salt
- 1 teaspoon dried marjoram
- 1 teaspoon dried thyme
- 1/2 teaspoon basil
- 1/4 teaspoon pepper
- 4 cups water
- 1 can (28 ounces) diced tomatoes, undrained
- 2 cups V8 juice



### Directions

1. In a stockpot, heat oil over medium-high heat; sauté carrots, onions, celery and green pepper until crisp-tender. Add garlic; cook and stir for about 1 minute. Stir in remaining ingredients; bring to a boil.
2. Reduce heat; simmer, covered, until vegetable are tender, 1 to 1-1/2 hours. Remove bay leaf.

Total Time: Prep: 25 minutes.  
Cook: 1 hour and 20 minutes.  
Yield: 16 servings (4 quarts).



All Welcome - No Cost  
**Community Meals**  
Free meals in Menomonie  
Monday, Tuesday, Wednesday and Thursday

**Monday's Meal**  
Mondays from 5:00-6:00 PM  
Menomonie United Methodist Church  
2703 Bongeay Drive  
Drive Through To Go

**Tuesday's Table**  
Tuesdays from 5:00-6:00 PM  
St. Joseph's Church  
10th St. and Wilson Ave.  
(lower level)  
In Person Dining



**Wednesday's Table**  
Wednesdays from 5:00-6:00 PM  
Christ Lutheran Church  
1306 Wilcox St.  
In Person Dining & To Go

**Thursday's Table**  
Thursdays from 5:00-6:00 PM  
First Congregational  
United Church of Christ  
420 Wilson Ave.  
To Go





# Caregiver Coffee Hour

A Support Group for Caregivers

Join us for coffee and conversation in a safe and confidential space and connect with other caregivers.



For more information contact Casey at the Aging and Disability Resource Center at (715)231-2713.

JOIN US:

1st Thursday of the Month  
9:30am-11:00am  
Exit 45 Restaurant  
2100 County Road B  
Menomonie, WI



"The experience of grieving cannot be ordered or categorized, hurried or controlled, pushed aside or ignored indefinitely. It is inevitable as breathing, as change, as love. It may be postponed, but it will not be denied."

- Molly Fumia

Wednesdays • 6:30 p.m.  
Keyes Chevy Community Room • 303 Oak Ave, Menomonie  
September 17, 24, October 1, 8, 15, 2025

Join us as we talk through safe and healthy ways to experience the many unpredictable emotions of grief.  
RSVP via text to at 715-704-9262 or just join us when you can



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

# Shirley Doane Senior Center November 2025



| SU | MON                                                                                                                                                                                | TUE                                                                                                                                                                                                                                                                                                      | WED                                                                                                                                                                                                                                                                                                          | THU                                                                                                                                                            | FRI                                                            | SAT |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-----|
|    |                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                |                                                                | 1   |
| 2  | 3<br>8:30-9:30am Tai Chi<br>12pm ADRC Grief Support Group<br>12-3pm Open Walking Gym<br>1-3pm Mah Jongg                                                                            | 4<br>8:30am Foot & Nail Clinic*<br>8:30-9:15am Chair Yoga<br>9:45-10:45am Stronger Srs-Intermediate*<br>10am Cribbage<br>11-11:45am Stronger Seniors-Basic                                                                                                                                               | 5<br>8:30am Foot & Nail Clinic*<br>9am-2pm Crafts /10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1pm Open Duplicate Bridge<br>1pm Hand & Foot                                                                                                                                                               | 6<br>8:30-9:15am Chair Yoga<br>9:45-10:45am Stronger Seniors-Intermediate*<br>10am-2:30pm ADS*<br>11-11:45am Stronger Seniors-Basic Class*                     | 7<br>10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1pm Bingo  | 8   |
| 9  | 10<br>8:30-9:30am Tai Chi<br>12pm ADRC Grief Support Group<br>12-3pm Open Walking Gym<br>1-3pm Mah Jongg                                                                           | 11<br>8:30am Foot & Nail Clinic*<br>8:30-9:15am Chair Yoga<br>8:30am SENIOR CENTER BOARD MEETING<br>9:45-10:45am Stronger Srs-Intermediate*<br>10AM-Noon CIL BP & BS Clinic<br>10am Cribbage<br>11am Veteran's Day Ceremony*<br>11-11:45am Stronger Seniors-Basic<br><i>LAST DAY OF STRONGER SENIORS</i> | 12<br>8:30am Foot & Nail Clinic*<br>9am-2pm Crafts /10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1pm Open Duplicate Bridge<br>1pm Hand & Foot<br><br><b>WHITE CHRISTMAS DAY TRIP TO CHANHASSEN*</b><br><b>9am—6pm</b> | 13<br>8:30-9:15am Chair Yoga<br>9:30-11am ADRC Relatives Raising Children<br>10am-2:30pm ADS*                                                                  | 14<br>10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1pm Bingo | 15  |
| 16 | 17<br>8:30-9:30am Tai Chi<br>12pm ADRC Grief Support Group<br>12-3pm Open Walking Gym<br>10-11:30am ADRC Purple Perk<br>11:30am-12:30pm ADRC Artful Expressions<br>1-3pm Mah Jongg | 18<br>8:30am Foot & Nail Clinic*<br>8:30-9:15am Chair Yoga<br>10am Cribbage                                                                                                                                                                                                                              | 19<br><b>SENIOR CENTER THANKSGIVING MEAL @ 11:30 AM **RSVP</b><br>8:30am Foot & Nail Clinic*<br>9am-2pm Crafts /10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1pm Open Duplicate Bridge<br>1pm Hand & Foot                                                                                                  | 20<br>8:30-9:15am Chair Yoga<br>10am-2:30pm ADS*                                                                                                               | 21<br>10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1pm Bingo | 22  |
| 23 | 24<br>8:30-9:30am Tai Chi<br>10:30am-12pm ADRC Exploring Dementia<br>12pm ADRC Grief Support Group<br>12-3pm Open Walking Gym<br>1-3pm Mah Jongg                                   | 25<br>8:30am Foot & Nail Clinic*<br>8:30-9:15am Chair Yoga<br>10am Cribbage<br>1:45pm ADRC Women Connected                                                                                                                                                                                               | 26<br>8:30am Foot & Nail Clinic*<br>9am-2pm Crafts /10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1pm Open Duplicate Bridge<br>1pm Hand & Foot                                                                                                                                                              | 27<br><b>CENTER CLOSED Thanksgiving Holiday</b><br><br>Happy Thanksgiving | 28<br><b>CENTER CLOSED Thanksgiving Holiday</b>                | 29  |

# How Your Gut Affects Your Brain- And How To Keep Both Healthy

Article found on <https://www.dementiasociety.org/>



Submitted by Casey Schnacky,  
ADRC Outreach-Caregiver Coordinator

Did you know that your stomach and your brain are connected? It may sound surprising, but scientists have discovered that the gut and brain communicate with each other all the time. This connection is known as the gut-brain axis. What you eat and how healthy your gut is can affect your mood, memory, and even how well you think. Let's explore how this works and how you can keep your brain sharp by caring for your gut.

## The Gut-Brain Connection

Your gut is filled with trillions of tiny bacteria, known as the gut microbiome. Some bacteria are good for you, while others can cause problems if they grow too much. Scientists have found that the gut and the brain talk to each other through:

1. The Vagus Nerve - A long nerve that sends messages between the brain and the gut. It helps control digestion, emotions, and how stressed or happy you feel.
2. Neurotransmitters – These are chemicals that help brain cells communicate. Did you know that about 90% of serotonin (the "happy chemical") is generated in the gut? A healthy gut can help keep your mood balanced.
3. The Immune System—Your gut is home to a large part of your immune system. If your gut is unhealthy, it can cause inflammation, which has been linked to brain diseases like Alzheimer's and depression.

## How an Unhealthy Gut Can Harm the Brain

If your gut bacteria are unbalanced, it can cause problems such as:

- Brain Fog – Trouble focusing and thinking clearly.
- Mood Swings & Depression – Bad gut bacteria may lower serotonin levels.
- Memory Problems – Poor gut health can increase inflammation in the brain.

Certain foods, stress, and even lack of sleep can damage the gut and, in turn, affect the brain.

## How to Improve Your Gut for a Healthier Brain

The good news is that you can improve your gut and brain health by making simple changes in your diet and lifestyle. Here are the best ways to do it, according to the Dementia Society of America® :

- Eat More Fiber. Fiber feeds the good bacteria in your gut. The foods are fruits, vegetables, whole grains, and beans.
- Include Probiotic Foods. These contain good bacteria that help balance your gut. Best foods: Yogurt, kefir, sauerkraut, kimchi, miso.
- Eat Prebiotic Foods. These feed the probiotics and help them grow. The best foods are garlic, onions, bananas, and asparagus.
- Limit Processed Foods & Sugar. Junk food and sugar can cause harmful bacteria to grow.

- Avoid soda, chips, candy, and fast food.
- Drink Plenty of Water. It helps digestion and keeps the gut lining healthy.
- Manage Stress. Stress can harm both your gut and brain. Try breathing exercises, meditation, or spending time outside.
- Get Enough Sleep – Poor sleep can disrupt gut bacteria and brain function. Aim for 7-9 hours of sleep each night.

## Conclusion

Your gut and brain are connected in amazing ways. A healthy gut can lead to better focus, improved mood, and even protect against brain diseases. Eating the right foods, managing stress, and taking care of your digestion can boost brain health and help you feel your best. So, next time you grab a snack, remember—you're not just feeding your stomach; you're also feeding your brain!



### HOW DO YOU WANT TO BE REMEMBERED?



Honoring a veteran at their funeral or memorial service not only shows respect to the veteran, but also to their families and can be part of the healing process.

Our staff is here to guide and assist you with a high degree of respect and concern during your time of loss. We will provide the most fitting service for your individual needs, at the most affordable cost with the many options that we offer.

#### Two options to serve you, at one convenient location:

### Stokes, Prock & Mundt

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**715-832-3428**  
[stokesprockandmundt.com](http://stokesprockandmundt.com)

### Cremation Society of Wisconsin

*We have our own on-site crematory and a full staff to assist you with whatever your needs may be.*

**715-834-6411**  
[cremationsociety-wi.com](http://cremationsociety-wi.com)

#### Do you need help paying for burial or cremation expenses for your loved one?

Helpful Hearts Foundation was created to help low-income families who have experienced the death of a loved one, to pay for funeral expenses. For more information visit [www.helpfulheartswi.org](http://www.helpfulheartswi.org).



**Helpful Hearts Foundation**

**535 South Hillcrest Pkwy**  
**Altoona, WI**

We also service the entire state of WI.







Sponsored by:  ADRC  
Aging and Disability Resource Center  
of Dunn County

# Grief Support Group

**Mondays  
12-1pm**

**@ The Menomonie  
Senior Center  
1412 6th St E  
Menomonie WI**

**If you have any questions  
call 715-235-0954.  
Everyone is welcome!**

**SHIRLEY DOANE  
SENIOR CENTER**

**You don't have to face  
grief alone. Join us for a  
safe, supportive space  
where we will walk  
through grief together.  
This support group  
will offer open discussion,  
understanding,  
compassion, and hope for  
anyone navigating loss.  
All are welcome!**



## THE PURPLE PERK

A safe space for persons with  
dementia and their care partner to  
join for coffee and conversation.



Program sponsored by:  
 **MAYO CLINIC  
HEALTH SYSTEM**

## Artful Expressions

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

**AT THE MENOMONIE SENIOR CENTER  
1412 Sixth Street E, Menomonie WI**

**3rd Monday of the month**

**10am-12pm; art project to start at 10:30am**

|          |         |         |         |
|----------|---------|---------|---------|
| *Jan. 21 | Apr. 21 | Jul. 21 | Oct. 20 |
| Feb. 17  | May 19  | Aug. 18 | Nov. 17 |
| Mar. 17  | Jun. 16 | Sep. 15 | Dec. 15 |

\*Will meet 1st Tues. in Jan. due to holiday closures.



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

 ADRC  
Aging and Disability Resource Center  
of Dunn County



## Veteran's Corner

**Staff:** Greg Quinn, Jessica Christianson, & Amy Lynch

**Contact:** 715-232-1646 or [vet@co.dunn.wi.us](mailto:vet@co.dunn.wi.us).

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



## Flu and COVID Shots for Minneapolis VA Connected Veterans

All area VA Community Based Outpatient Clinics will be offering walk-in flu and COVID shots on Thursdays in October. The dates are Oct 2, 9 and 23, and shots will be provided from 1-3 pm. Our local VA outpatient clinics are in Chippewa Falls and Rice Lake WI. The Chippewa Valley clinic is located at 475 Chippewa Mall Drive in Chippewa Falls. The Rice Lake clinic is located at 320 South Access Road, Suite 100 in Rice Lake.



Walk-in shots will also be provided at the VA Medical Center in Minneapolis on Tuesdays, beginning on September 30 and ending on October 14. The walk-in time is from 1-3 pm. The VA Medical Center is located at 1 Veterans Drive, Minneapolis MN.

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- Transportation
- Walking trails and garden
- Heat and water included



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

# Spotlight on our Dementia Care Specialist



By Tracy Fischer, ADRC Manager

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

### What do dementia care specialists do?

Dementia care specialists provide:

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

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

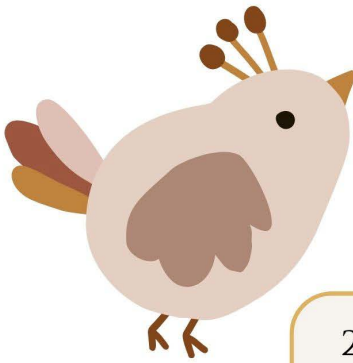


In Dunn County, we are fortunate to have Dementia Care Specialist Carla Berscheit. Carla works half time in Dunn County, and half time in Chippewa County. She is easily reached by phone at 715-738-2584 or 715-944-8091 or by email at [cberscheit@co.chippewa.wi.us](mailto:cberscheit@co.chippewa.wi.us).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

Option to attend virtual or in person.  
Contact the Dunn County ADRC for more information (715)232-4006.



## Relatives Raising Children Support Group



A confidential space for grandparents and other relatives raising children. Meet and connect with other caregivers, develop a network of support, and be heard by others with shared experiences.

2nd Thursday of the month  
9:30-11:00am

Menomonie Senior Center  
1412 Sixth Street East  
Menomonie, WI



## Virtual Dementia Support Groups



Join us for support, encouragement and resources

For Caregivers of someone living with dementia:

**Monday Coffee Connect** - Every Monday 10-11 am.  
Contact Kelsey at [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)

**Monday DISH** - 1st Monday of the month 7-8pm.  
Contact Carla at [cberscheit@chippewacountywi.gov](mailto:cberscheit@chippewacountywi.gov)

**Circle of Support** - 3rd Tuesday of the month 2-3pm.  
Contact Teresa at [teresa.gander@vernoncountywi.gov](mailto:teresa.gander@vernoncountywi.gov)

**Evening Conversations** - 2nd Thursday of the month 7:00-8:00pm.  
Contact Teresa at [teresa.gander@vernoncountywi.gov](mailto:teresa.gander@vernoncountywi.gov)

**Minds & Voices** - 2nd Wednesday of the month, 10:30 - 11:30am  
contact Rob at 920-386-4308 or [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)

**Lewy Body Dementia Caregiver Support Group** - 2nd & 4th Wednesday of each month 1:30-3:30pm.  
Contact Rob at 920-386-4308 or [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)

**Friday Support** - Every Friday morning 9-10am.  
Contact Karen at [karen.tennyson@co.rock.wi.us](mailto:karen.tennyson@co.rock.wi.us)

**Third Wednesday** - Third Wednesday of the month 6:30 - 7:30 pm  
contact Tricia at [tricia.rotering@co.trempealeau.wi.us](mailto:tricia.rotering@co.trempealeau.wi.us)

For those living with MCI or early stage dementia

**Conversations** - 1st & 3rd Wednesday of the month, 10:30 am - noon  
contact Rob at 920-386-4308 or [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)



# Blind Fishin Buddy

*Submitted by Compass IL*

A great recreational opportunity that Compass IL strives to support and engage with consumers is fishing. In celebration of our 25th annual event in our 26 years as a Fishing Has No Boundaries Chapter. To support these activities, we would like to spotlight the Blind Fishin Buddy.



This device was created by a man named Al. He has been an avid fisherman his entire life. His family has taken annual fishing trips to Canada for over a decade. It has given him more memories than he can count. A trip that his family looks forward to yearly. Shortly after retirement, he began to lose his eyesight due to health issues. Al still made it out on the water and was dedicated to this way of life he loved. As his vision worsened, he had to begin to rely on others to simply put a hook on his line. This became frustrating to lose independence.

The Blind Fishin Buddy started as an idea and soon became a family project. Originally, they were trying to develop something to help fishermen who could not see. They then realized that this can help literally everyone who wants to fish.

The Blind Fishin Buddy is a tool that should be essential to everyone's tackle box. It is designed to put a lure, hook, or other fishing equipment on your line. Whether you have difficulty seeing or shake a little, this product will give you back the confidence to do it for yourself.

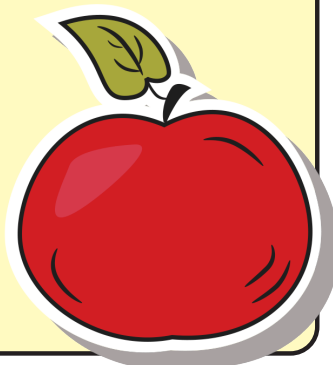
The Blind Fishin Buddy can be purchased directly from their website, <https://blindfishinbuddy.com>, for \$34.99. Additional color and size hook guides can be purchased for \$1.99. Compass IL offers the opportunity for individuals to borrow or try out items mentioned in our articles before making a purchase.

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

## Dunn County Area Retired Educators' Association NOVEMBER 10th MEETING

Jim Tripp, Wisc. Senior Medicare Patrol representative, will be the guest speaker during the Nov. 10th meeting of the Dunn County Area Retired Educators' Association (DCAREA). He will discuss how to prevent, detect, and report Medicare fraud. Medicare loses an estimated \$60 billion each year due to fraud, and abuse.

DCAREA meets at the Menomonie Moose Lodge, 720 19th Ave. E., at 12:00 noon. All retired public school employees, preschool through university, are invited to attend. Lunch will be served. Please call Jean at 715-505-8285 by Nov. 6th to RSVP.



## COMMON SCAMS & FRAUD AWARENESS PRESENTATION

CO-HOSTED BY DUNN COUNTY

ADRC and VETERANS SERVICE OFFICE

**Thursday, November 6 | 2:00 pm**

**Room 54, Dunn County Government Center**

### Featured Speaker: Jeff Kersten

is an Outreach Specialist for the Bureau of Consumer Protection at the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP). Jeff travels around the state to educate the public, businesses and law enforcement on common scams and fraud, privacy protection, data security, identity theft, and more. He has over 12 years of experience as a police officer and a Consumer Protection Investigator. The Dunn County ADRC and VSO are partnering with Jeff Kersten to provide an excellent informational presentation for anyone interested, including:



- Common scams and fraud targeting seniors
- Military identity theft: Protect and Prevent
- Question and Answer session

**FREE & OPEN TO THE PUBLIC**



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



## Women Connected

A SUPPORT GROUP  
FOR WOMEN CAREGIVERS

JOIN US:

4th Tuesday of the month at 1:45pm

*2025 Dates:* June 24, July 22, Aug 26, Sept 23,  
Oct 28, Nov 25, Dec 23

*Menomonie Senior Center*  
1412 6th St., Menomonie, WI

*Gain a sense of empowerment and reduce  
the feelings of loneliness and social isolation.  
Share tips and improve or learn new, healthy coping skills.*

For more information, contact  
Casey at 715-308-3527







## DEMENTIA P.A.C.T.

### Positive & Assertive Caregiver Training

ATTEND SOME  
OR ALL  
TRAININGS



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

#### HOW TO SPEAK DEMENTIA MARCH 4TH, 2 PM - 4PM

Learn tips and strategies to improve communication with someone living with dementia. Strategies will decrease your frustration.

#### STAGES & SUPPORT JUNE 3RD, 2 - 4PM

Determine roughly what stage of dementia your loved one is in and how to best support them day to day.

#### DEMENTIA & HOME SAFETY SEPTEMBER 2, 2-4PM

Learn about low tech and high tech solutions to keep your loved one safe at home

#### DEMENTIA & SUNDOWNING DECEMBER 2, 2-4PM

Learn about this symptom that is often present with dementia. You will gain understanding and strategies to work through sundowning.

brewery /  
nønic  
621 4th St West  
Menomonie

- Join Carla Berscheit, Dementia Care Specialist to gain knowledge, understanding and resources.
- Registration is required.



715-232-4006



adrc@co.dunn.wi.us

Caring for those who care for others.

## Caregiver Support Group

The caregiver support group is a safe and confidential gathering of people who are in a similar situation. They meet to give and receive help, advice, friendship and emotional support. Participants also gain knowledge of local resources and other issues related to their situation.



Contact the Dunn County  
Aging and Disability Resource  
Center with any questions.  
(715)232-4006

3rd Wednesday of the month



2:00 pm - 3:30 pm

Menomonie Senior Center

1412 Sixth Street E

Menomonie, WI

# NO NEW MEDICARE CARD



## Have you been told you need a new Medicare card?

## STOP! It's a scam

### Here's the truth

- Medicare is NOT issuing plastic cards
- You do NOT need to 'update' your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

### Protect Yourself

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to SMP



**SMP**  
Senior Medicare Patrol

Preventing Medicare Fraud

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

## Contact Senior Medicare Patrol

# 888-818-2611

[www.smpwi.org](http://www.smpwi.org)



WisconsinSeniorMedicarePatrol





# Celebrate the Magic of the Season



Celebrate the magic of the season at the **Chippewa Valley Bee Expo Christmas Market**, coming to the Northern Wisconsin State Fairgrounds on **Saturday, December 6, 2025, from 10 AM to 5 PM!**

Step into a winter wonderland filled with the sights, scents, and smiles of the holidays. This festive indoor market brings together local artisans, bakers, crafters, and small businesses offering one-of-a-kind gifts, handmade décor, and delicious holiday treats. Whether you're checking off your shopping list or searching for that perfect keepsake, you'll find something special at every booth.

Families can enjoy a full day of holiday cheer with photos with Santa and The Grinch, cookie decorating, and craft activities for kids. Guests can also take part in our holiday raffle, featuring locally donated prizes that help support the nonprofit's educational mission. We have an Old World Saint Nicholas coming in for photos and children to join for christmas wishes and pictures if desired. All photos are the same day as well as digital emailed if desired.

Admission is free with a donation — bring a nonperishable food item or a new, unwrapped Christmas present to support local families through the community food pantry. Together, we can spread joy and kindness while celebrating the spirit of giving.

Hosted by the nonprofit Chippewa Valley Bee Expo, this event supports pollinator education, youth mentorship, and community outreach throughout the year. Every purchase and donation helps “keep the buzz alive” by funding hands-on learning opportunities for all ages.

Bring your friends, family, and festive spirit — and make this community celebration part of your holiday tradition!

To learn more or become a vendor, visit [www.chippewavalley-bee-expo.org](http://www.chippewavalley-bee-expo.org) or follow us on Facebook at @ChippewaValleyBeeExpo.



## Christmas Market Vendor List



### Sweet Treats

- **Just Fudge** – Holiday fudge in various flavors
- **Colia's Sweet Creation** – Sugar cookies & popcorn
- **Out of the Woods Good LLC** – Gourmet caramel candies
- **Get Baked** – Gluten-free cookies & decorating kits
- **Mike's Star Market** – Freeze-dried candy, fruit & meats

### Jams, Honey & Syrup

- **Abe's Sugar Bush** – Maple syrup
- **Otter Lake Gold** – Honey products
- **Let's Get Pickled** – Pickles & salsa
- **AVenue Orchard** – Jams, cider, & baked goods
- **DuWayne K. Mueller** – Creamed honey, pens & gifts
- **Bee Haven Hives LLC** – Honey, lip balm, lotion bars
- **Hallie Farm LLC** – Pet treats, syrup, honey, vanilla
- **Rogalski's Honey Bees** – Infused honey & gift boxes

### Drinks & Elixirs

- **Wisconsin Veteran Farm & Winery** – Wine by bottle or glass
- **Blissful Slush** – Hot chocolate & coffee
- **Uncle Milo's Craft Botanicals** – CBD drinks, gummies, bath bombs

### Meats & Cheeses

- **Derks Farms Beef** – Beef sticks, sausages & gift boxes
- **Yellowstone Cheese** – Cheese & curds

### Unique Finds & Festive Touches

- **Carol Ann Designs** – Handmade bags & purses
- **Double L Crafts** – Tumblers, mugs, jewelry
- **Sunflower Country Crafts** – Resin gifts & bee-themed items
- **KTKreations** – Art, trivets, jewelry
- **Shell B Designs** – Hats, shirts, quilted items

- **Stewart's Blocks and Boards LLC** – Cutting boards & knives
- **Schmitz Family Crafts** – Wooden games & 3D prints
- **Twisted Sisters and Woodenicol** – Stone jewelry & woodturned goods
- **Crescent Craft Studio** – Handmade jewelry & stickers
- **Winding Pines** – Home décor & hat bar
- **KBIZ** – Barnwood gifts, candles, ornaments
- **Christmas Creek Creations** – Goat milk soap & lip balm
- **Jera Smithworks** – Hand-forged ironwork
- **Orchid Apothecary** – Natural home & body products
- **Salty Earth Farms** – Tallow-based skincare made with farm-grown botanicals and premium cooking tallow.
- **Hardina Homestead Creations** – Rustic barnwood décor and handmade natural products from their small farm.
- **Scentsy** – Wax warmers, scents & gift sets
- **Flawn Seed Kits** – Bee-friendly lawn kits
- **NextGen Powersports** – ATV & motorsports dealer (Can-Am, Polaris, Ski-Doo, Sea-Doo)

**Celebrating our 75th Year!**



Spin the wheel to win a free prize!



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[chippewacremation.com](http://chippewacremation.com)

# Dementia – If Only There Was a Cure

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

As I held her hand the day mom took her last breath, it was a blurry day for me. If only there had been a cure, a way to have stopped what took her so early in life.

## We're supposed to age gracefully, living past 70, aren't we?

Mom died of vascular dementia 10 years ago, after battling 20+ years with her failing health. She was 70 years old - missed her 71st birthday by 3 months. Diabetes, cardiovascular diseases, and strokes lead to vascular dementia in her final years of life.

Mom's destiny was determined by the diseases she had overtaking her body and life. Had she known better, perhaps she would have made different lifestyle choices. Once dementia set in, her ability to make healthy choices simply didn't exist.

## There currently isn't a cure for dementia.

If we could find the panacea for dementia, we'd all be rich in more ways than one. We'd save the world billions of dollars. We'd be healthy and live longer. But yet, we don't. Why is that? I often wonder. Do we think it is easy to live with dementia instead? Do we doubt dementia is that prevalent? The facts tell us otherwise.

## Every 66 seconds someone in the US develops the disease.

Dementia in its many forms doesn't discriminate, isn't stoppable, curable, or preventable once the disease begins. It causes irreversible brain damage and isn't a normal part of aging. Over 80% of Americans don't know the early warning signs. It is easy for us to use our healthy brains to find ways to prevent it before it starts. (Check out this short video from the Alzheimer's Association - their website contains great information.)

## The known facts about dementia should scare the h\*ll out of us.

Unfortunately, it only seems to scare us or move us to action if we are personally affected by it or our loved one is. I know that was my case. I know better now, but my lack of knowledge back then lead up to a loss greater than words can describe. If only I had known more.

## Alzheimer's is the 6th leading cause of death in the US.

Dementia cases continue to rise. It kills more than breast and prostate cancer combined. 6 million Americans live with the most common form of dementia - Alzheimer's. By 2050 that number could rise to 1 trillion.

## 1 in 3 seniors dies from some form of dementia.

If the predictions are right, we are not prepared as a society to

pay for the costs of care or treatment of comorbidities associated with poor health routines leading up to the diagnosis or development of dementia. As a baby boomer, aka, the generation expected to push the numbers affected over the 16 million mark, I'm terrified to think of the rapid rate of growth of the disease.



## We have to find a way to stop dementia before it starts.

Prevention comes with lifestyle changes, focusing on healthy gut regimens, and EXERCISE! What's good for the heart is good for the brain.

## Exercise every day to help give yourself better odds. But is that enough?

It is only the start of a panacea. I encourage you to do what you can each day. Educate yourself for your tomorrow. You and your loved ones deserve a life without dementia! If you are caring for someone with dementia, my heart goes out to you - treasure every moment - hug your loved one every chance you get!



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## DO YOU LIKE TO LISTEN TO PODCASTS?

Do you want to know more about dementia and the research that is happening at the University of Wisconsin – Madison. If so, check out Dementia Matters with Dr. Chin. You can listen on podbean, spotify or iTunes.





# Honoring Heroes: Ways to Celebrate Military Veterans at Funerals

By Stokes, Prock & Mundt Funeral Chapel

For families saying goodbye to a loved one who served, a funeral is more than a farewell — it’s a tribute to a life marked by sacrifice, courage, and dedication. Veterans deserve ceremonies that reflect not only their personal legacy but also the gratitude of the nation they defended. While traditional military honors such as the playing of Taps or the folding of the flag remain timeless, many families seek unique, meaningful ways to personalize the service.



**Symbolic Rituals of Remembrance**  
Symbolism allows emotions to be expressed when words fall short. Lighting a “candle of service,” or planting a memorial tree can serve as lasting reminders of a veteran’s legacy. Another unique tradition is displaying a “battlefield cross” — a helmet, rifle, and boots — as a symbolic representation of sacrifice. These visual elements bring both reverence and reflection to the service.

**Personalized Military Displays**  
Creating a memorial display is one of the most powerful ways to tell a veteran’s story. Families often showcase medals, insignia, uniforms, letters, and photographs that trace a veteran’s service journey. A shadow box or memory table allows guests to engage with tangible pieces of a loved one’s life. Some families even include maps marking deployments or journal entries from the field. For those who served decades ago, digitizing old photos or projecting vintage video clips can help bring the past into vivid focus.

**Involving Fellow Service Members**  
Few tributes carry more weight than one delivered by those who served alongside the deceased. Inviting fellow veterans to share stories, read passages, or perform a final salute provides a deeply personal connection. Some families choose to incorporate a final “roll call,” where comrades call out the veteran’s name — a poignant ritual that symbolizes their absence yet keeps their memory alive.

**Enhanced Honor Guard Ceremonies**  
While many veterans are entitled to a standard honor guard detail, families can add meaningful details. Incorporating branch-specific colors into floral arrangements, printing mottos on service programs, or including a branch creed reading can create a more personalized ceremony. Local veterans’ organizations often provide additional elements such as a rifle salute, motorcycle escort, or flag procession, ensuring the farewell feels distinctive and heartfelt.

**Music and Words with Meaning**  
Music is often the heart of remembrance. Beyond Taps, families may include branch anthems, era-specific favorites, or hymns that resonated with their loved one. Selected poetry, letters written home, or excerpts from military speeches can add emotional depth. Perhaps the most moving tribute of all is hearing the veteran’s own words — shared from journals, letters, or recorded interviews — reminding those present of their unique voice and spirit.

**Creating Lasting Memorials**  
The impact of service extends beyond the funeral. Many families honor their veteran by initiating ongoing tributes, such as establishing a scholarship for veterans or military families, organizing annual service projects, or donating to causes that mattered to their loved one. Memorial benches, engraved pavers, or plaques in local veterans’ parks also provide enduring public reminders of their contribution.

**Final Rest with Dignity**  
For those eligible, burial in a national or state veterans’ cemetery offers perpetual recognition of service. Families choosing private burial can still incorporate military elements such as a flag-draped casket, ceremonial rifle salute, or final salute from attendees. These small but profound gestures reflect both personal pride and collective gratitude.  
  
Honoring a veteran means more than acknowledging their service record — it’s about celebrating the character, courage, and values that defined their life. By blending traditional military honors with creative, personal touches, families can craft a tribute that is both solemn and deeply meaningful. In doing so, they ensure that the legacy of service continues to inspire future generations — a final salute to a life lived with honor.

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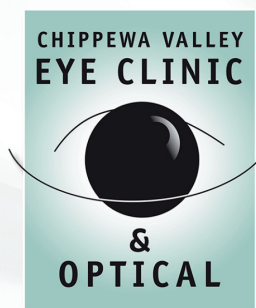
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