

FREE



MAY 2025

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Get \$25 to Support Local Farmers Markets
Seniors Farmers Market Voucher Program

Each year, the Farmer's Market Nutrition Program is funded through the federal Farm Bill and administered by the State of Wisconsin. In Chippewa County, the Aging & Disability Resource Center (ADRC) accepts applications and distributes vouchers to eligible low-income seniors to purchase locally grown fresh fruits and vegetables at local farmers' markets and farm stands.



The farmers get to keep 100% of the profits when you use your vouchers. It boosts sales for local Wisconsin farmers, and it helps bring new buyers to the market.

To be eligible you must meet ALL of the following:

- Chippewa County resident (or apply with your county)
- Age 60 or better (or Native American age 55 or better)
- 2025 gross household income less than the amounts below:
(Remember to add in Medicare B and D premiums)
1-person household income - \$2,413 /month
2-person household income - \$3,261 /month

Ways to Apply – Beginning June 1st - First Come, First Served

1. Online: www.chippewacountywi.gov/adrc
2. Mail: Get a mailed application by calling 715-726-7777
3. In person: ADRC of Chippewa County (Courthouse)
4. Print: www.chippewacountywi.gov/adrc and submit to us

Even if you're not eligible for this program, keep in mind that you can double your FoodShare dollars at participating farmers' markets who have the "Market Match" program. Example: You charge \$10 on your FoodShare card, and you get \$20 back to spend at the market. Contact the ADRC for a list of markets. Additionally, there is a WIC Farmers' Market Nutrition Program for WIC members who are either pregnant, postpartum, or have a child at least 9 months old. Contact the local WIC office for more information.

Scan the code with your camera for the online application June 1st



Check out our website at seniorreviewnewspapers.com

Staff Spotlight: Sarah Hedlund

I am an Options Counselor at the ADRC of Chippewa County and May 2025 marks my 11th year in this position! As an Options Counselor, I take a lot of phone calls and go on a



lot of home visits to educate people on benefits and programs they may qualify for or services and resources that can help them. Options Counselors also educate people on how various systems work so a person knows how to navigate and address different situations themselves. The key word for this role is “options”... we let people know what choices they have and what different choices may mean in their lives so they can make their own decisions. Doing this work is very rewarding because we help people find solutions; the relief people feel and the gratitude they express makes all of the busy days, worth it.

Easy Reach Seat Belt Grabber Handle

Compass Independent Living is showcasing a very practical piece of assistive technology: the Easy Reach Seat Belt Grabber Handle. This lightweight and flexible device offers users an easier way to access their seat belts, making it particularly beneficial for individuals with limited dexterity in their shoulders, those with arthritis, or anyone facing difficulties reaching for their seat belts without strain.



The Easy Reach Seat Belt Grabber Handle attaches to the seat belt and creates an extended grip, allowing for easier access without requiring excessive shoulder movement or twisting of the torso.

Constructed from durable lightweight ethylene methyl acrylate resin, the handle measures 9.5 inches in length and 2.5 inches in width, making it convenient to carry for outings. This device is available through various online retailers, such as Walmart and Amazon, with a retail price of approximately \$9.00.

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.

The ADRC is Online!

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

Website

Resource
Guide

Facebook

Events

Email

eNewsletter



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

- ADRC Manager – Sarah Zielke
- Administrative Assistants – Breanna Schemenauer, Renee Price, Carmen Olson
- Dementia Care Specialist – Carla Berscheid
- Disability Benefit Specialist – Stephanie Rasmussen
- Elder Benefit Specialist – Michelle Fellom
- Nutrition & Transportation Programs Supervisor – Kayla Colbenson
- Nutrition Program Assistant – Jason Kolano, Jen Buckley
- Nutrition Site Aides – Sue Barnum, Linda Felmlee, Darcy Bjerke, Cindy Sarazen, Ann Mueller, Laurie Hanson, Cindy Irish, Vicky Steinmetz
- Options Counselors – Kasha White, Sarah Hedlund, Erika Stevens, Jessica Gibson, Libby Leinenkugel

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

Tornado and Severe Weather Preparedness

By the Greater Wisconsin Agency on Aging Resource Legal Services Team

The snow is melting, and the trees are turning green, which means it's time to review your safety plans so that you will be ready when severe weather hits. Wisconsin averages 23 tornadoes per year, with most tornadoes occurring between May and August. June usually has the highest number of tornadoes. Wisconsin averages 23 tornadoes annually. Last year, the National Weather Service (NWS) confirmed 45 tornadoes in Wisconsin, the third highest in state history!



Other hazards of spring and summer weather are powerful, straight-line thunderstorm winds that can exceed 60 mph and large hail. Wisconsin gets a few storms each year that generate hurricane-force winds of at least 75-100 mph. The National Weather Service issues Severe Thunderstorm Warnings for these wind events as well as for storms with hail of at least 1 inch in diameter.

Wisconsin Emergency Management recommends having a plan for what to do in case of severe weather. When a Thunderstorm Watch or Tornado Watch has been issued, pick a reliable source of information and keep in touch with that source until the threat of severe weather has passed. One of the best tools is a weather radio.

When you hear a siren or that there is a tornado warning, find shelter immediately. If you are at home or in a building, move to a shelter space you have chosen, such as a basement, and get under a sturdy table or the stairs. If you do not have a basement, move to a small interior room or hallway on the lowest floor and get under a sturdy table or desk or cover yourself with blankets or pillows. Stay away from windows and put as many walls as possible between you and the storm.

If you are in a mobile home or caught outdoors, seek shelter in a sturdy building. If you cannot walk to a shelter quickly, get into a vehicle, buckle your seatbelt, and drive to the closest sturdy shelter. If debris starts flying while you are driving, pull over and park. Either stay in the vehicle with your seatbelt on and place your head below the windows, or, if you can safely get to a point that's noticeably lower than the roadway, get out of the vehicle and lie in that area, covering your head with your hands. Do not seek shelter under an overpass.

You can read more about severe weather safety and emergency preparedness, including tips for making a disaster plan at www.ready.gov/plan.



THE STORY OF REFRAMING AGING



Society should treat older people as equals

One of our society's strengths is our belief in justice. A just society ensures that everyone, regardless of age, can participate and contribute in meaningful ways. Too often, we limit opportunities for older people and minimize their contributions. This is unjust to older people and a loss to our communities. To live up to our ideals, we must confront the injustice of ageism.

Ageism harms us all

Ageism is discrimination or unjust treatment of older people based on stereotypes. Starting at an early age, ageism shapes the way we think about ourselves and others as we grow older. Underlying ageism is implicit bias – the unconscious attitudes and beliefs that lead to snap judgments about older people. Ageism is bad for our health, making us sicker and costing our nation billions in avoidable health care costs. Ageism stifles the economy by limiting the participation of older workers, despite their years of experience.

“

This is what ageism sounds like:

I'm having a senior moment.

These wrinkles and grey hair have got to go.

I'm too old to try that.

You look good for your age.

It's time to put her/him out to pasture.

Those are just aches and pains from old age.

Sweetie, you don't look a day over 29.

”

The solution: confront ageism by telling a new story

The Reframing Aging Initiative is generating a groundswell for change – from local efforts to national leaders – to tell a more balanced story of aging. This story explains that good ideas know no age limit, and that experience and wisdom can be tapped to benefit us all.

Our words matter. Changing the way we talk will change attitudes about aging, and ultimately, will advance policies and programs that support us at every age and stage of life.

This initiative is powered by research and proven to change how people think about aging.

What we need is you!



JOIN US IN TELLING A NEW STORY ABOUT AGING!

www.reframingaging.org



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www.COHSeniorLiving.com

SCAMS

Four Ways To Avoid Scams After Weather-Related Disaster

Reprinted from Federal Trade Commission Website

Whenever severe weather strikes — blizzards, heavy winds, or the devastating fires in Los Angeles earlier this year — you can bet scammers are following the news to target people affected. So, how do you protect yourself against weather-related scams?

Weather-related disasters mean big bucks for scammers. They'll appear right after an emergency and offer to get your power back on, make essential repairs, or help with whatever you need. But if you pay them, they'll take your money and disappear, charge you for things you don't need, or leave before completing the work you paid them to do.

It's hard to anticipate the damage a weather emergency can cause. Here are four ways to avoid the weather-related scams.

1. **Spot utility imposter scams.** Utility imposters work year-round, but after a weather emergency, they might call or knock on your door saying they need to repair or replace equipment. Then they'll ask you to pay. Don't give them money. But do ask for identification and verify who you're dealing with.
2. **Hire only contractors who are licensed and insured.** Check with your state or county government to confirm a contractor's license. Ask the contractor for proof of insurance and get a written contract.
3. **Never pay for repairs or debris removal in cash.** Paying by credit card offers you some protections. And only pay in full after the work is done and you're satisfied with it.
4. **Read about other weather-related scams** at ftc.gov/WeatherEmergencies. Then share the information with friends and family to help them avoid losing money, too.



ADRC Board Meetings Are Open to the Public

Did you know that your Aging & Disability Resource Center (ADRC) Board meetings are open to the public? They meet on the second Thursday of odd-numbered months at 3:30



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 firsthand 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 on May 8, 2025! The agenda will be available starting on May 1, 2025. You can find it on the county website, or you can call Sarah Zielke, the ADRC Manager at 715-726-7777, to have an agenda mailed to you.

The Aging and Disability Resource Center of Chippewa County Presents

Medicare & You Classes



Free Unbiased Medicare Information!

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

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

This is open to anyone new to Medicare, currently on Medicare, caregivers, families and community partners.

Registration Required (3 ways)

1. www.chippewacountywi.gov/adrc/events



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

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

Various locations offered throughout Chippewa County, including *Virtual. See our website for the full schedule.

Upcoming this month

- 05-13-2025 1-3pm Chippewa Courthouse
- 05-13-2025 1-3pm Virtual
- 05-27-2025 4-6pm Lake Holcombe School



- Flexible visitation for loved ones
- Physical, occupational & speech therapy 7 days a week
- Concierge services

Our residents have the opportunity to be a partner in the care they receive, to develop trusting relationships with our caregivers, and to reach their highest level of independence.

We are passionate about making our center **The Right Choice** for you or your loved one.

320 N 7th Street, Cornell | 715-239-6288 | cornellhs.com



Follow the ADRC of Chippewa County on Facebook

The Year Without Summer By Ken Anderson, themayberryguru@gmail.com

There have always been years when Mother Nature pulled off some strange events. But there were few stranger than the one she brought forth with The Year Without Summer.

The Year Without Summer occurred in 1816 and began due to a massive April volcanic eruption in the Dutch East Indies, which in modern times is Indonesia. The tremendous amount of volcanic ash and gases in the air blocked sunlight, causing significant global cooling. The countries of France, Great Britain, and Ireland were impacted by food shortages. These shortages led to widespread famine and riots as people were desperate for food. Europe was beginning to recover from the Napoleonic Wars, which just made a bad situation even worse.

North America was not exempt from the climate change. Summer in the eastern United States changed drastically as a "dry fog" made sunlight scarce, resulting in frigid temperatures and frost throughout the entire summer. Like Europe, North America also experienced food shortages due to crop failures. This led to people from the eastern United States moving westward in search of warmer weather. Crop failures were especially severe in the higher elevations of the eastern United States.



According to some diary entries during this time, the temperature fell below freezing in many areas for May. Diary entries stated that the ground froze several times in June, and it was so cold in July that the crops stopped growing. There were also reports of 12-inch icicles hanging from buildings during the middle of "summer."

Man has always been at the mercy of the weather and climate change. This was even true in Mayberry. In one episode of

The Andy Griffith Show, the folks of Mayberry had to endure a very hot and dry summer. Crops began to fail due to lack of rain, so prices continued to rise due to crop shortages. The people of Mayberry became so desperate that they turned to a group of Gypsies who said they could make it rain. The Gypsies did indeed predict the exact time when rain would come. However, it was discovered that they did so only because of a shortwave radio they had in their caravan.

Let's hope the summer of 2025 will be normal, with average temperatures and precipitation. As Mayberry barber Floyd Lawson says, "Everyone talks about the weather, but no one does anything about it."

*Plan your memorial.
Preserve your legacy.*

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MAY DEMENTIA SUPPORT

FOR MORE INFORMATION AND PROGRAM FLYERS, CHECK OUT THE ADRC CALENDAR EVENTS AT WWW.CHIPPEWACOUNTYWI.GOV/ADRC AND CLICK ON "DEMENTIA SPECIALIST"

CHIPPEWA VALLEY DEMENTIA CONFERENCE

DON'T MISS THIS ONE!

FOR PROFESSIONALS AND FAMILY CAREGIVERS
Presented by the Chippewa Valley Dementia Coalition

Join us for a day of learning, support, and resources at the 1st Annual Chippewa Valley Dementia Conference.

- Navigating The Noise: Over the Counter Drugs, Commercials, CBD, Natural Aids, and Brain Helpers
- Understanding and Responding to Behavior
- Balancing Risk in Dementia Care
- Living with Grief Associated with Dementia
- Hi and Low-Tech Assistive Technology
- The Power of PATH: Passion, Attitude, Team, and Hope

Tuesday May 20, 2025 • 8:00am - 4:00pm
at The Florian Gardens Conference Center

Cost: \$25 / \$50 with CEUs (6)
Registration required by May 12 - <https://bit.ly/3QusVvY>

DEMENTIA P.A.C.T. Positive & Assertive Caregiver Training

JOIN USE FOR FREE QUARTERLY TRAININGS TO INCREASE YOUR SKILLS AS A CAREGIVER.

ALL TRAININGS WILL BE HELD AT
ASPIRUS STANLEY HOSPITAL FROM 10 - 11:30AM

- **STAGES OF DEMENTIA - MAY 13**
Determine roughly what stage of dementia your loved one is in and how to best support them
- **DEMENTIA & HOME SAFETY - AUGUST 12**
Learn about low tech and high tech solutions to keep your loved one safe at home
- **HOW TO SPEAK DEMENTIA - NOVEMBER 11**
Learn tips and strategies to improve communication and decrease frustration

Join Carla Berscheit and Hannah Quicker, Dementia Care Specialists to gain knowledge, understanding and resources. Attend one or all of the trainings.
Registration is required.

715-644-6153 | Diane.Finn@aspirus.org

DEMENTIA SUPPORT GROUPS

Supporting caregivers of those living with dementia

Colfax

- Grapevine Senior Center | 121 Main Street Colfax
- First Wednesday of the month | 1:00 - 2:30pm

Menomonie

- Menomonie Senior Center | 1412 Sixth Street E
- Fourth Monday of the month | 10:30 - noon

Chippewa Falls

- Central Lutheran Church | 28 East Columbia Street
- Second Thursday of the month | 1:00 - 2:30pm

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

VIRTUAL DEMENTIA SUPPORT GROUPS

Join us for support, encouragement & resources

For Caregivers of someone living with dementia:

Monday Coffee Connect - Every Monday 10-11 am
Contact Kelsey at kflock@lacrossecounty.org

Monday DISH - 1st Monday of the month 7-8pm
Contact Carla at cberscheit@chippewacountywi.gov

Circle of Support - 3rd Tuesday of the month 2-3pm
Contact Teresa at teresa.gander@vernoncounty.org

Evening Conversations - Every Thursday night 7:30-8:30pm
Contact Teresa at teresa.gander@vernoncounty.org

Minds & Voices - 2nd Wednesday of the month, 10:30-11:30am
Contact Rob at 920-386-4308 or 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

Friday Support - Every Friday morning 9-10am
Contact Karen at karen.tennyson@co.rock.wi.us

Third Wednesday - Third Wed. of the month 6:30-7:30 pm
Contact Tricia at tricia.rotering@co.trempealeau.wi.us

For those living with MCI or early stage dementia

Conversations - 1st & 3rd Wed. of the month, 10:30am - noon
Contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us

Questions about brain health, dementia, and/or caring for a person with dementia?

Contact Carla Berscheit,
Dementia Care Specialist, ADRC
715-738-2584 or 715-944-8091
cberscheit@chippewacountywi.gov

National 24/7 Helpline 1-800-272-3900 or www.alz.org

Dementia Website:



Find more
Brain Health
information
& upcoming
events!

Facebook Dementia
Group:



How to Communicate with Someone Living with Dementia

Part 1 – Reassurance

When the person with dementia is frustrated or upset, Reassurance can be a helpful communication technique. For example, the person with dementia is reflecting at something that happened 10+ years ago. This might look like getting fired from their job. When the person with dementia reflects on this, he may become angry, irritated and agitated. If you have read my previous articles, we know that reasoning and rationalizing do not work. So, you could try using reassurance to comfort him. You might say “Mike, that must have been so difficult for you. You feel like your boss didn’t even understand your side of the story, right? I am sorry that happened. That must have been so frustrating for you. I am here with you now, and I will help you get through this. I am happy that you are home more now, so we can spend more time together”



This is just one approach, it may not work every time, but can be effective. Watch for another communication strategy next month.

Memory Café

Cornell/Lake Holcombe

COFFEE

SOCIALIZATION

COMMUNITY

2025 Dates

- January 28
- February 25
- March 25
- April 22
- May 27
- June 24
- July 22
- August 26
- September 23
- October 28
- November 18*
- December 16*

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

When: 4th Tuesday of the Month

Time: 10:00 am to 11:30 am

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

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

For more information, call the Aging & Disability Resource Center at 715-726-7777

* November and December will meet the 3rd Tuesday of the month.



CARING FOR A FAMILY MEMBER WITH DEMENTIA



Changing roles

Your role will change and the person you love will change, although they may look the same and even seem the same at times. Understanding what these changes will be can help you and your family member cope with your new situation.

Communication

Behavior is communication. Try to understand new behaviors to learn how to respond. Consider if a new behavior is trying to tell you something. Try not to: Argue, surprise them or talk or move quickly. Try to: Speak slowly. Agree with them, even if it's not true. Make sure they see you before touching them or speaking.

Misunderstandings

As dementia gets worse, it affects the caregiver more. The family member may not realize how their actions or words could harm others. Observe your family and try to understand their reasons. Pay attention to your non-verbal actions like facial expression and how you sit or stand.

Physical tasks

Helping a family member with dementia often means doing physical tasks. It's important to learn the right way to lift and help them stand to avoid injuring yourself.

TAKE CARE OF YOU

So you can take care of them

Caring for someone with dementia is different than caring for someone with other conditions. The time, the type of care, the changing roles, and feelings of loss make dementia caregiving challenging.

Given these challenges, the best way to help your loved one is to make sure you take care of yourself first. It's important to involve your family and friends and to accept their offers of help. It's also important to talk to your doctor about thoughts of depression or stress you may feel.

Remember, as your loved one changes due to dementia, your life changes too. Things that were easy before might be harder now. It's important to adjust what you expect from yourself and your loved one. Be patient and kind to yourself during these changes.



Build routines

Routines are important for those with dementia, especially for meals and sleep. Encourage healthy eating, even if they crave sugary foods.

Sleep changes can be challenging, and nighttime caregiving can be tiring. To reduce stress and boost energy for both you and your loved one, engage in activities like walking and easy exercises.

CARING FOR A FAMILY MEMBER WITH DEMENTIA

Dementia affects logic, perception, attention, memory, mood, communication skills, knowledge and behavior. Here are more strategies for caring for a family member with dementia and a link to a video training session about caregiving.



Anxiety and Aggression

Anxiety and aggression often increase. Medications the person is already taking may affect their dementia behaviors. Always discuss with a doctor any medications the person is taking. Be aware of mirrors in the home.

People with dementia may not recognize themselves in a mirror. Mirrors may cause problems and increase anxiety in the family member. One way to decrease anxiety is to include the person with dementia in activities and daily life. Their natural desire to be included and to have fulfillment does not go away.

Music and Memory

Music is a powerful tool for releasing stress and anxiety. Play the person's favorite music and talk to them about the past and things that happened related to the music they love.

Wandering

A person could wander away for many reasons, it does not always mean they are angry or sad. Some ways to avoid wandering away from home are: exercises to help them feel comfortable at home. Having a home security system on the door is better than locking the doors. When a person wants to leave, try to calm them down and distract them than tell them not to leave.

Sleep



Alzheimer's disease and other dementia cause changes to a person's sleep schedule. Your family member may wake up more at night and stay awake at night longer.

Some things you can do to help sleep are to try to build exercise into your family member's daily routines. Rely on nature and sunlight and try to reduce the amount of light in the home in the evening. Do not watch TV before bed or have a TV on during sleep. Talk to a healthcare provider about sleep problems.

Respite Care



It is so important to have breaks and time off. If you have someone who can care for your family member, find times to do that. Look for adult respite care places too.

Cafe's de la memoria are a safe space for people to talk to others and give a break for both family members and a structure to the day.

These tips are from a Wisconsin Department of Health Services video about caring for a family member with dementia. The 80-minute video is posted in Spanish and English. Watch it by scanning this QR code.



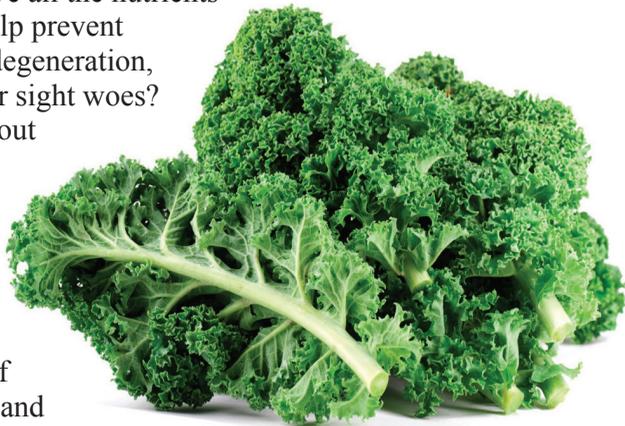
DHS on Vimeo
go.wisc.edu/ks415q

Foods For Eye Health

Contributors: Esther Ellis, MS, RDN, LDN

Reviewers: Academy Nutrition Information Services Team

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma, and other sight woes? Read on to learn about some of the top foods to promote eye health. But don't count on popping a pill to reduce your risk! Your best sources of vitamins, minerals, and antioxidants are from whole foods, since it may be a combination of nutrients within the foods which provide these benefits.



Kale: See the Light

This leafy green is a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens, and spinach, broccoli, kiwi, grapes, yellow squash, oranges, corn, and egg yolk. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of unsaturated fat such as a drizzle of olive oil or a few slices of avocado. Kale also contains vitamin C and beta-carotene, other eye-friendly nutrients.

Sweet Potatoes: The Color of Health

Beta-carotene gives these tubers their orange color. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent night blindness and age related macular degeneration. Sweet potatoes not your favorite? For beta-carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk, and eggs are also sources of vitamin A.

And, similar to lutein and zeaxanthin, beta-carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

Strawberries: Help You “C” Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit), and cantaloupe.

Healthy Fats: Include Sources of Omega-3 Fatty Acids

Besides helping with the absorption of certain nutrients, some healthy fats also contain omega-3 fatty acids. Salmon is an excellent source of omega-3s, which may be beneficial for eye health. Include salmon or other types of fatty fish two to three times per week. Other foods that include omega-3 fatty acids are walnuts (which also contain eye-healthy vitamin E), flax and chia seeds.

From Academy of Nutrition and Dietetics www.EatRight.org

MAY RECIPES:

Four Bean Salad

This easy recipe is a classic for a reason! The dressing is tangy and sweet, and beans provide proteins and B vitamins. We switched out traditional vegetable oil in favor of olive oil for a more heart-healthy fat.



Ingredients

- 1 (15-ounce) can wax beans
- 1 (15-ounce) can green beans
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 white or yellow onion, thinly sliced
- 2/3 cup white or apple cider vinegar
- 1/2 cup white sugar or 1/4 cup honey
- 1/3 cup olive oil

Instructions

1. Mix all ingredients together in a large bowl or Tupperware container. Season with salt and pepper to taste.
2. Refrigerate overnight, or at least for several hours, to marinate. Enjoy as a side for grilled chicken or as a topping for green salad.

Photo source: eatingrules.com

White Tea with Berries

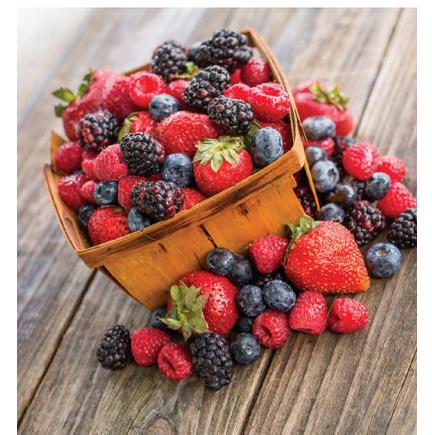
White tea offers antioxidants and anti-inflammatory properties with little caffeine.

Ingredients

- 1 cup mixed berries, such as blueberries and strawberries
- 2 bags white tea
- Cold water

Instructions

1. Wash berries thoroughly.
2. Quarter strawberries, leaving other berries whole.
3. Add tea bags and cover with water.
4. Infuse in the fridge for several hours, or until tea has brewed.



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seniorreviewnewspapers.com
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Go to www.esmmweighless.com to view class times for the upcoming series beginning soon.

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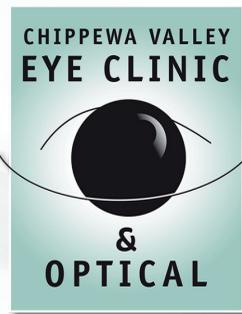
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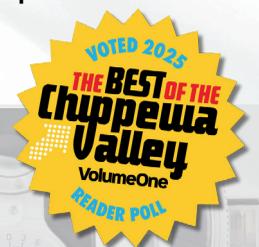
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Healthy Living Programs Available to YOU

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

StrongBodies Information Session for new participants

Strength training is especially important as we age. Being physically active and socially connected are both essential for health and well-being. The StrongBodies program provides a safe environment for older adults to improve strength and balance with a fun group of peers. Learn more in this free orientation and sign up for classes starting in July 2025.

Tuesday, May 27, 10:00 - 11:15 a.m. (virtual, phone conference)

StrongBodies

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

Virtual: Mondays & Wednesdays, **July 7 - September 15, 2025** at 8:30 am, 11:15 am and Tuesdays & Thursdays, July 8 - September 11, 2025 at 8:30 am

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

Repeat participants must complete a Re-enrollment Consent Form to sign up by June 23. \$20 Suggested contribution for repeat participants. Download form at www.adrcevents.org, email adrcevents@eau Claire County.gov or call the ADRC at 715-839-4735 to request a form by mail.



Walk With Ease (in person)

This six-week walking program is developed by the Arthritis Foundation. While walking is the central activity, it also includes education to ease arthritis symptoms, stretching and strengthening exercises, and motivational strategies.

Choose in-person classes meeting outdoors three times weekly for one hour or complete the self-directed program on your own. Proven benefits include:

- Reduce pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

\$10 suggested contribution. Participants receive the Arthritis Foundation Walk With Ease guidebook.

Mondays, Wednesdays, Thursdays, 9:30 - 10:30 am/
July 14 - August 21, 2025 Carson Park, Eau Claire

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

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Thursday, May 1 - Thursday, July 31, 2025
Mondays & Thursdays at 10:30 am
Stanley Area Dance Studio, 200 N Broadway St
Call 715-559-6440 to register

Sponsored by Aging & Disability Resource Center of Chippewa County

Five Myths About Aging

Myth 1 **The older you get, the less sleep you need.**
We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.

Myth 2 **Depression is normal in older adults.**
Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.

Myth 3 **Older adults can't learn new things.**
Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.

Myth 4 **Memory problems always mean Alzheimer's disease.**
Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.

Myth 5 **Older adults do not need to exercise.**
Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.

Visit www.nia.nih.gov/health/10-myths-about-aging for more information about aging and older adults.

Custodial Care Versus Skilled Care

By the Greater Wisconsin Agency on Aging Resources Legal Services Team

If you are a Medicare beneficiary who needs care outside the home, you will have many questions about what type of care is needed and whether Medicare will cover it. Medicare does not cover custodial care but will cover skilled care under specific circumstances. Knowing the differences between custodial care and skilled care will help you better understand your medical care choices and financial obligations.



First, it is important to know what custodial care is. Custodial care encompasses assistance with activities of daily living (ADLs), including bathing, dressing, eating, repositioning, and oral care. The ADLs are non-medical care that can be done reasonably and safely by a non-skilled or non-licensed caregiver. Custodial care can also be done at home, in a nursing home, or in an assisted living facility. This type of care consists of activities you need to do daily to care for yourself.

Next, it's essential to understand skilled care. Skilled care must be provided by or under the supervision of a skilled or licensed medical professional. The care must be medically necessary and can only be safely performed by a skilled or licensed person. Examples of skilled care include physical therapy, occupational therapy, wound care, and intravenous injections. This type of care often happens in a skilled nursing facility. This care is usually more expensive than custodial care due to the complexity of the care and the need for a skilled or licensed provider to safely administer the care.

The most significant difference between custodial care and skilled care is the person providing the care. Skilled care must be performed by or under the supervision of a skilled or licensed person, while any caregiver can give custodial care. Custodial caregivers are not required to hold a formal license or complete medical training and are less costly to hire. If you are in a skilled nursing facility, skilled care should be covered, and custodial care will not be covered in that setting. In an assisted living facility, you will most likely receive custodial care that Medicare will not cover. In virtually all instances, custodial care will not be covered under Medicare.

Being informed about the medical care choices Medicare covers and your financial responsibility with those choices will help you be better prepared to meet your needs. Knowing the difference between custodial care and skilled care can help you prepare for decisions about long-term care choices. It will also help you advocate for yourself if you find yourself in a skilled nursing facility. It is essential to know what type of care Medicare will cover and what kind of care you will receive. Being informed will help you navigate your medical care and ensure you receive the care you need without financial surprises.

Benefits of being in the VA Healthcare System

Many people think that if you use health insurance from work or Medicare, you don't need VA Healthcare. However, the benefit of VA healthcare is that it can be used with other healthcare systems and does not need to be replaced.



Here are the benefits of using VA healthcare:

1. Comprehensive Medical Care

- Primary care and preventive services
- Specialty care (cardiology, neurology, orthopedics, etc.)
- Geriatric care for age-related conditions
- Home-based primary care for those unable to visit VA facilities

2. Long-Term Care & Assistance

- **Nursing Homes & Assisted Living** – VA Community Living Centers, State Veterans Homes, and private nursing home options
- **Home Health Services** – Home-based primary care, skilled nursing, and caregiver support
- **Aid & Attendance Benefits** – Financial assistance for veterans needing help with daily activities (bathing, dressing, eating, etc.)
- **Respite Care** – Temporary relief for family caregivers

3. Prescription Medications & Medical Equipment

- Low-cost or free prescriptions through VA pharmacies
- Medical equipment (wheelchairs, hearing aids, prosthetics, etc.)
- Eyeglasses and hearing aids for eligible veterans

4. Mental Health & Social Support

- Counseling and therapy for PTSD, depression, anxiety
- Support groups for aging veterans
- Suicide prevention programs and crisis intervention

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May is Older Americans Month!

Resourced from acl.gov



FLIP THE SCRIPT ON AGING: MAY 2025

In 1963, President John F. Kennedy and the National Council of Senior Citizens declared May as Senior Citizens Month to draw awareness to relevant issues of the time. The country lacked effective resources for healthy aging, with only 17 million Americans living past the age of 65, compared to the 55 million today. Plus, one in three older Americans lived in poverty, a staggering number. Two years later, President Kennedy renamed it Older Americans Month, and it has remained a national month of recognition to this day, with every president since honoring it in a formal proclamation. Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm the commitment to serving older adults. The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and have meaningful conversations that can help dispel misconceptions. We will explore strategies that help us to reframe and reshape the narrative to honor older adults' rich experiences and foster age-friendly communities. This year, join us in promoting the importance of viewing aging not as a limitation but as a journey filled with purpose, exploration, and connection. Older Americans are the backbone of our nation and our communities. Without them, we wouldn't be where we are today. But with an increase in isolation and loneliness amongst older adults, many feel left out or underappreciated.



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Passion and Enthusiasm: The Keys to Successful Living

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

Wherever you are when you read this article, it will be the biggest room in your life: the room for improvement! You, like everyone else, have tasks you need to begin, to fulfill, and to improve upon. The keys to accomplishing them are being enthusiastic and passionate.



Enthusiasm is contagious and it quickly spreads. Passion is the fullest expression of desire and craving for what you love and want the most. Passion doesn't have an expiration date. We've all seen older people demonstrate that age is no barrier to living with enthusiasm, pursuing new endeavors, or sharing with the world. These folks inspire us to keep pursuing what we love no matter how many candles might be on our birthday cake. Passion and enthusiasm are timeless attributes, and they are key to productive living!

The road to a successful artistic career has never been easy. Many of the greatest artists faced opposition and severe hardships along the way. Their stories inspire us when we realize how they passionately struggled to create beautiful works for us to enjoy.

Michelangelo (1475-1564) never retired. He lived 89 years in an era when life expectancy was age 40. He began thinking about dying at age 40 when he developed kidney stones. For the next fifty years he continued to work despite pain, faltering vision, and loss of strength. At age 71, Michelangelo contemplated returning home to Florence to a well-deserved retirement. But he was called by the Pope to design and build St. Peter's in Rome. For the next seventeen years, from ages 71 to shortly before he died at 89, Michelangelo devoted himself to designing and building St. Peter's Cathedral. It gave him new purpose, and he came to believe that he was "put there by God to save St. Peter's." As an aging man, his faith seemed to become even stronger as he dedicated the remaining days of his life to constructing a church that he had no hope of seeing completed — he was too old; St. Peter's was too far from finished. But future generations would enjoy it on his behalf.

Claude Monet (1840–1926), the father of Impressionism painted until his eyes failed. Monet spent years perfecting his technique of capturing light and atmosphere on canvas. As he grew older, Monet faced struggles with his eyesight—yet he continued to paint with remarkable passion and dedication. Even though his vision deteriorated,

he never gave up on his love for painting. In fact, his later works - especially those in his Water Lilies series - are some of his most celebrated. Monet's story shows us that passion doesn't rely on perfect circumstances. His ability to create beautiful works despite his visual impairments proves that true enthusiasm for art comes from a deeper well. Until his death at the age of 86, Monet didn't stop, and because of that, his legacy lives on in every stroke of the brush.

Both Monet and Michaelangelo show us that by utilizing enthusiasm and passion, we can pursue a life that flourishes – regardless of age or circumstances. No matter how old you are or what obstacles you face; passion doesn't have to fade. Enthusiasm is the spark that fuels the human spirit. Pursue what you love with passionate enthusiasm, and you will thrive - no matter what your age or the hardships you face.

Life is simply too short to settle for anything less!

Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. He has more than 50 years of pastoral service and professional counseling experience. For more information please call (715) 723-4437 or email him at carl.trapani@chippewamanor.com.

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Poppy Day - Honor and Support Our Veterans

Each year on the Friday before Memorial Day in the United States, members of the American Legion Family hand out small paper or silk poppies for people to wear in honor of our past, current and future veterans. It's celebrated as Poppy Day, and this year it falls on Friday, May 23, 2025.

The origins of Poppy Day come from World War I, specifically starting in France and Belgium. It is believed that the rubble left by the war there enriched the soil with lime, and the poppy flourished during and after the war. Shortly after seeing the beautiful, bright red flowers on the front line, Lieutenant Colonel John McCrae, M.D. penned the haunting poem "In Flanders Fields." The poppy soon became a symbol for all the blood shed during the war.

On September 27, 1920, the American Legion began to use the poppy as the official flower to memorialize soldiers from WWI, and then began nationally distributing them in 1924.



Today, the flower honors all the living and those who have fallen in service to our country. Your donation helps support the medical and financial needs of all veterans, active-duty military personnel and their families.

Ways to participate in honoring our veterans on Poppy Day:

- Wear a red poppy and explain it to people who ask
- Distribute poppies (see website below for details)
- If you accept a poppy from someone, make a donation
- Collect donations for the Poppy Program (see website below for details)
- Share on social media

Source: American Legion Auxiliary. "National Poppy Day." <https://www.legion-aux.org/national-poppy-day>

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.

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Helpful Hearts Foundation was created by Randy Mundt, former owner of Stokes, Prock & Mundt Funeral Chapel and Cremation Society of Wisconsin, to help low-income families who have experienced the death of a loved one, to pay for funeral expenses. While the primary purpose is to help with the loss of a child, the application process is open to anyone in financial need, for final expenses in Eau Claire and surrounding counties. We are reaching out to help our community, during their time of greatest need.

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How to Support a Veteran Facing Mental Health Challenges

by Stokes, Prock & Mundt Funeral Chapel

Veterans sacrifice so much in service to their country, but many return home facing battles that are not as visible as those fought on the battlefield. Mental health struggles, including post-traumatic stress disorder (PTSD), depression, and anxiety, are common among veterans. If you have a friend or relative who is a veteran dealing with these issues, your support can make a significant difference. There are some practical and compassionate ways to help them through their journey to healing.

Understanding the mental health challenges veterans face is a crucial first step. PTSD, depression, and anxiety can manifest in various ways, including nightmares, flashbacks, withdrawal from social interactions, mood swings, or difficulty maintaining employment. By learning more about these conditions, you can better understand what your loved one is going through and offer more effective support.

There are many resources available online from organizations such as the U.S. Department of Veterans Affairs (VA), the National Alliance on Mental Illness (NAMI), and the Wounded Warrior Project. These organizations provide valuable information about symptoms, treatments, and coping strategies.

Many veterans struggle with opening up about their emotions, either due to stigma or a sense of duty to remain strong. Let them know you are there to listen without judgment. When they do choose to talk, listen actively—avoid offering immediate solutions or minimizing their feelings. Sometimes, just being present and acknowledging their experiences can be incredibly healing.

You can start a conversation by saying something like, “I’ve noticed you’ve been struggling lately. I just want you to know I’m here for you if you ever want to talk.” Keep the conversation open-ended and allow them to share at their own pace.

While your support is invaluable, professional help is often necessary for long-term healing. Encourage your loved one to seek therapy, counseling, or medical treatment. The VA offers a range of mental health services, and there are numerous veteran-focused organizations that provide free or low-cost care.

Sometimes, taking the first step is the hardest part. Offer to help them find a therapist, accompany them to an appointment, or assist with navigating VA benefits. If they resist seeking help, gently remind them that professional support does not mean weakness—it means taking control of their well-being.

Healing from mental health issues is not a linear process. There will be good days and bad days. Be patient and understand that your loved one may not always respond to support in the way you expect.

Respect their boundaries. If they need space, give it to them, but also reassure them that you are available when they are ready. Avoid pushing them too hard to open up or participate in activities they are not comfortable with.



Encourage activities that promote mental and physical well-being. Exercise, proper nutrition, and sleep can have a significant impact on mental health. Invite your loved one to join you in physical activities such as hiking, yoga, or even simple walks. Engaging in shared activities can provide a sense of normalcy and comfort.

Additionally, be mindful of their substance use. Many veterans turn to alcohol or drugs as a coping mechanism. If you notice unhealthy behaviors, express your concern with kindness and offer alternatives for managing stress and emotions.

Veteran peer support groups can be incredibly beneficial. Talking with others who have had similar experiences can reduce feelings of isolation and provide valuable coping strategies. Organizations like the VA, Veterans of Foreign Wars (VFW), and Team RWB offer support groups, community events, and counseling services specifically for veterans.

Supporting a veteran with mental health challenges is not a one-time effort—it requires ongoing commitment. Continue checking in, even when they seem to be doing better. Let them know they are not alone and that you are in their corner for the long run.

Your support, patience, and compassion can help a veteran navigate their mental health journey. By being a reliable and understanding presence in their life, you can make a profound difference and remind them that they are valued, appreciated, and never alone.

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