



Hi SENIOR Lites

- GOING ON VACATION? CHECK YOUR HEALTH COVERAGE BEFORE YOU LEAVE!
- MUSEUMS FOR ALL
- NATIONAL FARMERS' MARKET WEEK
- AUGUST FARMERS' MARKET RECIPE: CLASSIC POTATO SALAD
- THE WORD ON FIDGET BLANKETS
- WORLD SENIOR CITIZEN'S DAY



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Going On Vacation? Check Your Health Coverage Before You Leave! *By the GWAAR Legal Services Team*



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

If you are planning a vacation, there is a lot to do before you leave.

Before you pack your suitcases, you should take a look at your health insurance coverage.

If you have Original Medicare, Medicare will cover your health care services when you're in the United States, which includes Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands. However, if you travel outside of the U.S., including to Canada or Mexico, Medicare will not pay for any health care services or supplies you receive outside the U.S., except in very limited situations.



Medicare supplement plans, or Medigap plans, allow you to see any provider who accepts Medicare. That means that if you are traveling within the U.S. and you have Original Medicare and a supplement plan, you will have coverage for any health

care services or supplies you receive from providers who accept Medicare. If you are planning to travel outside the U.S., check your supplement policy to see if it includes coverage for any services received outside the U.S.

Medicare Advantage plans, on the other hand, often only operate within a specific network. If you have an Advantage plan, check with your plan to see whether out-of-network services are covered. Out-of-network emergency care will generally be covered. Some Medicare Advantage plans may provide additional coverage when you are traveling outside of the United States. Check with your plan for more information.

continued on page 3...

Aging & Disability Resource Center of Dunn County

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

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

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

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

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

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

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

THURSDAY'S TABLE: First Congregational Church, 420 Wilson Ave. Menomonie. Free meal served from 5-6pm.

KNAPP COMMUNITY PROJECTS/PLATES & KNAPPKINS FOOD PANTRY: Open every Thursday from 2:00 to 5:00 p.m. Food Distribution every 5th Saturday of a month. Open from 7:00 a.m. to 9:00 a.m. Located at 508 Highway 12 next to the BP station in Knapp.

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

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STEPPING STONES FOOD PANTRY

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

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

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

Pick-up once a week

This service is free and open to anyone.



*as available

POP-UP CURBSIDE FOOD PANTRY



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

EVERY 1ST TUESDAY



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

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

EVERY 1ST AND 3RD THURSDAY



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

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

EVERY 2ND AND 4TH THURSDAY



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

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

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

All pop-up pantries are closed holidays.

Editor/Publisher: Brigit Olson | **Offices:** Senior Hi-Lites, 1826 Benton Avenue, Eau Claire, WI 54701 | **Advertising:** 715-831-0325 | **Email:** brigit.olson@gmail.com
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ADRC DUNN COUNTY NUTRITION PROGRAM

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

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pork chops with vegetable sauce, Bread stuffing, Broccoli, Melon medley	2 Barbecue glazed chicken, Baked beans, Marinated cucumber salad, Wheat bread, Applesauce	3 Breaded baked fish, Baked potato with sour cream, Carrots with parsley, Strawberry shortcake	4 Salisbury steak, Mashed potatoes with brown gravy, Whole kernel corn, Rhubarb crumble
7 Roast beef, Mashed potatoes with brown gravy, Sliced beets, Raisin oatmeal cookies	8 Baked ham, Apple sweet potato bake, Parslied cauliflower, Cherry crisp	9 Chicken supreme, Baby bakers, Peas and carrots, Wheat bread, Blueberries	10 Hamburger on bun with lettuce/onion/pickle, Potato salad, Red gelatin with mandarin oranges	11 Baked fish with lemon butter sauce, Side winder fries, Broccoli, Buttered rye bread, Fresh strawberries
14 Roasted turkey breast, Boiled potato with turkey gravy, Seasoned brussels sprouts, Dinner roll, Grapes	15 Beefy tater tot casserole, Cream style corn, Lemon bar	16 Roast pork with gravy, Cheesy mashed potatoes, California blend vegetables, Wheat bread, Mixed berries	17 Meat lasagna, Mixed green salad, Garlic bread, Melon medley	18 Crumb topped baked fish, Pan fried potatoes, Carrots with parsley, Strawberry cheesecake
21 Traditional meat loaf, Baked potato with sour cream, Scalloped corn, Blueberries	22 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, 24 hour fruit salad	23 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	24 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Fresh apple	25 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins
28 Crumb topped baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies	29 Cornflake chicken, Roasted vegetable, Rice pilaf, Creamy cucumber salad, Tropical fruit	30 Roast beef, Mashed potatoes with brown gravy, Country blend vegetables, Dinner roll, Blueberry crisp	31 Barbecued spareribs, Asparagus cuts, Spiral pasta salad, Fresh banana	

continued from page 1...

If you will need to refill your prescriptions while traveling, check with your prescription drug plan to see whether there are any network pharmacies at your destination.

If you will not be able to use a network pharmacy while traveling, you may have to pay the full cost of your drugs when you fill your prescription. Check with your drug plan for information about how the plan reimburses out-of-network pharmacy purchases. Make sure you save your receipts! Please be aware that Medicare drug plans will not cover prescription drugs you buy outside the U.S.

If you are concerned about not having coverage for medical care while you travel, don't panic! Consider buying a travel insurance policy that includes health coverage. To purchase travel insurance, talk to an insurance agent. Be sure to ask about coverage for pre-existing conditions.

Taking the time to figure out your health care coverage before you travel will help you to have a relaxing trip. Enjoy your travels!

FOOD PANTRY **EMERGENCY SHELTER**

COMMUNITY CONNECTIONS

Give Help **Get Help**

- Words.** Follow us on Facebook and tell others about our work in the community.
- Work.** Volunteer in our office, pantry, shelter, or community.
- Wallet.** Donate money, food, and supplies to help those in need.
- Pantry** offers in-person, curbside, and pop-up options. See our website for dates/times of operation.
- Shelter** provides emergency housing, assistance and referral services.
- Community Connections** links volunteers to neighbors to provide supportive services.

For more information, visit www.steppingstonesdc.org
Stepping Stones is a tax-exempt 501(c)(3) charitable organization.

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 _____

ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF AUGUST 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.

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.





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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

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HELP END ELDER ABUSE

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

COUNTY HELPLINES

DUNN COUNTY DEPT. OF HUMAN SERVICES & ADRC
 Adult Protective Services 715-232-4006
DOMESTIC ABUSE VICTIM ADVOCATE
 24-Hour Crisis Line 800-924-9918
 Dunn County Sheriff's Office 715-232-1348
 Aging & Disability Resource Center 715-232-4006
 Bridge to Hope 715-235-9074



Museums For All *By the GWAAR Legal Services Team*



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

Anyone with a FoodShare or SNAP EBT card can gain free

or reduced cost admission to participating museums, zoos, art museums, children's museums, aquariums, nature centers, and other adventures. Museums for All is a national access program that encourages individuals of all backgrounds to visit museums regularly and build lifelong museum habits.

The website Museums4All.org has a list of participating locations in every state with more than 1,000 museums throughout the United States. Wisconsin has 20 participating locations including:

- Above & Beyond Children's Museum in Sheboygan
- Atlas Science Center in Appleton
- Betty Brinn Children's Museum in Milwaukee
- The Building for Kids Children's Museum in Appleton
- Central Wisconsin Children's Museum in Stevens Point
- Charles Allis Art Museum in Milwaukee
- Children's Museum of Eau Claire in Eau Claire
- Children's Museum of Fond du Lac, Fond du Lac
- Children's Museum of La Crosse, La Crosse
- Door County Maritime Museum—Death's Door Maritime Museum, Ellison Bay
- Door County Maritime Museum—Sturgeon Bay Museum, Sturgeon Bay
- Ephraim Historical Foundation, Ephraim
- Explore Children's Museum of Sun Prairie, Sun Prairie
- Madison Children's Museum, Madison
- Manitowoc County Historical Society, Manitowoc
- Milwaukee Public Museum, Milwaukee
- The Mining & Rollo Jamison Museums, Platteville
- Northwoods Children's Museum, Eagle River
- Wausau Children's Museum, Wausau
- Wisconsin Maritime Museum, Manitowoc

There are also many great participating museums in Chicago, Illinois, including the Shedd Aquarium, Chicago Botanic Garden, the Museum of Contemporary Art, Chicago History Museum, Adler Planetarium, Abraham Lincoln Presidential Library and Museum, Lincoln Park Zoo,



the National Veterans Art Museum, and many more.

Pre-registration is not required, and there is no limit to how many participating museums families can visit at the discounted admission rate. Simply show the EBT card and a photo identification upon admission and the museum will grant the discounted rate for up to four people per EBT card.

The Museums for All initiative was launched in 2015 by the Institute of Museum and Library Services, a federal agency based in Washington, D.C. Since 2015, more than five million visitors nationwide have been served through the program, allowing people of all income levels to feel welcome at cultural institutions.

Boost Your Brain & Memory



Mondays
September 11 - October 2
 8:30-10:30 am

SHIRLEY DOANE
SENIOR CENTER

Attend a series of free, fun classes to learn strategies to protect your brain as you age.
Breakfast will be provided!

To Register contact the Shirley Doane Senior Center at 715-235-0954



NATIONAL FARMERS' MARKET WEEK



Submitted by Bernie Allen,
ADRC Nutrition Program Coordinator

The second week in August is National Farmers' Market Week. Farmers' markets help preserve farmland, enhance rural livelihoods, promote sustainability and increase access to fresh and healthy foods.



Here are just a few great reasons to get out and support your local Farmers' Markets:

1. Taste Real, Fresh Flavors

The fruits and vegetables you purchase at the farmers' markets are the freshest and tastiest available. The fruit is allowed to ripen fully in the field and brought directly to you. There is no long distance shipping, and this produce is not sitting for weeks in storage. This food is fresh from the farm!

2. Support Family Farmers

Family farmers need your support. Small family farms often have a hard time competing in the food marketplace. Buying directly from farmers gives them a better return on their produce, and also gives them a fighting chance in today's globalized economy.

3. Protect the Environment

Food in the United States travels an average of 1,500 miles to get to your plate. All this shipping uses a large amount of natural resources, which contributes to pollution. The shipping process also requires an immense amount of packaging. Food at the farmers' market is transported shorter distances and is generally grown using methods that minimize the impact on the earth.

4. Discover the "Spice of Life" – Variety

At the farmers' market you typically find an amazing array of produce that you don't see in your average grocery store. Some examples include: red and purple carrots, a rainbow of heirloom tomatoes, purple cauliflower, green garlic, watermelon radishes, quail eggs, maitake mushrooms and much, much more. It is a wonderful opportunity to savor the biodiversity of our planet.

5. Know Where Your Food Comes From

A regular trip to a farmers' market is one of the best ways to connect with where your food comes from. Meeting and talking with farmers and food artisans is a great opportunity to learn more how and where food is produced.

August Farmers' Market Recipe:

CLASSIC POTATO SALAD

Recipe from Better Homes & Gardens Magazine

Ingredients:

- 2 pounds red and/or yellow new potatoes, quartered
- ¼ teaspoon salt
- 1 ¼ cup mayonnaise or salad dressing
- 1 tablespoon yellow mustard
- ½ teaspoon black pepper
- 1 cup thinly sliced celery (2 stalks)
- 1/3 cup chopped onion (1 small)
- ½ cup chopped sweet or dill pickles or sweet or dill pickle relish
- 6 hard-cooked eggs, coarsely chopped
- Lettuce leaves (optional)
- Paprika (optional)



Directions:

1. In a medium saucepan place potatoes, the ¼ teaspoon salt, and enough water to cover. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until just tender. Drain well; cook slightly.
2. Meanwhile, for dressing, in a large bowl combine mayonnaise, mustard, the ½ teaspoon of salt, and the pepper. Stir in the celery, onion and pickles. Add the potatoes and eggs. Toss lightly to coat. Cover and chill for at least 6 hours or up to 24 hours.
3. To serve, if desired, line a salad bowl with lettuce leaves. Transfer the potato salad to the bowl. If desired, sprinkle with paprika.

Prep Time: 40 minutes Cook Time: 15 minutes Chill Time: 6 hours
Servings: 6 to 8



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www.neighborsdc.org

The Word on Fidget Blankets

By Jenesis Lindbo, Independent Living Specialist (CILWW)

Recently, there have been some requests for toys/gadgets that individuals can fidget with. Today, let us discuss the fidget blanket! Fidget blankets are something that can be made and can provide hours of stimulation. They can calm and reduce anxiety in the enjoyer. This can be used by a variety of individuals, and can be made with lightweight or heavier materials dependent on the season. The “fidgets” can be customized to individual needs and can include buttons, zippers, ribbons, photo keychains, and many more items.



If you would like more information on the fidget blanket or receive a demonstration, please feel free to call CILWW at 715-233-1070 or 800-228-3287 and ask to talk to someone who completes Information and Referral for Independent Living, and say you saw the article about the Fidget Blankets.

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

Menomonie Memory Café

2023 Dates

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

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

1st Thursday of the Month

10 am—11:30 am

United Methodist Church
2703 Bongey Drive

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



DEMENTIA ADULT DAY SERVICES (DADS)

Are you caring for a loved one with dementia? Need some respite?
Check out the DADS program

Mondays & Tuesdays 10 AM - 2:30 PM

SHIRLEY DOANE

SENIOR CENTER

For more information call:

715-235-0954

or email: seniors@wwt.net

We offer affordable help to caregivers in the community

Exploring Dementia Caregiving

Do you care for someone with dementia?
Join us for care strategies, resources and support

Fourth Tuesday of the Month

10:30—12:00

Shirley Doane Senior Center
1412 Sixth Street E,
Menomonie

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

2023 Dates

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



World Senior Citizen's Day



By Tracy Fischer, CSW ADRC manager for the ADRC of Dunn County

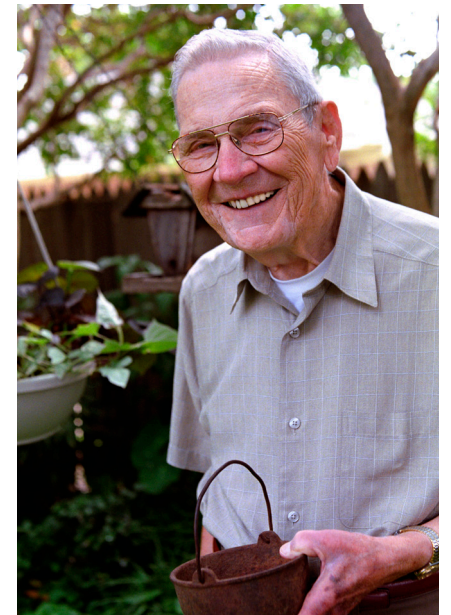
World Senior Citizen Day will be celebrated this year on Monday, August 21st.

World Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens and they deserve all our gratitude.

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated. "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land," Reagan proclaimed. "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance,

assistance, and services they need to continue to lead lives of independence and dignity."

His words have withstood the test of time and are now, over 30 years later, more important than ever as older people are leading more productive lives. Reagan himself set an example for everyone — he was 69 years old when one of the world's most powerful titles of president of the U.S. was given to him on January 20, 1981. Reagan lived till the ripe old age of 93, and not only was he the oldest person to be elected president, he was also the oldest when his term ended at 77 years and 349 days.



According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.

Take a moment to celebrate yourself if you are a senior citizen on August 21st and recognize all that has been accomplished by those who fall into this category! We owe many thanks to this generation!

Virtual Support Groups



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

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

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

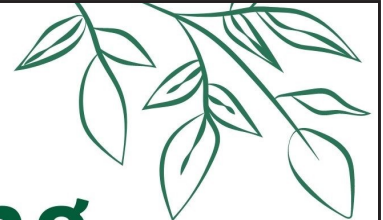
Evening Conversations - Every Thursday night 7:30-8:30 pm. Contact Becky at becky.kamrowski@co.trempealeau.wi.us

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

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



Free Gardening Classes



This class is designed for people living with dementia and their care partners. Come and enjoy indoor and outdoor gardening projects!

Fourth Thursday of the month

1:00 pm to 2:30 pm

Chippewa Falls Public Library

Space is limited, call 715-723-1146 to RSVP



CHIPPEWA FALLS PUBLIC LIBRARY



It's All Yours

Get Active With Geocaching By Kathy Zawacki, Chippewa County, Human Resources Department

Looking for a fun way to get active with your family or friends and boost your overall well-being? Try geocaching!

What is geocaching? From www.geocaching.com it's "a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS co-ordinates and then attempt to find the geocache (container) hidden at that location." It's physical activity, a puzzle and an outdoor adventure all rolled into one!

Health benefits of geocaching:

- It gets you active – increasing physical fitness, strength, endurance and balance
- Everyone can play – there are levels of geocaching for all ages and abilities and it's great for intergenerational connections and healthy socializing
- Nature and adventure – a definite boost for body, mind and mood
- Brain power – some caches require solving a puzzle to find them which builds mental skills

- Sense of accomplishment and all the mood boosting that accompanies a goal realized
- Discovering and exploring new locations creating the joy of a well-rounded life



If geocaching sounds like something that interests you, it's super easy to get started! Visit the Geocaching website at <https://www.geocaching.com/> play and let the adventure begin! You can also check out <https://gochippewacounty.com/listing-category/explore-the-outdoors/> for local resources.

SHIRLEY DOANE
SENIOR CENTER
 1412 Sixth Street E
 Menomonie, WI 54751
 715-235-0954 email: seniors@wwt.net
menomonieseniorcenter.org

Shirley Doane Senior Center August 2023



SUN	MON	TUE	WED	THU	FRI	SAT
		1 8:30-9:15am Chair Yoga 10am Cribbage / 10am-2:30pm DADS* 1-3 pm Hand & Foot Cards <i>7pm Popcorn in the Park</i>	2 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	3 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards 1pm Private Dup Bridge	4 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	5
6	7 9-10:30am Tai Chi 10am-2:30pm DADS* 10am-Noon Savvy Caregiver 12-3pm Open Walking Gym 1pm Mah Jongg	8 8:30-9:15am Chair Yoga 8:30am BOARD MEETING- SENIOR CENTER 10am Cribbage / 10am-2:30pm DADS* 10am-12 Blood Pressure Clinic (CL sponsored) 1-3 pm Hand & Foot Cards <i>7pm Popcorn in the Park</i>	9 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	10 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards / 1pm Open Party Bridge	11 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	12
13	14 9-10:30am Tai Chi 10am-2:30pm DADS* 10am-Noon Savvy Caregiver 12-3pm Open Walking Gym 1pm Mah Jongg	15 8:30-9:15am Chair Yoga 10am Cribbage / 10am-2:30pm DADS* 10:30am-12pm Exploring Dementia Caregiving 1-3 pm Hand & Foot Cards	16 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge IN HOUSE SENIOR CENTER CHICKEN MEAL	17 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards 1pm Private Dup Bridge	18 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	19
20	21 9-10:30am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Mah Jongg 1pm Euchre	22 8:30-9:15am Chair Yoga 10am Cribbage / 10am-2:30pm DADS* 10:30-Noon Exploring Dementia Caregiving 1-3 pm Hand & Foot Cards	23 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	24 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards / 1pm Open Party Bridge	25 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	26
27	28 9-10:30am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Mah Jongg 1pm Euchre	29 8:30-9:15am Chair Yoga 10am Cribbage / 10am-2:30pm DADS* 1-3 pm Hand & Foot Cards	30 9am Senior Center Day Trip to Chanhassen Dinner Theater-Jersey Boys 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	31 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards	<u>By Appointment Only*</u> *Stronger Seniors resumes in September*	

“It’s my life and they respect that.”



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Important Vaccine Recommendations

by the Eau Claire City-County Health Department

It’s that time of year! While double-checking that your children and grandchildren have what they need to go back to school, it’s a great idea to talk about everyone being up to date on their immunizations – both kids and adults.



Your health care provider or the Eau Claire City-County Health Department can help you figure out which vaccines are recommended for certain ages. You can also find a list of recommended immunizations at the CDC’s website: www.cdc.gov/vaccines/schedules.

Here are some important vaccine recommendations to know:

- The HPV vaccine is recommended for preteen girls and boys. The HPV vaccine protects people against cancers caused by human papillomavirus (HPV) infection. The HPV vaccine is recommended for boys and girls at age 11 or 12 so they’re protected before ever being exposed to the virus.

The CDC now recommends all adults 19-59 and some adults 60 and older get a hepatitis B vaccine. It protects against the hepatitis B virus, which can cause lifelong infection, scarring of the liver, and liver cancer.

Children 18 years and younger can get immunizations at no cost through the Health Department if they meet one or more of these criteria:

- Uninsured
- Underinsured (their insurance doesn’t cover immunizations)
- Have Wisconsin Medical Assistance (BadgerCare Plus)
- Are American Indian or Alaskan Native

Adults may also be able to get the following immunizations through the Health Department:

- Tdap (protects against tetanus, diphtheria, and pertussis)
- Tetanus
- Hepatitis A
- Hepatitis B
- HPV
- Meningococcal (protects against meningococcal disease)
- MMR (protects against measles, mumps, and rubella)
- Varicella (protects against chickenpox)
- COVID-19 vaccines.

For more information or to schedule an appointment, call the Health Department at 715-839-4718.

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Summer 2023

Schedule of Events for Caregivers



May

- 3** 9:30 am Caregiver Coffee Hour @ Government Center
- 3** 1:00 pm Men are Caregivers Too! @ United Methodist Church, 2703 Bongey Drive
- 4** 10:00 am Menomonie Memory Café @ United Methodist Church, 2703 Bongey Drive, Menomonie
- 10** 10:00 am Relatives Raising Children Virtual Support Group
- 11** 9am- 3:30pm Skills Fair for Family Caregivers @ Sleep Inn & Suites Conference Center, 5872 33rd Ave, Eau Claire
- 16** 10:00 am Traveling Caregiver Café @ Boyceville Public Library, 903 Main Street
- 18** 2:30 pm Caregiver Support Group @ Government Center
- 23** 10:30-noon Dementia Caregiving Support Group @ Menomonie Senior Center
- 25** 10:30 am Virtual Caregiver Meeting on Zoom

June

- 1** 10:00 am Menomonie Memory Café @ United Methodist Church
- 7** 9:30 am Caregiver Coffee Hour @ Government Center
- 7** 1:00 pm Men are Caregivers Too! @ United Methodist Church
- 14** 10:00 am Relatives Raising Children virtual support group on Zoom
- 15** 2:30 pm Caregiver Support Group @ Government Center
- 20** 10:00 am Traveling Caregiver Café @ Grapevine Senior Nutrition Center, 121 Main St. Colfax
- 22** 10:30 am Virtual Caregiver Meeting on Zoom
- 27** 10:30 am Dementia Caregiving Support Group @ Menomonie Senior Center

July

- 5** 9:30 am Caregiver Coffee Hour @ Government Center
- 5** 1:00 pm Men are Caregivers! @ United Methodist Church
- 6** 10:00 am Menomonie Memory Café @ United Methodist Church
- 12** 10:00 am Relatives Raising Children Virtual Support Group
- 18** 10:00 am Traveling Caregiver Café—location to be announced
- 20** 2:30 pm Caregiver Support Group @ Government Center
- 27** 10:30 am Virtual Caregiver Meeting on Zoom



July 10 – August 14, 10 am – noon: Special Event Mondays - Savvy Caregiving Training! Specific Caregiving Classes for family caregivers of someone living with dementia. Shirley Doane Senior Center.

August

- 2** 9:30 am Caregiver Coffee Hour @ Government Center
- 2** 1:00 pm Men are Caregivers Too! @ United Methodist Church
- 3** 10:00 am Memory Café United Methodist Church
- 9** 10:00 am Relatives Raising Children Virtual Support Group
- 15** 10:00 am Traveling Caregiver Café—location to be announced
- 17** 2:30 pm Caregiver Support Group @ Government Center
- 22** 10:30 am Dementia Caregiver Support Group @ Menomonie Senior Center
- 24** 10:30 am Virtual Caregiver Meeting on Zoom

Schedule subject to change. Please contact the ADRC for confirmation of dates and times.



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Menomonie, WI 54751
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Phone: 715-232-4006
Fax: 715-232-5987
Email: adrc@co.dunn.wi.us

How 75+ Year Olds Out-Exercised Me by Kristi Gay, freelance writer

This is a story meant to motivate anyone who thinks “I’m too old to be active” (or exercise or lift weights or name the activity). I’m a 45-year old former college swimmer who has run seven full marathons (26.2 miles) and many triathlons, half marathons, adventure races, and 5ks, which I tell you only to set the perspective of how AMAZING THESE GRANDMAS are at exercise class because I’m no chump!

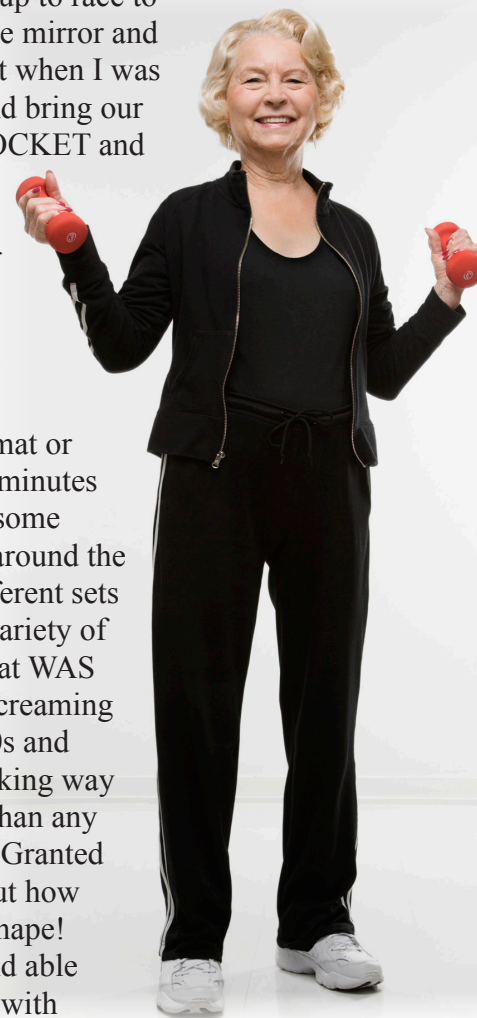
This past winter my Bloomer-residing-68-year-old mom and I decided we needed to increase our activity and muscle strength, so we decided to check out the Bloomer Aquatic Center’s Monday and Friday morning exercise class run by Tamara. When we showed up and found a roomful of maybe 10-13 white-haired ladies briskly walking in place or chatting, we were greeted with smiles and figured we would likely not break a sweat and it would be too easy to keep up with them. Tamara has apparently led this group for over a decade, and her sassy banter making inside jokes with each student while laughing made it clear she was loved.

Ten minutes into class when Tamara screamed, “The warm-up is almost over!” my mom and I looked wide-eyed at each other, panting and glistening with sweat, silently agreeing “we’re screwed!” and simultaneously questioning how all of these ladies older than us were still talking and laughing and not DYING of depleted oxygen already! There was even one show-off that when we had to count down ANOTHER set of 10 jumping squats out loud, she basically did it double time ahead of the group.

When we split into two teams to run relays, I was happy to see the 85 year-old lady half bent over at the waist with a rounded upper back on

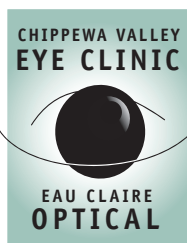
the other team, and when we lined up to race to the other side of the room, touch the mirror and run back I was even more confident when I was next to her knowing I’d beat her and bring our relay ahead. BUT SHE WAS A ROCKET and somehow not only kicked my butt but their entire team beat us! How were they all so fast!? It was super fun playing phy ed class games after several decades of exercising alone or not at all.

Each class is different as far as format or schedule, some rotating every five minutes between cardio and hand weights, some having stations where you rotated around the room with a group and worked different sets of muscles for a time period, or a variety of other things. However the thing that WAS the same each week, was Tamara screaming along to music from the 70s and 80s and my semi-fit 45-year-old self was taking way more breaks and breathing harder than any of those fit 75-year old grandmas! Granted they had been regulars for years, but how great for them to be in such good shape! No wonder they are alive and fit and able to play on the floor and in the yard with their grandkids!



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The Food Program by Becky Streeter

The current population of the world is somewhere around 7.5 billion. It is projected to be 8.6 by 2023, and almost 10 billion by 2050. More people means fewer resources including land, healthy air, and food. As of 2022, as many as 828 million people regularly went to bed hungry, and that number stands to be a lot higher by 2050. The World Resources Institute (WRI) is just one of many amazing organizations out there trying to make a change.

WRI's goal is to "fundamentally transform the way the world produces food, uses energy, and designs its cities to create a better future for all." They work globally in partnerships with governments, businesses and research organizations to help meet people's basic needs while protecting and restoring nature and stabilizing climate. One of their key projects is the Food Program.

Today's agriculture uses almost half the world's vegetated land, and, in tandem, food production generates a fourth of global greenhouse gas emissions. An even more gut-wrenching statistic to add is 1 billion tons of that food is wasted every year.

WRI's Food Program currently encompasses nine different projects with the same goal: to find solutions to the world's food production and consumption problems. They measure and reduce food waste and loss, and create strategies to increase food production, such as restoring degraded lands and increasing pasture land yields. They also encourage dining facilities to move to plant-based foods, and help institute climate-smart agriculture around the world.

Some of the initiatives within the Food Program include:

1. Circular Food Systems for Rwanda - Food is produced in ways that regenerate nature, it is not lost or wasted, and commonly wasted resources are used productively. WRI is hoping Rwanda will be a

leader in circular economy as it has already leaps ahead of many other countries. For example, Rwanda has been fighting plastic pollution since banning single-use plastic bags in 2008.

2. Food Waste Atlas - Tracks global food waste, helping governments and businesses understand how food waste/loss is occurring, and then they can create a sustainable system to prevent that waste.
3. Climate-Friendly Diets - Assisting restaurants, universities and hospitals to provide more plant-based options and help shift behaviors so more consumers choose these options.

For more information, or to get involved, visit the WRI website <https://www.wri.org/food>.

Additional source: <https://www.wfp.org/global-hunger-crisis>



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

Two episodes of The Andy Griffith Show dealt with how Mayberry was "My Hometown." In a very early episode, a stranger, Ed Sawyer, arrives in Mayberry. He knows everything about the people of Mayberry, and even though he has never been to Mayberry, he claims Mayberry is his hometown. He said he was from "no place" and learned about Mayberry by reading his army friend's Mayberry newspaper. So he decided to make Mayberry his hometown.



I contacted my Dorchester best friend, Greg Mertens, our best man at my wedding, to see if he could drive my Mayberry squad car in the parade while I walked the parade route. Because he was in Utah at the time, he said he could not make it. However, while waiting to meet up with some classmates at Dorchester, he suddenly appeared with a big smile. So, after having a chicken dinner, he drove my squad car while I walked. After the parade, we both commented on how many memories surfaced as we passed by many old familiar people and places.

In another episode, Kevvy Hazleton, a famous rock and roll singer, stops in Mayberry and decides to stay a few days to fish. However, Aunt Bee and her friend Clara Edwards decided to get Kevvy to sing a song they wrote called "My Hometown." Despite some initial hesitation, Kevvy agrees to sing the song on TV, and it becomes an instant hit.

When it was time to leave Dorchester, my wife and I visited the Dorchester Memorial Cemetery to see if our headstone needed attention. We had just pulled in when Greg's car drove up behind us. Greg and I spent quite a while together, walking around the cemetery. It was as if we were going back in time over 60 years. We saw the many names of all the people who had been a part of our lives when we were children.

This past Father's Day weekend, I returned to my hometown of Dorchester to participate in their Sesquicentennial celebration. It turned out to be a very fun-filled and emotional experience. While I could only be there for the Sunday festivities, I met up with some high school classmates and my very best friend while growing up in Dorchester.

There is something special and unique about having a small village as your hometown. A part of that town stays with you for your entire life. The people and places that you once knew have helped in small ways to make you the person you are. Even though I have been gone for over fifty years, whenever someone asks me what my hometown is, I always proudly say Dorchester.

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DHS Approved 5/27/2021



12 Tips to Keep Your Dog Safe This Summer by Becky Streeter

1. Avoid water with algae. Blue-green algae, among other colors, is highly toxic for dogs. If they swallow it while swimming, or even lick it off their fur, it can make them sick. Thoroughly shampoo your dog and check for a rash, trouble breathing itchy skin or vomiting. The best idea for all algae: if you can see it in the water, don't let your dog near it.



sure they have plenty of shade. Bring a collapsible water dish and bottle of water just for your dog. Never leave a dog alone in the car, even with the windows cracked, as the temperature in the car can increase rapidly in the summer.

9. Protect from sunburn. Noses and ears can get sunburned, as well as skin on dogs who have tinner coats. Prolonged exposure to the sun can also increase the risk of skin cancer. You can find doggie sunscreen at most pet stores or online.

10. Watch out for hot pavement. Hot asphalt can burn paws. If you can hold your hand on the pavement for more than 7 seconds, it's okay for your dog to walk on.

11. Treat insect bites and stings. Dogs can be allergic to bees, wasps, ants and other stinging bugs. Watch for symptoms, and call your vet if you see hives, diarrhea or vomiting.

2. Don't shave Fido's fur. A dog's fur actually keeps them cool in the summer, protecting from the sun's UV rays and insulating against the heat. It's like a built-in sunshirt. If your dog is looking a little too shaggy, it's best to bring them to a groomer for a professional summer 'do.

12. Secure or repair window screens. If your dog gets excited about squirrels, bunnies or the Amazon delivery person, they could potentially burst through a broken or loose screen and get injured or wander away.

3. Check for ticks. Ticks usually gravitate toward warm, dark places such as under ears and arms. Tick Twisters are your best bet for removal and can be purchased at almost any pet store or online for fairly inexpensive.

Source: Brahlek, Amanda. "Hidden Dangers for Dogs in Summer." Grubbly Farms. 23 June 2022. <https://grubblyfarms.com/blogs/the-flyer/dangers-for-dogs-in-summer>.

4. Don't let your dog walk on chemically treated lawns. Companies usually put one flag in a yard that has been sprayed, and by the time you see it, it's often after your dog has already walked on the grass. Additionally, most people who do their own lawn spraying don't put out indicators at all. Rinse paws or use a baby wipe to clean them after walks.

5. Try to prevent your dog from eating fallen food from BBQ's or picnics. Dogs can get burned by being too close to the grill or eating hot food that falls off it. Bones from meat can be a choking hazard or splinter in the digestive track if swallowed.

6. Keep an eye on your dog in the water. Even good swimmers might go too far, get tired, and not be able to make it back. For a puppy's first time in the water, have them wear a doggie life jacket, just in case.

7. Treat summer allergies. Certain types of grass or grass seed, mold, dust mites and pollen can be irritating to dogs. If your dog has unusually itchy ears, eyes, paws or other areas, trouble breathing, or diarrhea, call your vet to see if medication might help. Other common allergens include feathers and cigarette smoke.

8. Keep them cool. Dogs have a harder time regulating their body heat than humans, and can develop heat stroke much easier. On hot days, exercise them in the early mornings or evenings, and make

A celebratory advertisement for Lake Hallie Memory Care. The background is a photograph of a large, modern, two-story building with a gabled roof and a covered entrance, surrounded by greenery. The text is overlaid on the image. At the top, it says "Lake Hallie Memory Care" in a large, green, cursive font, with "A happier life for everyone..." in a smaller, green, sans-serif font below it. In the center, it says "THANK YOU FOR BEING WITH US FOR 10 YEARS!" in large, orange, block letters. Below that, there is a graphic of a heart with a sunburst effect, and the text "Celebrating 10 Years of Exceptional Care" in a green, cursive font. At the bottom, there are social media icons for a phone, Facebook, and YouTube, followed by the phone number "715-738-0011" and the handle "@MemoryCarePartners". At the very bottom, it says "Virtual tour available at: LakeHallieMemoryCare.com" in a green, sans-serif font.

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