



JUNE 2023

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Receive \$35 Towards Fresh Produce...

Senior Farmers Market Voucher Program

Each year, the Farmer's Market Nutrition Program gives checks to eligible people to spend at farmers markets. This helps bring new buyers to the market. It also boosts sales for local Wisconsin farmers.



To get the \$35 worth of free vouchers, apply with the Aging and Disability Resource Center (ADRC) of Chippewa County. Each eligible person can receive \$35.00 in Farmer's Market Vouchers. Starting in 2023, it is no longer limited to one packet per household. These vouchers can be used to purchase fresh fruits and vegetables from participating local farmers markets or road-side produce stands.

To be eligible you must meet **ALL** of the following:

- Chippewa County resident
- Age 60 or better (or Native American age 55 or better)
- **2023** gross household income less than (remember to add back in your Medicare B and D premiums to figure your gross income):
 - 1-person household income - \$2,248 /month
 - 2-person household income - \$3,041 /month
 - For each additional household member add \$793/month

Ways to Apply – First Come, First Served

1. Online: www.co.chippewa.wi.us/adrc
2. Mail: Call 715-26-7777 to request a mailed application
3. In Person: ADRC at the courthouse – new hours in 2023
4. Print: www.co.chippewa.wi.us/adrc and submit to us

A Gift For Dad By Leslie Fijalkiewicz, ADRC Manager

Father's Day is right around the corner and with it, the realization that I will have to figure out what (if anything) I should give my dad. When did it become so difficult to find a gift for this man? I'm pretty sure it started shortly after my mom died 26 years ago. She always knew what dad wanted, or more likely, what she thought he needed! I suspect the white t-shirts we bought him back then had more to do with my mom thinking his current supply belonged in the rag bin. When she suggested a couple of fishing lures, it might have been her wanting some time alone in the evening.



In any case, it's been difficult buying for him for a very long time. Sure, there were years when golf related paraphernalia fit the bill. He loved landscaping so a gift certificate for the greenhouse was a big favorite. My dad doesn't golf or landscape anymore.

As I considered what my dad enjoys more than anything these days, it is time with his children, grandchildren and great grandchildren. He loves to show off his table filled with pictures of family. To the casual observer, this collection of pictures is a mess. Some pictures are in frames. Others are just propped against or tucked in between other pictures. I'm almost afraid to see if my high school senior picture is lurking in the midst.

Here is what I am NOT getting my dad. Clothes. Slippers. Tools. Books/ Magazines. Golfing, Fishing or Hunting stuff.

I am probably going to forego an actual "gift" and instead just bring the food for a good old-fashioned cookout on the deck of his house. After all, this apple doesn't fall far from the tree so any "gift" that involves family is something he will love!

Special Enrollment Details for Members Whose Medicaid Coverage Is Ending

Medicaid Members: Are you an older adult or an adult with a disability?



Since March 2020, Medicaid has been keeping everyone enrolled. Normal enrollment rules will start again soon. When that happens, you will get a letter from the Wisconsin Department of Health Services asking you to update your information and complete a renewal. Your health insurance could end if you no longer meet the rules for Medicaid.

If your Medicaid benefits end, you may be able to get Medicare if you:

- Are age 65 or older
- Have a qualifying disability
- Have been getting disability benefits for two years

Special Enrollment Timing

After Medicaid ends, you have six months to enroll in Medicare. To get started, call Social Security at 800-772-1213 (TTY 800-325-0778) or visit ssa.gov/medicare/sign-up.

If you already have Medicare and your Medicaid benefits end, you will have a limited time to change your Medicare plan:

- Three months for a Medicare Advantage health plan (Part C)
- Three months for a Medicare Part D drug plan
- Two months for Medicare Supplemental Insurance (Medigap), during which you cannot be denied coverage based on your health

Are you worried about Medicare late enrollment fees? You won't have late enrollment fees if you enroll in Medicare within six months after your Medicaid ends. You may have late enrollment fees in the future if you miss this enrollment opportunity or go without drug coverage.

Free, expert help is available. If you have questions about Medicare, including how to pay for it, a benefits counselor can help. Contact the State Health Insurance Assistance Program (SHIP) by calling:

- Wisconsin's Medigap Helpline: 800-242-1060
- Disability Rights Wisconsin Part D Helpline: 800-926-4862
- ADRC of Chippewa County 715-726-7777

That's A Good Question!

QUESTION: I am on Medicare and am struggling to pay my health care costs. Is there anything that can help?

ANSWER: If you have Medicare and need help paying your bills, there are programs that may be able to help you. These programs are part of Medicare and can cut down your costs and save you money. Here are two programs that may be able to help you save money:


Medicare Savings Programs help you pay for some of your Medicare costs for health care.

Extra Help helps you pay for your prescriptions.



Many people with Medicare can use these programs, but you do need to meet some guidelines to apply. Our Benefit Specialists at the ADRC of Chippewa County can help you learn more about these programs and help you apply if you qualify. Benefit Specialists can also answer your questions and provide information. Even if you can't get support from these programs, there may be other programs that may be able to assist you in finding other ways to save money. Benefit specialist services at the ADRC are always free. To find out more, please call the ADRC of Chippewa County at 715-726-7777.

MEADOWBROOK ASSISTED LIVING AT BLOOMER



Meadowbrook is home to residents that value their independence, but may just need a little extra help around the house. It's a home where residents are empowered to live life their way, every day, no matter how their healthcare needs may change.

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Daily Social Activities

Personalized Meals

Committed to an individually tailored and compassionate experience for all residents.

1840 Priddy St, Bloomer
715.568.2503
meadowbrookbloomer.com


MEADOWBROOK
 —BLOOMER—

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

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

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

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Complete this form, mail to the address below and include your check for \$16. Do not send cash.

Name: _____
Address: _____
City: _____
Phone: _____

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

Veteran Benefits and News

The Wisconsin Department of Veterans Affairs (WDVA) provides benefits, programs and services to state residents who entered active duty from Wisconsin and continue to reside in the state.

A benefit provided to Wisconsin Veteran's is the **Department of Motor Vehicles Veterans Driver's License Identifier**. This is an identifier on your driver's license, which indicates that you are a Veteran.

The qualifications include:

Character of Service: The Character of Service Field on your DD214/DD215 must show, Honorable, General under honorable conditions, or Honorable under General. (Other than Honorable conditions will not allow you to certify through this process.)

Length of Service: You must have at least one period of service that encompassed at least two continuous years of "active duty" or 90 days of "active duty" during a Statutorily-Designated Wartime Period, where the character of service meets the requirements above.* For this purpose, "active duty" means active duty (other than active duty for training) military service in the armed forces of the United States or in forces incorporated as part of the armed forces of the United States. (Full-time National Guard duty does not qualify as "active duty" under federal law). Active federal military service performed by the National Guard members under Title 10 of the U.S. Code may qualify as "active duty."

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

Watch out for companies that charge hefty fees for "help" with VA disability claim

Federal rules restrict accredited representatives from charging any amount for assistance with VA benefits. Unaccredited companies face no such restrictions. These companies promote that they are able to provide quick turnaround time on claims and a higher benefit check. These promises are unrealistic as the claims process does not differentiate between claims submit by these companies and an accredited representative. The fees charge are not worth the assistance a person would receive as they would receive the same assistance at no cost with an accredited representative such as County Veteran Service Officer.

For assistance with filing VA disability claims please reach out to the Chippewa County Veterans Service Office. Phone number 715-726-7990 and Email Veterans@co.chippewa.wi.us.



*Plan your memorial.
Preserve your legacy.*

Planning your memorial in advance ensures you are remembered exactly the way you want. Decisions you make today will reduce the emotional and financial strain your family experiences in their grief.

Plan ahead. It's what's best for everybody.



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tribute
to life*



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SCAMS

How To Avoid Moving Scams

Spring into summer marks the busiest time throughout the country for moving. With the amount of moving activity during the summer months, the potential of being a victim of a moving scam increases. The Better Business Bureau receives reports every year of the following versions of moving scams:

- Consumers receive a quote and pay a deposit, but the movers never show up.
- The moving company provides a quote based on expected weight and, after loading the truck, the company informs the consumer that the load is over the expected weight and an additional fee will apply. Most of the time the additional fee is significantly more expensive per pound, sometimes as much as double the original estimate.
- The move appears to go well but the truck fails to arrive at its destination. Either the belongings have disappeared, or the company holds them hostage until the consumer pays an additional fee for delivery.



Watch out for warning signs. If a company website doesn't include an address, or information about a mover's registration or insurance, it's a sign that it may not possess the proper policies to protect a consumer's belongings. Additionally, if the mover uses a rented truck or offers an estimate over the phone prior to conducting an on-site inspection, it may not be a legitimate business.

Be wary of unusual requests. If a mover asks for a large down payment or full payment in advance, it may be an indication of a fraudulent business. If an individual's possessions are being held hostage for additional payment that was not agreed upon when the contract was signed, contact the Better Business Bureau or law enforcement for help.

Get everything in writing. When moving between states, check licensing with the US Department of Transportation. An identification number issued by the Federal Motor Carrier Safety Administration (FMCSA) is required of all interstate moving companies. Make sure to carefully read the terms and conditions of the contract, as well as the limits of liability and any disclaimers. The pickup and expected delivery date should be easily identified.

Keep inventory of your belongings. Having an inventory sheet is one of the best ways to keep track of your possessions. BBB recommends consumers who are moving label the boxes with a list of what is in each box. In general, movers are not liable for lost or damaged contents in customer-packed boxes unless there is provable negligence on the part of the mover. Taking photos of the contents prior to packing is a great way to prove if damages were incurred during the moving process.

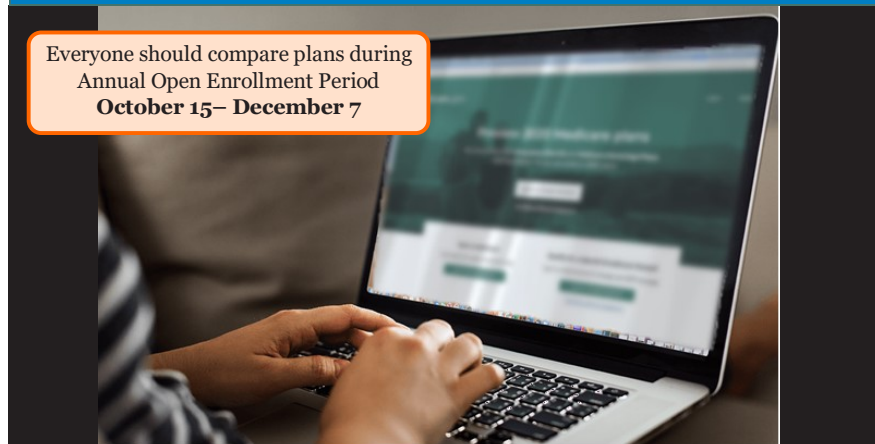
Ask questions. Don't be afraid to ask questions about anything you don't understand. If the moving company either can't or won't answer, look for another company.

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

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

Compare Medicare Drug Plans Online

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



Using Medicare's Online PlanFinder Tool

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

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

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

Registration Required

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

Register: www.jotform.com/ADRC_adrc/planfinderclass

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

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

Questions? 715-726-7777 or
ADRC@co.chippewa.wi.us



2023

"It's my life and they respect that."



Local long-term care supports
and services delivered with a
focus on Life. Defined by you.



inclusa.org | 877-622-6700

Social Security Cards Are Safer at Home

Reprinted from: blog.ssa.gov

Scams to steal your personal information are at an all-time high. It's important to continue to safeguard personal documents such as your Social Security card.



A Social Security card is not an identification document. In many situations, you only need to know your Social Security number (SSN). Your physical card is not necessary for most business needs.

Do you need evidence for work? There are several documents you can use instead of your card. Other acceptable evidence includes the following:

- Birth Certificate.
- Permanent Resident Card or Alien Registration Receipt.
- Employment Authorization Document.
- Form I-94 or Form I-94A.

You do not need to show your physical card to apply for certain benefits. You can simply provide your SSN for benefits like:

- Housing.
- Health insurance.
- Food assistance.

You should also know your physical card is not required as evidence for the Department of Motor Vehicles or Driver License (REAL ID). The only state that requires a physical card is Pennsylvania. For all other states, other acceptable evidence includes:

- W-2 forms.
- Form SSA-1099.
- Non-SSA-1099 forms.
- Pay stubs.

Keeping your card at home reduces the risk of loss or theft – and helps you keep your information safe.

Bed Maker Assistive Technology

By Jenesis Lindbo, Independent Living Specialist at Center for Independent Living of Western Wisconsin (CILWW)

Do not continue to struggle while changing bedding. Let the Bed Maker do the hard work for you, raising the mattress so linens are easier to put on, and tucking sheets, covers and bed skirt between the mattress and box spring. Reduces strain and stress on your lower back, and is easy to use while standing or sitting. This item has a price tag of \$18, and is available for you to try in your home to make sure it suits your needs (upon referral to Independent Living Services at CILWW).



For more information about the Bed Maker, please reach out to Jenesis Lindbo, Independent Living Specialist, by calling 715-233-1070 extension 222 or by emailing jlindbo@cilww.com

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

Find us at seniorreviewnewspapers.com

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Next to
Woodman's

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<p style="font-weight: bold; font-size: 1.2em;">BUY ONE, GET ONE</p> <p style="font-weight: bold;">PAPA BURGER®</p> <p style="font-size: 0.8em;">Good at participating locations. Limit one coupon per person per visit. Must present coupon before ordering. Coupon cannot be combined with any other discount or coupon. Cash value 1/100 of 1c. ©2020 A&W Restaurants, Inc. Expires 6/30/23.</p>	<p style="font-weight: bold; font-size: 1.2em;">BUY ONE, GET ONE</p> <p style="font-weight: bold;">ROOT BEER FLOAT</p> <p style="font-size: 0.8em;">Good at participating locations. Limit one coupon per person per visit. Must present coupon before ordering. Coupon cannot be combined with any other discount or coupon. Cash value 1/100 of 1c. ©2020 A&W Restaurants, Inc. Expires 6/30/23.</p>	<p style="font-weight: bold; font-size: 1.2em;">\$5 OFF \$25 PURCHASE</p> <p style="font-size: 0.8em;">Good at participating locations. Limit one coupon per person per visit. Must present coupon before ordering. Coupon cannot be combined with any other discount or coupon. Cash value 1/100 of 1c. ©2020 A&W Restaurants, Inc. Expires 6/30/23.</p>	<p style="font-weight: bold; font-size: 1.2em;">FREE FRY & DRINK</p> <p style="font-weight: bold;">WITH ANY DOUBLE BURGER PURCHASE</p> <p style="font-size: 0.8em;">Good at participating locations. Limit one coupon per person per visit. Must present coupon before ordering. Coupon cannot be combined with any other discount or coupon. Cash value 1/100 of 1c. ©2020 A&W Restaurants, Inc. Expires 6/30/23.</p>	<p style="font-weight: bold; font-size: 1.2em;">FREE KIDS CONE</p> <p style="font-weight: bold;">WITH ANY PURCHASE</p> <p style="font-size: 0.8em;">Good at participating locations. Limit one coupon per person per visit. Must present coupon before ordering. Coupon cannot be combined with any other discount or coupon. Cash value 1/100 of 1c. ©2020 A&W Restaurants, Inc. Expires 6/30/23.</p>
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Active at Home

It is summer and time for some Lemonade! But with the summer heat, you will need a coaster! So, here it is. Easy to make and beautifully customized by you! The supplies you will need include: 4" ceramic tiles, old maps, calendars, pictures, scrapbook paper, or a quote printed on paper. You will also need a paint brush, scissors, Mod Podge, felt or cork for the back and glue.



Here are the steps:

1. Cut your desired paper piece to 3.5" x 3.5".
2. Brush a thin layer of Mod Podge over the top.
3. Place your paper on top of Mod Podge, centering it the best you can.
4. Brush another thin layer of Mod Podge of the top of the paper
5. Glue the cork or felt on the back.
6. Let it dry for a few hours and enjoy!

Scan here to learn more!



Dementia Care Research Project



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

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

What is care research?

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

What is the Dementia Care Research Project?

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

What is the commitment and compensation?

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



Who is Eligible?

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



Get Involved or learn more

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

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



FREE ART CLASSES

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

February 15
May 17
August 16

1:00 pm -
3:00 pm

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

Taught by local Artist Lindamerry Udell

Growing Connections Gardening Club

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

Projects include:

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



Every 4th Thursday of the Month
1:00 - 2:30 pm
Chippewa Falls Public Library
RSVP at 715-723-1146

Support Groups in Chippewa Falls

For those on a journey with dementia



Join Us

A support group is a safe place to learn, offer and receive helpful tips and meet others coping with Alzheimer's disease or other dementia.

The Alzheimer's Association is offering two support group in Chippewa Falls to support families. Meetings are always free.

Meet the Facilitator

Vern Weeks has been facilitating a Support Group in Chippewa Falls for more than 5 years. Vern is a retired clinical social worker and retired clergyman, so he brings a wealth of knowledge and compassion to the families he works with. He has a personal connection to the disease, as he lost an aunt to dementia.

"The most important value support groups offer is they allow people to share about their experiences," Vern said. "It's reassuring to know that you're not the only one to struggle with the uncertainties that surround dementia."

Second Thursday of each month:

Caregiver Support Group
(for caregivers only)
11:00 - 12:30 pm

Early-Stage Support Group
(for person living with dementia and their caregiver)
1:00-2:30 pm

Central Lutheran Church
28 East Columbia St.
Chippewa Falls

Questions/Register:
Contact Vern Weeks at 715.313.0635 or
vernweeks@gmail.com
or 800.272.3900

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811



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



Living Well With Memory Loss Events

June 6	Memory Café - Chippewa Falls Time: 10am-11:30am Location: Central Lutheran Church Recurring: 1ST Tues. every month
June 11	Early Stage Memory Loss Support Group Time: 1pm-2:30pm Location: Central Lutheran Church Recurring: 2ND Thur. every month
June 22	*Growing Connections (gardening group for people living w/memory loss) Time: 1:00- 2:30 pm Location: Chippewa Falls Public Library Recurring: 4TH Thurs. every month
June 27	Memory Café - Cornell Time: 10am-11:30am Location: Our Saviors Lutheran Church Recurring: 4TH Tues. every month
July 11	Memory Café - Chippewa Falls (note different date due to holiday) Time: 10am-11:30am Location: Central Lutheran Church Recurring: 1ST Tues. every month
July 13	Early Stage Memory Loss Support Group Time: 1pm-2:30pm Location: Central Lutheran Church Recurring: 2ND Thur. every month
July 25	Memory Café - Cornell Time: 10am-11:30am Location: Our Saviors Lutheran Church Recurring: 4TH Tues. every month
July 27	*Growing Connections (gardening group for people living w/memory loss) Time: 1:00- 2:30 pm Location: Chippewa Falls Public Library Recurring: 4TH Thurs. every month

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

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

Central Lutheran Church - 28 East Columbia Street, Chippewa Falls

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

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



Chippewa Manor

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

AMP Aging Mastery Program®
National Council on Aging

Join the adventure!



Mark your calendar to attend the National Council on Aging (NCOA), Aging Mastery Program® (AMP). Inclusa is committed to supporting lives well lived across Wisconsin!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to **improve your well-being**. Feel better today and stay healthy for your future.

Visit www.inclusa.org/providers/aging-mastery-program or scan the QR code to the right to learn more.

Each program is 10 core classes + 2 caregiver focused classes

- **January 11 – March 29, 2023: Wednesdays, 9 am – 11 am**
- **April 5 – June 21, 2023: Wednesdays, 1 pm – 3 pm**
- **July 12 – September 27, 2023: Wednesdays, 9 am – 11 am**
- **September 27 – December 20, 2023: Wednesdays, 1 pm – 3 pm**
Class will not be held week of November 20 (Thanksgiving)

Local Experts Present

- Navigating Longer Lives
- Caregiver Perspectives: Assessing Needs
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement
- Caregiver Playbook: Planning, Connecting, and Doing

FREE OFFERING
(\$290 VALUE)



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



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

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

Cost: No fee. Voluntary contribution accepted.

In-Person three session workshop:

Tuesdays, 1:00 - 3:00 p.m.
July 18, August 1 & 15, 2023

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

Each workshop is limited to 10 women.

Registration

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



Researched and proven to reduce bladder and bowel leakage!

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

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

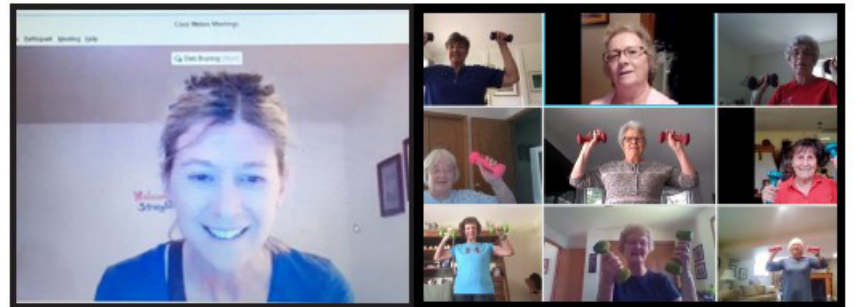
We meet at Our Saviors Lutheran Church, 201 S 6th St. Cornell. Weigh-in is from 8:00-8:50 am, with the meeting starting at 9 am. Our members come from many communities because it is worth the drive!

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

Tip #17

Help Yourself to Better Health
Get Outside

Spend time outdoors — especially in nature, if you can. Getting out into the fresh air can lower your heart rate, blood pressure and reduce stress. Being outside also promotes physical activity which can make you feel better both mentally and physically.



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



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

Registration

New participants register online www.adrcevents.org or call 715-839-4735. Repeat participants must complete a Re-enrollment Consent Form to sign up by June 23, 2023.

StrongBodies™ - Information Session

WHEN: Thursday, June 1, 2023
10:00 - 11:15 am

WHERE: Webex or phone conference

Workshops: M&W, July 10 - September 18, 2023
8:30 am, 11:15 am, 7:30 am, 5:00 pm
T&TH, July 11 - September 14, 2023 at 8:30 am

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



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

Healthy Living Workshops Available

REGISTER at least one week prior: Call the ADRC at 715-839-4735, 1-888-338-4636, or go to www.adrcevents.org

StrongBodies Information Session for new participants (virtual and phone conference) 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.

WHEN: Thursday, 10:00 - 11:15 am/
June 1, 2023



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 time 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

No fee. All participants receive the Arthritis Foundation Walk With Ease guidebook.

WHEN: Mondays, Wednesdays, Thursdays, 9:30 - 10:30 am/
July 10 - August 17, 2023

WHERE: Downtown Eau Claire rotating to Carson, Owen, and Phoenix Parks

StrongBodies™ Strength and Balance Training

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

Mondays & Wednesdays, **July 10 - September 18, 2023** at 8:30 am, 11:15 am (virtual) • 7:30 am or 5:00 pm (in person)

Tuesdays & Thursdays, **July 11 - September 14, 2023** at 8:30 am (virtual)

Repeat participants must complete a Re-enrollment Consent Form to sign up by June 26. Suggested contribution \$20 for repeat participants.

Download form at www.adrcevents.org, email adrc@eauclairecounty.gov or call the Aging & Disability Resource Center at 715-839-4735 to request a form by mail.

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

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

WHEN: Tuesdays, 1:00 - 3:00 pm/ July 18, August 1 & 15, 2023

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

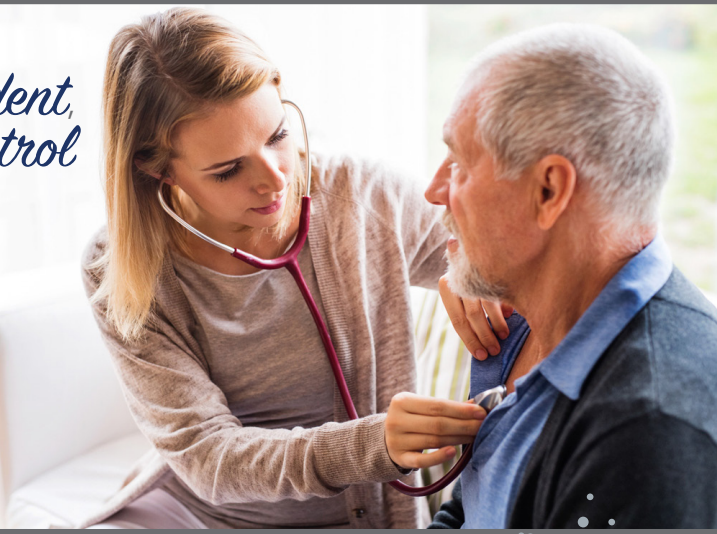
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715-726-7777 or ADRC@co.chippewa.wi.us

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

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

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

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

Upcoming Dates:

June 1st 5:00 — 7:00 pm
June 21st 1:00 — 3:00 pm



Follow the ADRC of Chippewa County on Facebook

😊 A New Smile 😊

The Chippewa Falls Senior Nutrition program has a new smile greeting diners. Debra Judnic is learning the ropes and that includes learning diner's and volunteer's names, Meals on Wheels delivery routes, and more. She moved to the Chippewa Falls area in 2005 and recently moved between Cornell and Chippewa Falls. Debb and her husband Jason enjoy spending as much time as possible pontooning the Chippewa River. Stop in at the Chippewa Senior Center and introduce yourself to Debb...you might even recognize her from her years of restaurant management in the area!



Why are There No Options for Special Diets, Such as a Diet for People with Diabetes, with the Chippewa County Senior Nutrition Program?

Managing diabetes has changed over the years. It's not simply substituting a sugary dessert with fruit anymore. There are three main types of carbohydrates in food—starches, sugar and fiber. This means that you need to learn which foods are carbohydrates and what the serving sizes are.



In order for our program to offer a diabetic type of meal, the individual would need to know how many carbs he or she is allowed depending on where their blood sugar levels are. Each of our food vendors would then need to know and provide a substituted menu item to allow for the correct number of carbs in a meal. When the meals arrive at the meal site, the staff would need to make sure the correct meal ends up in the right route bag, then the volunteer would need to make sure the person receives the correct meal at delivery.

Our participants live in their homes throughout the county, so it's not as easy to monitor diets as you would in a nursing home or hospital. It takes a specialized computer program that we'd have to be qualified to manage the diet information and needs.

It's not that we don't care or don't understand; our program faces many challenges in providing such a service based on program funding, dietitian services, food vendor capabilities, staffing qualifications, food access, and so on. And of course, another reason we don't offer special diets is because we would have to increase our suggested donation significantly.

A Chippewa County Volunteer Says It Best

"I started volunteering for Meals on Wheels because I wanted to start giving back in my community. I also know how much the recipients appreciate the meals. My grandfather used to receive Meals on Wheels. He always looked forward to seeing and talking to the volunteer who dropped off the meals. He was also so appreciative that he didn't have to make a meal of his own. Since I've started volunteering, I've enjoyed it more than I thought I would. It's been really neat getting to know some of the recipients on the route. They are so friendly and they are so happy to see someone! Some of them are so excited to talk to someone. Even though many of them see their family members quite often, they live alone. So seeing a friendly face always brings some joy to their day. I may be the only person they see that day, and perhaps I could bring a smile to their face and make their day a little better. One lady loves to show me her knitting projects. I love seeing that she has a hobby to pass the time. And we always enjoy some conversation while I'm there! I really believe it feels better to give than to receive. And giving of one's time is more valuable than gifts." Kayla

To become a Meals on Wheels volunteer in Chippewa County, contact Kelly Zimmerman at 715-738-2590. You decide how often you want to volunteer!

Did you know...

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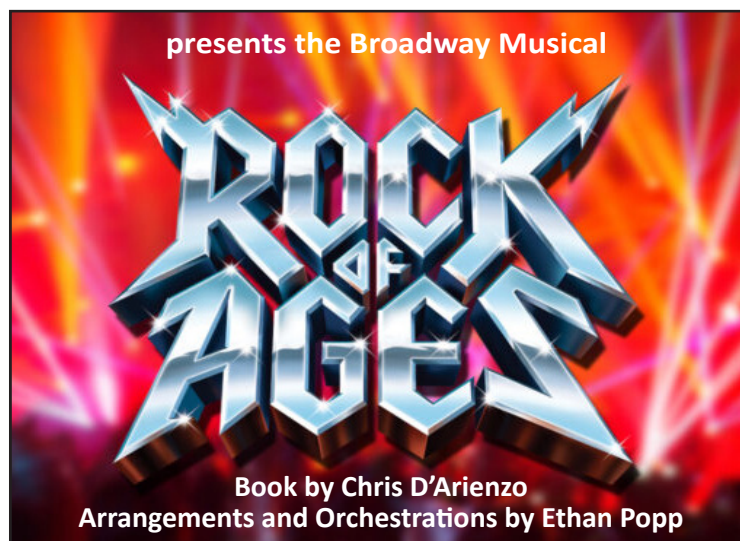
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Working on Your Estate Plan? Don't Forget to Pre-Plan Your Monument

By Jeff Hartman, Johnson Monument. Between Eau Claire and Chippewa Falls Since 1917

Lossing a loved one is never easy. Surviving family members are tasked with the overwhelming responsibility of planning final arrangements in the midst of processing their own grief. This can lead to sudden financial burdens and stressful decisions if final wishes are not documented ahead of time.

To prevent this incredibly difficult situation, more people are choosing to preplan their arrangements in order to give their family peace of mind. When working with a monument provider to preplan your memorial, you are able to design the memorial unique to you. You can choose simple or elaborate, granite or bronze, the words of the inscription and more.

Here are some helpful tips for preplanning your monument::

1. Find a cemetery - Research local cemeteries, including their specific rules and regulations for memorials. There are several types of cemeteries to choose from including public, religious, district and municipal, and national and Veteran's. Unfortunately, many families who have purchased land at a cemetery later realize the memorial they envisioned is not permitted. The sales staff where you are buying your monument understand the guidelines for memorials at different cemeteries and will help you navigate the options.

2. Select the size, shape and style of your monument - Ensure it embodies your final wishes.



A variety of memorial types exist for both burial and cremation including upright monuments, slant memorials, raised bevels, lawn-levels, cremation monuments, and benches.

3. Choose a color - Granite comes from all over the United States and around the world. Wausau red, barre gray, jet black, blue pearl and crystal mahogany are the most popular.

4. Customize a design - Memorials are so much more than stone grave markers, they are personalized tributes that honor your life and legacy. If you want to see what your design will look like, ask your monument company if they can design it on the computer while you are there. Some common elements are hand and laser etching, sculptures and carving, unique engraving, bronze lettering and accents, ceramic and porcelain photos, flag holders, and vases.

5. Create your message - Perhaps there is a quote you live your life by, or a meaningful song you share with your spouse. When you pick something personal, it can have a much deeper meaning for not only you, but for surviving family. Beyond your name, birthday and date of your passing, the memorial can also make mention of family references such as beloved mother, devoted husband, adored grandmother, parents of..., your wedding date and more.

A memorial is the surviving piece of history for loved ones and future generations to visit after you've passed and is an important part of your estate planning. Preplanning a memorial may feel overwhelming at first, but it's an opportunity for you to choose what you want while also supporting your surviving family members when the need arrives. We are here when you are ready to start the preplanning process.



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What's Behind the Gender Gap as We Age

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

There is a noticeable gender gap among seniors in America. On average, American women live more than six years longer than American men. The obvious question is why?

While the ratio of men to women is about equal in young adulthood, there are several reasons it changes over time. Men are more likely to develop chronic health conditions earlier than women because of different lifestyle, biological and social factors. Far more boys and men die in accidents or due to violence. Men tend to engage in more dangerous activities like motorcycling, extreme mountain climbing, deep-sea diving, and cave exploring.

Men are more likely to be overweight, smoke and drink excessively, drive while drunk, have more car accidents, be involved in brawls or gun fights, and commit homicide. They also have traditionally worked at dangerous jobs, including military combat, policing, firefighting, logging, deep-sea fishing and construction. There is also a significant difference between men and women regarding how they feel about personal health care. Men tend to avoid doctors and they don't usually seek out medical help without urging.

So why does this occur? What's behind the differences in how men and women view personal healthcare?

One of the biggest contributing factors involves traditional perceptions and behaviors. Instead of seeking medical attention, men tend to fall back on old adages like, "Real men don't waste time and money going to the doctor. I'll just tough it out, and push through the pain. If it gets a lot worse, I guess I might go see a doctor, if I absolutely have to."

According to the Agency for Healthcare Research and Quality, men are far more likely to skip routine health screens, and far less likely to have seen a doctor of any kind during the previous year. Consequently, men die of heart disease more often and at a younger age. In the same way they don't seek help for physical ailments, men avoid help and treatment for depression and other mental health issues. They also tend not to have as many close social connections as women – and that's more than just an interesting factoid. Positive social interactions are among the most important links to a long, healthy and balanced life.

So what can be done to improve men's health and address the gender-gap as we age? Well, there is good news. You can do a lot to take control of your health, starting with prioritizing prevention. From eating better to quitting bad habits like smoking and attending regular checkups, there are several steps you can take to avoid common men's health problems at any age.

First, be aware that an annual wellness check will go a long way in catching diseases in their early stages. Seeing a doctor or other medical professional for health issues is similar to taking your car to a competent mechanic for regular maintenance or when it has mechanical problems. Taking medications as prescribed for as long as the condition exists is just good sense. Becoming aware of the most common health issues facing men (like cancer, diabetes, heart, respiratory and liver diseases, stroke and

depression) can help prepare you to deal with them if needed.

Articles like this can be the trigger that encourages us to take care of our health. It might just be what YOU need to take care of yourself and your loved ones in a better way. If you have symptoms or suspect that you are experiencing a health issue, schedule an appointment with your doctor and get the treatment you need. Don't be a statistic – beat the gender-gap odds!

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



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