

# senior review

FREE

April 2026

## in this issue...

- Understanding Social Security: What Retirees Need to Know
- Free Medication and Sharps Disposal on Saturday, April 25
- Why Spring is the Perfect Time to Volunteer...
- What are Wispact Special Needs Trusts?
- Prescription: A Daily Dose of Laughter
- What Makes Memory Care Different



Happy  
Easter!

A Senior Magazine for Living a Healthier, Smarter and More Active Life in Eau Claire

## The Wonders of April *By Dave Olson, Realtor®, SRES™ RE/MAX EXCEL*

April is almost here once again, the peak of Spring and the dawn of new green life springs forth, early flowers and warm sunshine, along with those cool Spring rains that bring renewing life and growth to all that they refresh. For me, April is one of those precious months that seem so long in arriving, then passes all too quickly.

Each year, April begins with “April Fools Day” for the young at heart, with a fun day of pranks and good-natured fibs. Always good for at least one belly laugh as SOMEONE doesn’t realize they’ve been fooled. Not as enjoyable for many of us, but April brings us our day of reckoning with Uncle Sam and the Governor on the 15th for our taxes. Arbor Day and Earth Day help us appreciate the wonders of our earth, trees and environment. Fitting since the earth comes to life each Spring with sounds of birds returning, and life abounding everywhere as nature comes forth from hibernation once again.

This year the very first April weekend brings to Christians our most important Holy day of the entire year. We experience somber reflection at the greatest sacrifice ever made for us on Good Friday. Then, the absolute JOY of his miraculous resurrection on Easter Sunday. Joy filled Alleluia’s, ringing of beautiful hymns and thankfulness sung in unison on this joyful day is a sweet blessing and provides amazing memories for most of us. Many will gather with our families for a big Easter dinner. A huge fragrant Ham with mashed potatoes and gravy and all the fixings



greets us at home after church. The house is full and abuzz with chatter and laughter. We love seeing the children enjoy the Easter egg hunts, bunny rabbits, and who can forget watching them searching for the cleverly hidden Easter baskets!

My own family memories rush back with jelly beans, colored eggs, chocolate bunnies and marshmallow Peeps. I still remember an Easter over 20 years ago, stealthily dropping plastic treat filled eggs one after another into a downspout at my parent’s home as my toddler nephew joyfully

grabbed each one as they magically popped out before him.

Baseball season hits full stride each Spring and for diehard Brewers fans like me, that means ball games on the radio whenever we can catch them. Nothing says Spring to many of us like a day at the ballpark rooting on the boys.

In other places, gardeners go ahead and plant, but my wise old Father always told me, no matter how nice it is in April, wait until Mother’s Day to put things in the ground here, if you don’t want them frozen. If you have a green thumb, I’m sure you’ll get started somehow, whether that be indoors or with a greenhouse approach.

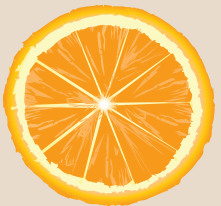
My hope for my readers this April is that you may enjoy the sublime majesty and awe-inspiring moments that the blooming of April brings you, no matter what that is.

## IN TIME

It's hard to keep track of in-season produce, we feel you. But that's when it's tastier and cheaper! Check out these Spring MVPs:



**Artichokes** After steaming or boiling, pick off the leaves (or bracts, as they're called), dip them in Greek yogurt, and scrape your teeth along the inner side to release the tasty flesh hiding within.



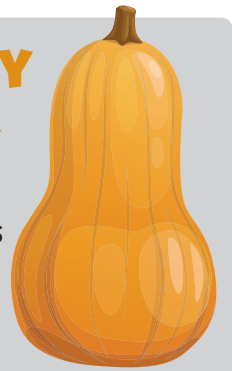
**Radishes** Whether you're slicing these babies in slivers for a salad or transforming them into "chips" in the oven (highly recommend), you'll score a third of your daily vitamin C, important for immunity.

**Oranges** Certain varieties of orange thrive in the wintertime, but blood oranges and Cara Caras steal the spotlight in April. Try 'em in a seasonal salad featuring leeks, fennel, and baby carrots.



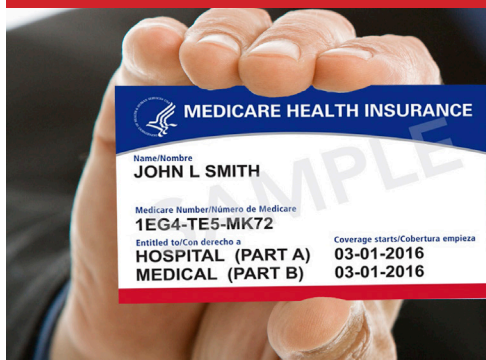
Sources: Alyssa Lavy, RD, dietitian and nutritionist in Connecticut; Keri Gans, RD, dietitian and nutritionist in New York

## DESTROY CANCER CELLS



New research shows that getting the carotenoid beta carotene from fruits and vegetables—not from supplements—may ramp up our body's ability to target and destroy cancer cells. Though other studies on carotenoids' cancer-prevention possibilities have been mixed, there is promising research that suggests eating carotenoid-rich veggies could lower your risk of breast and colorectal cancers.

## NO NEW MEDICARE CARD



Have you been told you need a new Medicare card?

**STOP!**  
It's a scam

### Here's the truth

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

### Protect Yourself

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



Preventing Medicare Fraud

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

**Wisconsin Senior Medicare Patrol**  
**888-818-2611**  
[www.smpwi.org](http://www.smpwi.org)



Energize your mind, spark your curiosity, and celebrate the lifelong learner in you.

- Inspiring keynote address by Richard Kyte
- Sponsor galleries
- Good eats
- Engaging workshops

Register today!

TUESDAY

**June 2**  
Davies Center

Early Fee: \$69 until April 27

Scan for more information



[uwec.ly/senior26](http://uwec.ly/senior26)

University of Wisconsin Eau Claire Continuing Education

**Editor/Publisher:** Arwen Rasmussen  
**Offices:**  
3315 Nimitz Street, Eau Claire, WI 54701  
P: 715-831-0325  
F: 715-831-7051  
E: [seniorreviewnewspapers@gmail.com](mailto:seniorreviewnewspapers@gmail.com)

The *Senior Review* distributes throughout the Eau Claire area every month.

**Advertising:** 715-831-0325

**Disclaimer:** The *Senior Review* Publications assumes no responsibility for the advertising content of the *Senior Review* nor for any mistakes or omissions therein. No endorsements of any products or services is made and none should be inferred.

The terms and conditions under which the advertisement will be honored are the sole responsibility of all the advertisers and not *Senior Review* Publications. A telephone call to the advertising merchant may eliminate confusion to any exceptions in the advertisements. *Senior Review* is owned by AKRE Enterprises. © Copyright 2026. For more information call *Senior Review* at 715-831-0325 or email us at [seniorreviewnewspapers@gmail.com](mailto:seniorreviewnewspapers@gmail.com)

# Understanding Social Security: What Retirees Need to Know

By Cole Bruner, President of Buska Retirement Solutions and Buska Wealth Management

For many retirees, Social Security serves as a foundational source of income. While it was never designed to replace your entire paycheck, it plays a critical role in providing steady, predictable income throughout retirement. Understanding how it works — and how to make the most of it — can significantly impact your long-term financial security.

## When Should You Start Taking Benefits?

You can begin collecting Social Security retirement benefits as early as age 62.

However, claiming early permanently reduces your monthly benefit. Your “full retirement age” (FRA) — typically between 66 and 67 depending on your birth year — is the age at which you are entitled to 100% of your earned benefit.

If you delay benefits beyond your full retirement age, your benefit increases by approximately 8% per year until age 70. For retirees who expect to live a long life, delaying can result in substantially higher lifetime income. The right decision depends on factors such as your health, income needs, marital status, and overall retirement plan.

## How Benefits Are Calculated

Your Social Security benefit is based on your highest 35 years of earnings, adjusted for inflation. If you worked fewer than 35 years, zeros are factored into the calculation, which can lower your benefit. This makes continued work — even part-time — potentially valuable if it replaces lower-earning years in your record.

It’s also important to understand that Social Security includes annual cost-of-living adjustments (COLAs), designed to help your benefit keep pace with inflation. While these adjustments help protect purchasing power, they may not fully offset rising healthcare or lifestyle expenses.

## Taxes on Social Security

Many retirees are surprised to learn that Social Security benefits can be taxable. Depending on your “combined income” (which includes adjusted gross income, non-taxable interest, and half of your Social Security benefits), up to 85% of your benefit may be subject to federal income tax. Some states also tax benefits.

Proper income planning — including how you withdraw from retirement accounts — can help manage this tax exposure and improve overall retirement efficiency.

## Spousal and Survivor Benefits

Married couples have additional considerations. A spouse may claim benefits based on their own earnings record or up to 50% of their spouse’s benefit (at full retirement age), whichever is higher. For widows and widowers, survivor benefits can be as much as 100% of the deceased spouse’s benefit.

Coordinating spousal benefits is one of the most important aspects of Social Security planning, as the timing of one spouse’s claim can directly impact the other’s lifetime income.



## Working While Receiving Benefits

If you claim Social Security before your full retirement age and continue working, your benefits may be temporarily reduced if your earnings exceed annual limits. Once you reach full retirement age, those earnings limits disappear, and benefits are recalculated to account for prior reductions.

## Social Security as Part of a Bigger Plan

Social Security is most effective when viewed as one component of a comprehensive retirement income strategy. It works alongside pensions, retirement accounts, investments, and other income sources to create a sustainable plan.

The key takeaway: claiming Social Security is not just a date on the calendar — it’s a strategic decision. Thoughtful planning can help you maximize your benefits, reduce taxes, and create greater confidence in your retirement years.



**You may be able to *get more* from social security**

Even if you’ve started taking your Social Security benefits, you may be able to increase your payments! In some situations, you can cancel the benefits you are currently receiving, repay them, and then get more when you reach your full retirement age.<sup>1</sup>

We can help show you how to do this and get more from Social Security throughout your retirement!

<sup>1</sup><https://www.ssa.gov/benefits/retirement/planner/suspend.html#:~:text=If%20you%20are%20already%20entitled,month%20after%20they%20are%20due>

**Schedule a complimentary consultation today!**  
**715.355.4445 | RetireWithBuska.com**

Advisory services are offered through Buska Wealth Management, LLC, an SEC Investment Advisor. Insurance products and services are offered through Buska Retirement Solutions, Inc., an affiliated company. We are not affiliated with or endorsed by the Social Security Administration or any government agency. We do not provide legal or tax advice.



# Free Medication and Sharps Disposal on Saturday, April 25

By Sarah Dillivan-Pospisil, MPH, public health specialist with the Eau Claire City-County Health Department.

Spring is a great time to clean out your home including your medicine cabinet. It is also a helpful reminder to safely dispose of unused medications and sharps.

Drug Take-Back Day is happening on Saturday, April 25 in Altoona, Eau Claire, and Fairchild.

For many of us, it is a familiar sight: an expired prescription tucked in the cupboard, or an old inhaler sitting in a bedside drawer. While it may seem harmless to keep them around, unused medications can pose serious risks.

Kids or pets can find unused or expired medication and accidentally swallow them, or medications left in the home can sometimes fall into the hands of people who shouldn't be using them. This can lead to accidental poisoning or overdose.

Don't flush old medications or pour them down the drain. When we flush or pour medications down the drain, they can end up in our groundwater. Improperly disposed of sharps put emergency responders, community members, and pets at risk for an injury and the spread of infections.

Stop by a Drug Take-Back Day event on Saturday, April 25, starting at 10am.

Here's what you can bring: medications, pills, ointments, patches, non-aerosol sprays, inhalers, creams, vials, and pet medications. Liquid medication is also accepted in the original container. You can also bring sharps, including needles, syringes, lancets, or auto injectors.

Curbside drop-off will be available at each location, making it quick and easy to safely dispose of these items.

- **Altoona Police Department**  
1904 Spooner Ave.  
10am - 2pm
- **Eau Claire County Government Center**  
721 Oxford Ave., Eau Claire  
10am - 2 pm
- **Fairchild Village Hall**  
331 Oak Street  
10am - noon



All you need to do is remove or cover up any personal information on the prescription label, then drop your medications off. You don't even need to get out of your car. Just pull up next to the Take-Back Day signs and roll down your car window and our volunteers will take it from there.

The Health Department and local law enforcement agencies hold take-back day events every spring and fall, when anyone can drop off old medications at local sites for free disposal. Learn more by visiting: [www.ECHealthAlliance.org/news](http://www.ECHealthAlliance.org/news)

Safely disposing of medication keeps everyone in our community safer.

Can't make it to Take-Back Day? Stop by a permanent medication or sharps drop box in your neighborhood. There are 13 medication drop boxes and 11 sharps drop boxes available throughout Eau Claire County. Find a drop box near you by visiting [bit.ly/MedDropBoxes](http://bit.ly/MedDropBoxes) and [qrco.de/sharps](http://qrco.de/sharps)

Last year, you've helped us dispose of over 3,600 pounds of medication through Take-Back Day events and permanent medication drop boxes. Thank you for making our community a safer place for all of us.

## Rajiv Puri CPA/PFS MBA

### HELPING YOU WITH FINANCIAL PLANNING, MEDICARE SOLUTIONS AND LONG TERM CARE NEEDS.

**All financial advisors are not created equal.**

The Personal Financial Specialist (designation of AICPA) is more than a financial advisor: He is a CPA with the powerful combination of extensive tax expertise and comprehensive knowledge of financial planning. This knowledge is critical to obtaining the most valuable, objective advice possible.

All areas of financial and business succession planning - including estate, retirement, investments and insurance have tax implications, the PFS professional has the experience, ethics and expertise to get the job done right.



**For a Complimentary Consultation:**

**Call 239-643-6310 or Email [Agency.Puri@gmail.com](mailto:Agency.Puri@gmail.com)**

**DON'T MISS THE MOMENTS THAT MATTER.**

From laughter at family dinners to quiet whispers from loved ones—hearing well changes everything.

**We're here whenever you're ready.**

**Sonal Hearing**

715 318 7030 *HEAR for You*

**AS SOON AS SAME DAY**

**WE MAKE HEARING CARE SIMPLE**  
2600 Stein Blvd, Eau Claire

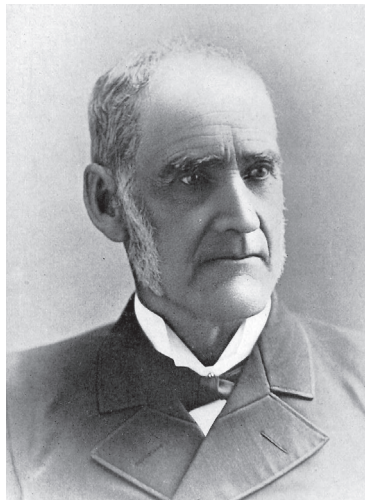
# Dusting off Some Local History: “What’s in a Name?”

By Greg Kocken, Archivist, UW-Eau Claire, [Kockeng@uwec.edu](mailto:Kockeng@uwec.edu)

It is a tradition to name streets after prominent citizens or political leaders. Street names across Chippewa Valley are rooted in this tradition. I grew up in the Green Bay area where this tradition takes on special meaning. The names of former Packer legends crisscross the cityscape with Lombardi Avenue, Holmgren way, Bart Starr Road, and Reggie White Way just to name a few. Several years ago, I saw an article in the Wall Street journal suggesting Green Bay has the unusual problem of having more Packer greats than city streets available to name. Poor Aaron Rodgers may someday be relegated to a meaningless side street.

This tradition made me think about the street names in the Eau Claire area. While many of our street names mirror those of other Wisconsin communities, honoring governors (e.g. Barstow) and presidents (e.g. Lincoln), there are a few notable streets named after prominent local citizens. Let’s take a closer look at a few.

**Graham Avenue:** This avenue is named after successful businessman and local resident Hiram P. Graham (1820-1902). Graham came to Eau Claire in 1856 and initially worked in the lumber industry, but is most well known for his role as a founder and early president of Phoenix Manufacturing Company. The company’s main factory once stood where Phoenix Park and the RCU corporate building stand today.



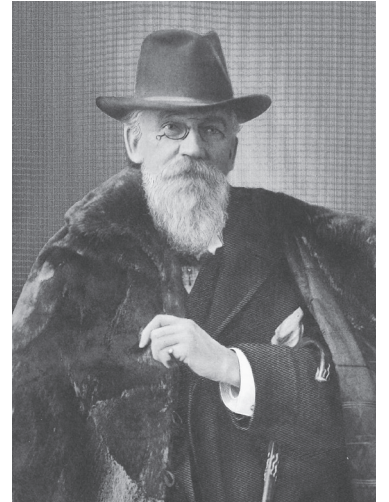
Hiram P. Graham

**Barland Street:** Barland is certainly a prominent name in the Eau Claire area, and many Barlands have left their mark on the Eau Claire community. The street’s namesake is most likely Thomas Barland (1809-1896), a very early resident of the Eau Claire area. Barland constructed one of the first lumber mills in the area in the 1850s, along Otter Creek where Highway 12 intersects the creek today.

**Farwell Street:** The origin of this name is early resident Leonard W. Farwell (1823-1921), but it would be a mistake to attribute the street

name directly to Leonard Farwell. Instead, the street name is more accurately attributed to Farwell House, a hotel built by Leonard Farwell in the 1860s. Leonard Farwell arrived in Eau Claire in 1856, but left for North Dakota around 1873. Farwell House would change owners frequently in the late 19th century, but the name stuck.

**Putnam Drive:** Associated with Putnam Park, Putnam Drive’s origin is near the UW-Eau Claire campus and it ends in the Third Ward Neighborhood. The drive is named after Henry C. Putnam (1832-1912), a businessman who arrived in 1857 and was associated with lumber, banking, insurance, railroad, and real estate businesses in the Chippewa Valley. Putnam also surveyed many of the first streets in Eau Claire. In the early 20th century, Putnam Drive was a popular destination for people in the Eau Claire area, and it remains a popular yet today.



Henry C. Putnam

Is there a local history mystery or topic you want to know more about? Do you have a suggestion for an upcoming column of “Dusting Off?” Please contact Greg at the UW-Eau Claire archives. He would love to hear from you.

## DEMENTIA

# Support Group

Every 3<sup>rd</sup> Tuesday of the month from 10-11 AM

January 20 • February 17 • March 17 • April 21 • May 19 • June 16 • July 21  
 August 18 • September 15 • October 20 • November 17

Join us for a morning of support with a short presentation and light refreshments.  
 The group will meet at Heritage Oakwood Hills, 3706 Damon Street, Eau Claire, WI.

Please RSVP to Cherylin, at 715-379-9609 or email at [cpax@heritageal.com](mailto:cpax@heritageal.com)

Contact for a tour!

HERITAGE  
AT OAKWOOD HILLS

715-831-9118  
3706 Damon St., Eau Claire, WI 54701  
[heritagesenior.com/oakwood-hills](http://heritagesenior.com/oakwood-hills)

HERITAGE  
COURT

715-831-8200  
3515 E. Hamilton Ave., Eau Claire, WI 54701  
[heritagesenior.com/heritage-court-eau-claire](http://heritagesenior.com/heritage-court-eau-claire)

## GOVERNMENT SUBSIDIZED HOUSING

in Eau Claire County. Taking applications for our waiting list.

**Ruth Gullerud Villa**  
**4910 Otteson Lane Eau Claire**  
 Physically disabled housing.

LEAVE YOUR MAINTENANCE WORRIES BEHIND

Most properties are pet-friendly and include community rooms, on-site laundry and off-street parking.  
Residents are responsible for 30% of adjusted income

ImpactSeven.org 715-279-6693

"This institution is an equal opportunity provider and employer"

## City of Eau Claire Housing Rehabilitation Loan Program

The City of Eau Claire Housing Division is taking applications for its Housing Rehabilitation Loan Program. The Rehabilitation Loan Program is Federally funded and offers loans up to \$20,000. This program is for homes in need of repair, not for extensions or cosmetic renovations.

- Types of Eligible Work:**
- Roof & window replacement
  - Plumbing repairs or upgrading
  - Accessibility Modifications
  - Electrical repairs or upgrading
  - Carpentry repairs
  - Heating system replacement
  - Energy saving repairs
  - Siding repairs or replacement

- Applicant Eligibility Requirements:**
- City of Eau Claire resident
  - The assessed value of the property may not exceed \$165,750
  - Property must be a minimum of 25 years old
  - Owner occupied (at least one year)
  - Good credit history
  - HUD income guidelines apply: not to exceed 80% of area median income



For eligibility information and application call the Rehab Specialist at (715) 839-8294.

The hearing impaired may contact this office by TDD (715) 839-4943. If there are other specialized needs due to handicap, i.e. sign language interpreter, wheelchair accessibility, reader, please contact this office.

## Need A Little Help Getting Around?



**ALL STAR  
MOBILITY, LLC**  
Quality Backed by Experience



**ALL STAR  
ELEVATOR, LLC**  
Quality Backed by Experience



3315 Hwy 93, Eau Claire, WI (Corner of Hamilton Ave & Hwy 93)



### Wheelchairs

- Transport Wheelchair
- Manual Wheelchair
- Wheelchair Accessories



### Bathroom Safety

- Transfer Benches
- Shower Chairs
- Commodes
- Raised Toilet Seats



### Walking Aids

- Rollators
- Walkers
- Canes
- Crutches



- Power Scooters • Stair Lifts**
- Power Wheelchairs**
- Lift Recliners • Elevators**
- Vertical Lifts • Ramps**
- Electric Bikes**
- Conversion Vans (New & Used)**

We Service & Repair Your Equipment

**FREE In-Home Assessment**  
Call to Schedule and Appointment!

**715-598-8433**

[www.AllStarElevatorLLC.com](http://www.AllStarElevatorLLC.com)



LA CROSSE 608-519-9292





### Chiropractic For Life

A 7 year study showed that patients whose primary physician was a Chiropractor experienced the following results:

- 60% Less hospital admissions
- 85% Less in pharmaceutical costs
- 62% Less outpatient surgeries
- 59% Less days in the hospital

**Take the First Step!**  
**\$89 Initial Visit**

Offer Valid Until April 30th, 2026.  
\*Federal & State Programs Excluded.


Walk-Ins Welcome!



**activehealth**  
CHIROPRACTIC & NUTRITION

715.834.6333  
[activehealthec.com](http://activehealthec.com)

Independent Living for Seniors 55 and Older



1 Bdrm - \$1049-1300 / 2 Bdrm - \$1550-1800 + utilities  
Water, sewer, trash and cable included in the rent.

Fitness, chapel, salon & maintenance onsite. Beautiful walking path and social activities daily.  
Underground parking available.

**Eastridge Estates**  
*The standard for quality in adult living*

This institution is an equal opportunity provider and employer.

NeighborWorks CHARTERED MEMBER

Professionally managed by Impact Management Group

3504 Hoover Ave, Altoona | 715.279.6693

# How to Spot AI

By the Greater Wisconsin Agency on Aging Resources Legal Services Team

It seems like nowadays, artificial intelligence, or AI-generated content, is everywhere you look online. It can be frustratingly hard to decipher whether or not an image or video is real or was generated using AI. Below are some tips to try to help you spot AI:



- **Bad hands, facial, or other body features** – One sign of AI is if hands have the wrong number of fingers or proportions. Other body proportions may also look “off.” Also, the human face is naturally asymmetrical, but AI often produces symmetrical faces. That is another red flag.
- **Repeating patterns and textures** - Another common characteristic that you’ll find in AI-generated content is repeated patterns where you would normally expect randomness or chaos. You’ll often see this in hair and fur, foliage, wood, and other similar textures that should have a chaotic quality up close but have the appearance of repetition at a distance.
- **Misshapen text, unrecognizable logos, or inconsistencies in fine details** – AI image generators are notoriously bad at imitating text or logos. If you see a car with a brand logo you don’t recognize, that is a red flag. Another example would be a clock without hands or numbers.

• **Light rays, reflections, refraction, and shadows** – AI can be good at mimicking reality, but it’s not necessarily good at simulating reality. That is, it can make details such as reflections and shadows look plausible, but it can’t simulate what they would actually look like if the light was obeying the basic laws of physics. So, look for shadows where there should not be any or vice versa, or light where there is no light source.

To spot AI-generated videos, you would use the same concepts above. Additionally, AI videos might have unnatural or impossible content. For example, a video of a small dog carrying a giant tree through a front door, is most definitely AI.

AI-generated text or writing may have a repetitive structure or predictable phrasing that is overused. It might also be overly vague or specific and contain factual errors. AI may also use uncommon or incorrect punctuation such as overuse of semi colons or dashes.

If you are still concerned that text or images may be AI, there are websites and apps you can use to help detect AI-generated content. An example of one tool for images is <https://wasitai.com/>. Another website is <https://www.aiornot.com/> where you can check for AI in images or text. For text only, you can use <https://gptzero.me/> or a similar website to detect AI-generated content.

**Trinity Equestrian Center** **2026**

*Reminiscing*  
ON THE RANCH

A connection-centered program for adults living with dementia and their care partners, featuring gentle horse interactions, familiar farm activities, and shared time in nature.

**Mar. – June      Sept. – Nov.**

**Fridays | 1-2pm | Trinity**

**4-Week Group Sessions**

Reserve your spot: [equineservices@trinity-ec.com](mailto:equineservices@trinity-ec.com)  
Volunteer: [volunteer@trinity-ec.com](mailto:volunteer@trinity-ec.com)

We'd love for you to join us at the Ranch.

**[trinity-ec.com](http://trinity-ec.com)**

 **GROSSKOPF & BURCH LAW FIRM**  
TRUST EXPERIENCE

**IT'S YOUR LEGACY**  
Let's put together a plan

Our focus is estate planning and elder law, so we can help you better plan on how to protect, preserve, and pass your legacy to the next generation

Schedule your estate planning consultation today

 **715.835.6196**  
[www.eclawyers.com](http://www.eclawyers.com)

  
**NOTE FOR US: THE BEST OF THE Chippewa Valley Volume One**

# April is Stress Awareness Month for Seniors, Memory Patients, and Caregivers

**F**or the elderly and seniors, the month of April is National “Stress Awareness Month” and a good time to take stock of your mental health. Well, allow us to customize that introduction if you may. **For all of us**, the month of April is National “Stress Awareness Month”. We are talking to all of you who could use at-home assisted living advice and/or at-home memory care service advice. Care stress is real, unavoidable, but can be successfully managed. Recall that every time you fly, the flight attendant briefs you and tells you to place the oxygen mask on yourself first before assisting others? To maximize the effectiveness of your caring love, **you must take care of yourself first.**

A person’s mental health centers around their emotional, psychological, and social well-being. Elderly people and seniors are like everyone else, whose mental health affects how they feel, act, think, make decisions, and interact with other people. Having good mental health is vital to a person’s good overall health and enjoyment of their life.

The World Health Organization (WHO) estimates that **about 15% of all adults over age 60 have a mental health problem.** Those numbers may have increased during the COVID-19 pandemic, health experts say. Experts identify several common mental health issues for the elderly and senior population. These include:

**Depression:** Seniors and the elderly who are depressed may feel consistently “low.” **This can happen to caregivers as well.** Enjoyment in life is hard for them. They may struggle with guilt, anger, shame, emptiness, hopelessness, and other similar feelings. It’s important to

recognize chronic depression. If you or someone you know is thinking about suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255.

**Post-traumatic stress disorder (PTSD):** Many people in the senior and elderly population have experienced loss, a dangerous event, and even shock. They may still struggle with their feelings around those events and be triggered by something that helps them recall those moments. Even in the safe and loving environment here at Winder's Gateway Gardens Assisted Living & Memory Care, you and our loved ones can struggle with PTSD. We can help you deal with that.

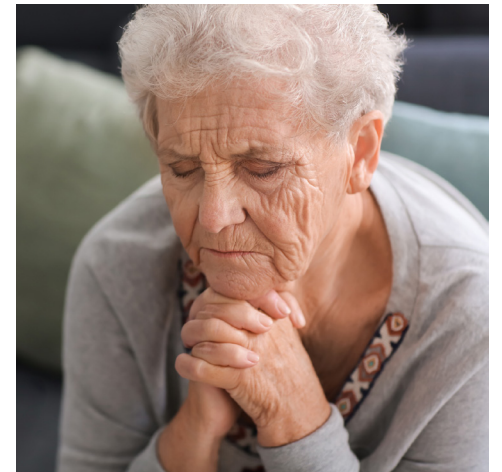
**Bipolar disorder:** Symptoms include changes in a person’s mood and behavior. They may have manic episodes, which could be feeling really good, or depressive episodes in which they’re overcome by sadness, helplessness, or a general “down” feeling. They may struggle to do daily activities.

**Addiction:** It might be hard for you, at-home caregivers, to diagnose addiction or addictive behaviors. We are trained to identify signs of addiction and how to professionally respond. However, addiction is often overlooked by friends, family, or caregivers.

**Anxiety disorders:** These are ongoing, continuous struggles with anxiety that may grow worse over time. For seniors and the elderly, common forms of anxiety include social anxiety disorder, depression, panic disorder, and obsessive-compulsive disorder.

**Dementia:** Forms of dementia can cause memory deterioration and lead to other symptoms. These include personality changes, difficulty communicating, erratic behavior, and personality changes. Dementia can have a detrimental effect on a person’s quality of life. We are highly trained and experienced in serving those with dementia (and their families, too).

By getting professional help, seniors and the elderly can treat and manage these conditions. They’re nothing to be ashamed of, and none of them are considered to be “normal” parts of aging.



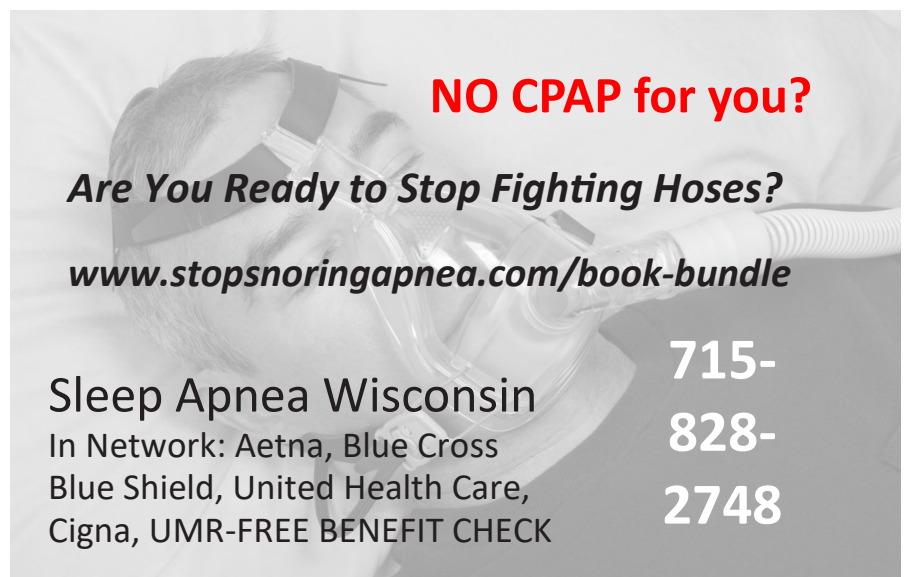

**Apple Valley Home**  
Assisted Living With A Touch of Luxury

- Colonial style home -built in 1991
- Offering 4 spacious resident rooms, with each room featuring 249 square feet of living space and a private bath.
- Focus is individualized assisted living for adults who can benefit from personal care, health monitoring, and supportive services to improve, stabilize, or maintain their physical health, mental health and well-being.

**APPLE VALLEY HOME**  
6700 Highway 53 | Eau Claire  
**(715) 835-5141**



*There's no better home for your loved one than Apple Valley*



**NO CPAP for you?**  
**Are You Ready to Stop Fighting Hoses?**  
[www.stopsnoringapnea.com/book-bundle](http://www.stopsnoringapnea.com/book-bundle)

**715-828-2748**

**Sleep Apnea Wisconsin**  
In Network: Aetna, Blue Cross  
Blue Shield, United Health Care,  
Cigna, UMR-FREE BENEFIT CHECK

## The benefits of having a nurse at home

Stay ...out of the E.R  
...out the hospital.  
...out of the nursing home.

**Prevention begins at home.**

Call or text us at  
**715.379.7889**  
**appealtoheaven.net**



**appealtoheaven** LLC  
Independent Nurses Network

### Total Care Services

Personal & Supportive/Companionship/Skilled Nursing

## April Means Outdoor Activities! But Wait... Do You Suffer With Allergies?



Now is a great time to call our pharmacist and make an appointment to go over your medications to ensure your health and safety needs are being met. Our pharmacist will make sure you are compliant with your medications and will also advise you on over-the-counter products for allergies to take or avoid for adverse interactions.

### VISIT YOUR LOCAL HOMETOWN PHARMACY!

**Mondovi Pharmacy** 122 SOUTH EAU CLAIRE ST - MONDOVI  
715-926-4938

**Ed's Pharmacy** 1511 MAIN ST - BLOOMER  
715-568-2190

**Wally Shong Pharmacy** 153 W LINCOLN ST - AUGUSTA  
715-286-2515

**\$5.00 OFF**  
a \$25.00 Purchase

1 coupon per customer per visit. Good for any over-the-counter products. Not valid for prescriptions. Expires 06/30/26

## PARK TOWER Independent Living Apartments

HUD subsidized rent for persons 55 or over experiencing low income  
OR persons with a disability.

- Income based rents
- No asset limits
- Rents based on 30% of income
- Heat, garbage, water and sewer included
- Tenant driven activities
- Community room
- On-site beauty salon
- On-site manager & maintenance
- Coin-operated laundry facilities
- Bus stop nearby
- Card access security entrances
- Off street private parking
- Vending machines
- Pets allowed with restrictions

Tours available -  
Call for an appointment  
(715) 839-8602



## PARK TOWER

### APARTMENTS

901 South Farwell Street  
Eau Claire

For applications, contact the  
Housing Authority of the City of  
Eau Claire (715) 839-4943

Handicapped accessible apartments available.



## Lake Hallie Memory Care

A happier life for everyone...

**CALL FOR A TOUR TODAY!**



Celebrating 12 Years  
of Exceptional Care



**715-738-0011**

@MemoryCarePartners

Virtual tour available at: [LakeHallieMemoryCare.com](http://LakeHallieMemoryCare.com)

**Medicare - You have questions we  
have answers AND our services are  
offered at no cost to you**

The Medicare marketplace is more complicated and confusing than ever.

**We want to help.**

**Mediqwest**  
Medicare Simplified

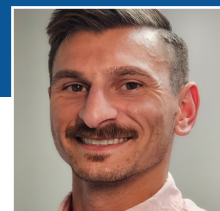


**Jeff Sauter**  
715.577.2641 (Cell)  
jsauter@mediqwest.com

### Your Medicare Health Plan Specialists

**Mediqwest**  
505 S. Dewey St, Ste 103  
Eau Claire, WI 54701

**715.318.9028**



**Casey Sauter**  
715.513.9967 (Cell)  
csauter@mediqwest.com

**www.mediqwest.com**

**Chippewa Valley Theatre Guild**

presents

**GRUMPY OLD MEN**  
THE MUSICAL

Directed by Frank Bartella

Two old neighbors face-off as romantic rivals in this hilarious stage version of the hit comedy film.

**7:30PM, MAY 7 & 8    1:30PM, MAY 9 & 10**  
**JAMF THEATRE, PABLO CENTER**

**online: CVTG.ORG    715-832-7529**  
**ADULTS \$40    STUDENTS \$20    PLUS FEES**

**DigiCOPY** Custom Made On Demand    **WEAU 3 NEWS**



**Compassion and understanding in your time of need.**

Return this coupon for 2 free planning guides  
 Along with my free planning guides, please also send me information on preplanning:  Cremation  Traditional Burial  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Mail to: Stokes, Prock & Mundt Funeral Chapel  
 535 S. Hillcrest Parkway Altoona, WI 54720

Or call today to set up an appointment! Bring this coupon to receive your free planning guides.

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

Two options to serve you, at one convenient location:

<b>Stokes, Prock &amp; Mundt Funeral Chapel</b> 715-832-3428 stokesprockandmundt.com	<b>Cremation Society of Wisconsin</b> 715-834-6411 cremationsociety-wi.com
--	--

535 S. Hillcrest Parkway, Altoona, WI 54720

**Wisconsin Department of Children and Families**    **WISCONSIN DEPARTMENT of HEALTH SERVICES**

### Need Extra Cash?

Tax credits lower the amount of taxes you owe. When a refundable tax credit is more than the taxes you owe, you receive money back. This page has information on tax credits working families can receive.

**NOTE:** Tax credits are not always counted as income for public assistance programs. Each program can help you understand if a tax credit you get will be counted as income, please ask your program worker if you have questions.

#### Wisconsin and Federal Earned Income Tax Credits

If you worked in 2025 you may be able to get the Wisconsin and federal earned income tax credits. Your tax credit amount is based on how many children you have and your family income.

The table below shows the maximum tax credit amount you could get from both earned income tax credits combined:

Number of Children	Maximum Household Income (2025)	Maximum Tax Credit Amount
0	\$19,104 (single) \$26,214 (married)	<b>\$649</b>
1	\$50,434 (single) \$57,554 (married)	<b>\$4,501</b>
2	\$57,310 (single) \$64,430 (married)	<b>\$7,939</b>
3 or more	\$61,555 (single) \$68,675 (married)	<b>\$10,782</b>

More information can be found at:  
[www.irs.gov/credits-deductions/individuals/earned-income-tax-credit](http://www.irs.gov/credits-deductions/individuals/earned-income-tax-credit)  
 and  
[www.revenue.wi.gov/Pages/Individuals/eic.aspx](http://www.revenue.wi.gov/Pages/Individuals/eic.aspx).

#### Federal Child Tax Credit

You may be able to get up to **\$2,200** for each dependent child younger than 17 if you worked in 2025. Up to \$1,700 can be refundable. More information can be found at:  
[www.irs.gov/credits-deductions/individuals/child-tax-credit](http://www.irs.gov/credits-deductions/individuals/child-tax-credit).

#### Federal Child and Dependent Care Credit

You may claim the Child and Dependent Care Credit if you pay someone to care for a dependent(s) or an incapacitated spouse so you can earn income.

The maximum credit is **\$3,000** for one dependent and **\$6,000** for two or more dependents. The credit depends on family income and your qualified care expenses. More information can be found at:  
[www.irs.gov/taxtopics/tc602.html](http://www.irs.gov/taxtopics/tc602.html).

#### Wisconsin Homestead Credit

You may be able to get up to **\$1,168** if in 2025 you were a Wisconsin resident, and your household income was less than \$24,680. People who got a W-2 payment in **all 12 months** of 2025 are not eligible for this tax credit. More information can be found at:  
[www.revenue.wi.gov/Pages/Individuals/homestead.aspx](http://www.revenue.wi.gov/Pages/Individuals/homestead.aspx).

**NOT SURE IF YOU CAN GET THESE TAX CREDITS?  
GET FREE TAX HELP!**

Get free tax help at a Volunteer Income Tax Assistance (VITA) site. VITA sites are often at community centers, libraries, schools, shopping centers. **To find a local VITA site, call 800-906-9887 or visit [irs.treasury.gov/freetaxprep/](http://irs.treasury.gov/freetaxprep/).** VITA sites are free and have electronic tax filing, which can result in a speedier tax return.

**NOTICE!** Some tax preparation companies offer money up front to do your tax return but charge you high interest rates and fees. Please read and understand all documents before signing an agreement.

Please post in public areas and provide to clients until APRIL 15, 2026.

### CHIPPEWA MANOR RESIDENTIAL LIVING APARTMENTS



## Flexible, Worry-Free Assisted Living!

- ▶ Choose from 1 and 2-bedroom apartments
- ▶ Private bathrooms, refrigerators, stove/ovens
- ▶ Restaurant-style dining with chef-prepared meals
- ▶ Assisted Living Services available in your apartment
- ▶ Flex on/off program from month-to-month



**Chippewa Manor**  
Residential Living

[www.chippewamanor.com](http://www.chippewamanor.com)

**Call (715) 723-4437 for a tour or more information**

# Why Spring is the Perfect Time to Volunteer...

## Even If You'd Rather Stay on the Couch!

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

Have you noticed? Every year, spring arrives like a motivational speaker giving a pep-talk for our planet. Birds start chirping, flowers start blooming, and people suddenly feel the urge to do something productive. While for some folks that feeling lasts about seven minutes—giving them enough time to admire some birds or flowers before returning to the couch for a little nap. Spring is more than just the season of blooming plants and budding trees. It's also one of the best times to get out of the house and do something for others.



There's a strange psychological phenomenon that happens in spring. It's the "Spring Energy Effect." After months of wintry social hibernation, people suddenly feel like becoming better humans. It's the season when people say things like:

- "I should probably help clean up the park."
- "Maybe I'll volunteer at the animal shelter, or hospital."
- "This year I'm definitely planting a community garden."

Of course, some of these same people said they were going to work out every day and diet religiously in January, so their enthusiasm must be handled carefully. But be aware of this important fact: volunteering channels that springtime burst of motivation into something useful.

One of the biggest myths about volunteering is that you need special skills or endless free time. Volunteering doesn't require lots of time or superpowers. Many volunteer opportunities are simple and surprisingly fun. For example:

### 1. Community Clean-Ups

Spring reveals what winter tried to hide: lost gloves, mysterious soda cans, and enough plastic to "...cover the entire Earth." (Specifically, there's over 4.9 billion metric tons of plastic debris in landfills and the environment, enough to cover the entire planet in a layer of plastic.) Joining with other cleanup volunteers can be a lot of fun. Equipment is minimal: gloves, and garbage bags. There's a special bond between like-minded souls working together restoring parks, roadsides, empty lots and entire neighborhoods. Plus, there's a strange satisfaction in holding up a bag of trash and thinking, "Yes, the world is slightly better because of me."

### 2. Animal Shelters

If you've ever wanted to spend time with those who believe you are the most important person in the universe, volunteering at a shelter is perfect. Prepare to be the center of attention – and probably licked, sniffed and purred to more than you can possibly imagine! Your responsibilities may include walking dogs, playing with cats, and resisting the urge to adopt twelve animals and starting a hobby farm.

### 3. Community Gardens

Spring is planting season, and community gardens always need extra hands. Even if you know nothing about plants, experienced gardeners will happily explain the difference between a tomato seedling and a weed. You might even donate a part of your harvest to help feed the hungry.

### 4. Helping at Local Events

Spring festivals, charity runs, school events, nursing homes and hospitals all need volunteers. Tasks range from handing out water bottles to pushing wheelchairs and directing people who are already lost. And yes, someone will always ask you a question you absolutely cannot answer.

There are unexpected benefits to volunteering. People often volunteer because they want to help others, but they usually gain just as much in return. Volunteering can:

- Introduce you to new friends
- Build useful skills
- Boost your mood
- Make your community cleaner, stronger, and more pleasant.

It also gives you great stories. For example, you might start the day planting flowers and end it chasing a runaway goat from a petting zoo. Not every job offers that kind of excitement.

The most important thing to remember about volunteering is that small actions add up. You don't have to change the world in a single afternoon. Sometimes helping for a few hours is enough to make someone's day easier. Spring reminds us that growth often starts small. A tiny seed becomes a plant, a kind gesture becomes a habit, and a few volunteers can transform an entire neighborhood.

Spring is nature's reminder that everything can start fresh—including us. So when you feel that sudden burst of springtime motivation, consider using it for something meaningful. Help clean a park, walk a shelter dog, plant a garden, visit a shut-in or assist at a community event. The worst that can happen is you spend a few hours doing something good. The best that can happen is discovering that helping others is far more rewarding than hugging your couch and taking a nap. Besides, the couch will still be waiting for you next winter – so get busy now!

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

## ORVILLE'S HAIR STYLE

1318 Birch Street - On bus line  
715.834.7802

### Haircut Special: Save \$2 on Hair Cut

Reg. \$21. Must present coupon. Expires 4-30-2026

#### SENIOR PERM SALE

**Matrix Perm \$76.00**

Includes wash, cut, style

Reg. \$83. Must present coupon. Exp. 4-30-2026

#### SENIOR PERM SALE

**Quantum Perm \$75.00**

Includes wash, cut, style

Reg. \$82. Must present coupon. Exp. 4-30-2026



The Aging and Disability Resource Center Presents:

# Confident Dementia Caregiver Monthly Series

Knowledge and skills to help you care for those with dementia



**Tuesdays, April - August, 2026**  
**1:00 pm - 2:30 pm**

**Trinity Lutheran Church**  
**1314 E. Lexington Blvd, Eau Claire**

**April 28**

The Harm in Doing NOTHING When Memory Loss, Dementia Symptoms or Diagnosis are Present

**May 26**

Caring for Dementia:  
Understanding Behavior as Communication

**June 30**

Let's Go Upstream:  
Preventing and Preparing for Emergencies and Crisis

**July 28**

Creating a Dementia-Friendly Home

**August 25**

Meaningful Connections Require Boundaries:  
Go from Guilt to Glow

Free public event.  
Each presentation includes  
handouts and resources.



Let us know you are coming, reserve your spot for each session at [www.adrcevents.org](http://www.adrcevents.org) or call the ADRC at 715-839-4735 or 888-338-4636.

Presented by:

**Lisa Wells, MA**  
Dementia Care Specialist  
Aging and Disability Resource Center of Eau Claire County



# Bed Maker

In a perfect world, we'd all wake up with our sheets clean and our beds made. Until then, we've got a neat little device called the Bed Maker. This wedge-shaped tool does the heavy lifting—literally. By simultaneously lifting the mattress and tucking in the sheets, the toughest part of making your bed is done for you. Its simple, lightweight design relies on physics and gravity to do the work, instead of you. No more straining your back and jamming your fingers; just grab the easy-to-grasp handle, drape the sheets over the mattress, and wedge them in. When not in use, you can tuck it under your bed and out of sight. This device is perfect for those with arthritis, wheelchair users, and anyone with limited dexterity.



Similar items retail between \$20-40 on retailers such as Amazon or Walmart.

Compass IL offers the opportunity for individuals to borrow or try out items mentioned in our articles before making a purchase.

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

EAU CLAIRE CHAMBER ORCHESTRA PRESENTS

# MAGIC FLUTES

SEASON FINALE 2025-2026

With Tim Lane

Including

Wolfgang Amadeus Mozart  
OVERTURE TO "THE MAGIC FLUTE"

Charles Griffes  
POEM

Hong-Da Chin  
A WITHERING SUNFLOWER WITH UNEVEN LEGS

Ralph Vaughan Williams  
OBOE CONCERTO  
THE RUNNING SET

And Steven Maljala

April 26th, 2:00pm  
JAMF Theater, 128 Graham Ave

Tickets available at the door or at online at [www.PabloCenter.org](http://www.PabloCenter.org)



Individual Adult: \$30\*  
Under 21: Free\*

\*Additional Pablo Center Fees + Taxes

# What are Wispact Special Needs Trusts?

By James Giese, Director of Outreach, [jgiese@wispact.org](mailto:jgiese@wispact.org)

Wispact, Inc. is a 501(c)(3) nonprofit organization in Wisconsin that specializes in creating and administering pooled and community Special Needs Trusts for people with disabilities. Its primary purpose is to help individuals with disabilities preserve assets and maintain eligibility for means-tested public benefits such as Medicaid and Supplemental Security Income (SSI) while also improving their overall quality of life.

## What is Wispact?

- **Nonprofit Trust Manager:** Wispact manages Special Needs Trusts (SNTs) on behalf of beneficiaries with disabilities and provides ongoing administration and support.
- **Mission:** Its mission is to enhance the well-being of people of all ages with disabilities by promoting choice, opportunity, and financial protection through trust management.
- **Scope:** Wispact manages SNTs for more than 5,600 beneficiaries across Wisconsin, offering dedicated support through Beneficiary Specialists, attorneys, and trust experts.

## How Wispact Helps Individuals With Disabilities

### 1. Preserving Public Benefits Eligibility

Many government benefits have strict asset limits (typically \$2,000 for SSI/Medicaid). Placing assets into a Special Needs Trust prevents those assets from being counted toward eligibility limits, allowing the beneficiary to continue receiving critical public benefits while retaining financial resources for additional needs.

### 2. Trust Creation and Review

Wispact facilitates the establishment of a Special Needs Trust with the help of a licensed Wisconsin attorney. Wispact provides a Creation Fee grant to help with attorney fees if the trust meets the criteria.

Once the legal trust document is prepared, it is submitted to Wispact for review and approval before being finalized with a trustee (Capital First Trust Company).

### 3. Types of Trusts Wispact Offers

**Self-Funded Trust:** Funded with assets that belonged to the disabled person at the time the trust was created (for example, settlement proceeds or inheritance or back pay).

**Third-Party Trust:** Funded with assets from others (family or friends) for the benefit of a person with a disability.

Both types are structured to comply with state and federal benefit rules.

### 4. Ongoing Trust Administration

Wispact assigns a Beneficiary Specialist to each trust account who acts as the main point of contact. They process Requests for Distributions (RFDs), ensuring that expenditures are appropriate under benefit rules and that they support the beneficiary's quality of life without jeopardizing benefits. Wispact also offers other services such as recurring bill payments, direct payments to vendors, emergency distributions, account information, and planning discussions.

### 5. Education and Outreach

Wispact also provides education, referral, and advocacy for beneficiaries, creators of trusts, families, legal advisors, and the public on special needs planning and how trusts interact with public benefit systems.

### Practical Impact for Families and Caregivers

- **Financial Security:** Trusts allow families to provide for quality-of-life expenses—such as therapies, assistive technology, transport, or recreational activities—without compromising eligibility for essential public benefits.
- **Professional Guidance:** Wispact's staff help navigate complex trust rules and benefit requirements, reducing administrative burden on families.
- **Lower Fees Through Pooled Structure:** Because trust assets are pooled for investment purposes, administrative costs may be lower than individually managed trust accounts.

In summary, Wispact is a specialized nonprofit trust manager that enables individuals with disabilities and their families in Wisconsin to:

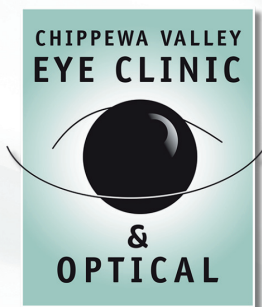
- Establish Special Needs Trusts correctly and in compliance with public benefit laws.
- Preserve eligibility for Medicaid and SSI while retaining access to financial resources.
- Access ongoing administration and trusted support for managing trust distributions and planning.

This makes Wispact a valuable resource for families and advisors engaged in disability planning and long-term financial support. Request more information via the Wispact Contact Us form: <https://www.wispact.org/contact-us/>

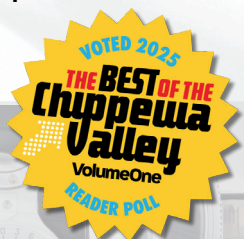


## CHIPPEWA VALLEY EYE CLINIC

**Dr. Rachael  
Lyerla**  
*Ophthalmologist*



- Comprehensive Ophthalmology
- Contemporary Cataract Surgery
- Presbyopic Implants



715-834-8471

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

# Prescription: A Daily Dose of Laughter

By Stephanie Faherty, Project Manager, Grace Lutheran Communities

They say age is just a number—but sometimes our joints, hearts, and brains like to remind us otherwise. Enter laughter: the one prescription you don't need a copay for, and it comes with zero side effects (unless you count giggle-induced stomach aches). For older adults, laughter isn't just a mood booster—it's a surprisingly powerful wellness tonic.

You've probably seen it happen before. A group of friends gathered around a table at a restaurant, people watching and reminiscing about years gone by. One person tells a funny memory, another adds their version of the story, and before long the whole group is laughing so hard they're wiping tears from their eyes. In those moments, worries seem to melt away and even the creakiest knees feel a little lighter. Those bursts of laughter are more than just fun—they're actually good for our health.

A good laugh does more than brighten the moment. It gets the blood pumping. When you laugh, your circulation improves and your heart gets a mini workout. Who knew that a belly laugh could double as the cardio you never knew you signed up for?



Laughter is a great stress reliever. It lowers stress hormones in the body and releases endorphins—natural feel-good chemicals that help improve mood and emotional health.

Think of endorphins as tiny happiness ninjas, quietly chasing away worry and gloom. Even a few minutes of laughter can leave us feeling calmer and more positive.

The benefits don't stop there. Laughter sets off a chain reaction throughout the body.

Muscles relax, breathing becomes deeper, and oxygen intake increases. That extra oxygen helps stimulate the heart, lungs, and muscles, giving the entire body a refreshing boost. In a way, laughter acts like a reset button, helping both the body and the mind recover from everyday stress.

Just as important, laughter is social glue. Humans are social creatures by nature and sharing humor with others strengthens our connections with family and friends. Whether it's swapping funny stories, teasing each other about old memories, or giggling over a silly joke, these shared moments build relationships and remind us we're not alone.

And here's another bonus: laughter may even help keep the brain sharp. Some studies suggest that humor and positive emotions can improve memory, focus, and learning. When we feel relaxed and happy, our brains are better able to process information and stay mentally engaged. In other words, watching a good comedy or sharing a funny story might be just as beneficial for the mind as a daily crossword puzzle.

The best part about laughter is that it's easy to add more of it to everyday life. Watching a favorite comedy show or classic sitcom can be a great place to start. Many people also

enjoy sharing humorous stories with friends during social meetups, phone calls, or family gatherings.

Another simple trick is to keep humor close at hand. A funny book on the nightstand, a lighthearted movie, or even a comic strip on the refrigerator can provide a quick mood boost. Sometimes, the secret is simply learning to laugh at life's little mishaps—like searching for your glasses when they're already on your head.

So, if you're looking for a simple way to support your health and happiness as the years go by, try adding a daily dose of laughter. Share a joke, watch a comedy, or enjoy the humor that naturally pops up in everyday life.

After all, growing older is inevitable—but growing older without laughter? That's no joke.

Have expired or unwanted medications? Bring them in for free disposal!

## PRESCRIPTION DRUG TAKE-BACK DAY

Saturday, April 25, 2026

### CURBSIDE DROP-OFF LOCATIONS

**Altoona Police Department**  
1904 Spooner Avenue  
10 a.m. - 2 p.m.

**Eau Claire County Government Center**  
721 Oxford Avenue  
10 a.m. - 2 p.m.

**Fairchild Village Hall**  
331 Oak Street  
10 a.m. - noon

For more information, visit [ECHealthAlliance.org/News](https://www.ECHealthAlliance.org/News)



### WHAT TO BRING

- Prescription medications
- Over-the-counter medications
- Ointments
- Liquids
- Patches
- Non-aerosol sprays
- Inhalers
- Creams
- Vials
- Pet medications
- Needles, lancets, syringes, auto injectors, and other sharps devices

The National Prescription Drug Take-Back event is hosted by the Wisconsin Department of Justice (DOJ) and the Drug Enforcement Administration (DEA) and is coordinated locally by the Eau Claire County Sheriff's Office, Altoona Police Department, Fairchild Police Department, Eau Claire City-County Health Department, and the Eau Claire Health Alliance.

# What Makes Memory Care Different

When a loved one begins to experience memory loss due to Alzheimer's or another form of dementia, families are often faced with difficult questions—especially about long-term care. What kind of support will they need? How do you know when it's time for more help? And what's the difference between memory care and other senior living options? Understanding what sets memory care apart is the first step toward making the right choice for your family.

Memory care is a specialized type of long-term care designed specifically for individuals living with Alzheimer's disease, dementia, or other cognitive impairments. While many assisted living communities offer support with daily tasks, memory care goes a step further to address the unique challenges of memory loss—from safety to communication to emotional well-being.

Unlike general assisted living, memory care is built around the unique needs of individuals with Alzheimer's disease and other forms of dementia. That starts with the staff, who are specially trained not just in helping with daily tasks, but in understanding the behaviors and emotional needs that often accompany memory loss.

They know how to respond when a resident becomes confused or anxious, how to guide someone who may be wandering, and how to communicate with clarity and patience. Their goal isn't just to provide care—it's to help residents feel safe, respected, and connected.

## Safe, calm, and easy to navigate environments

Dementia affects much more than memory. It can also affect a person's ability to communicate, make decisions, regulate emotions, and navigate familiar environments. Changes in the brain can cause misperceptions such as seeing dark tiles as a hole in the floor or confusion when seeing mirrors or windows. Many memory care communities are designed with these challenges in mind. These spaces typically feature secured entrances and exits to prevent wandering, as well as simplified layouts and visual cues that help residents move around more easily.

Outdoor areas are often enclosed, allowing residents to enjoy fresh air and sunshine without the risk of getting lost. These design elements may seem subtle, but they make a world of difference in how comfortable and confident a person feels in their surroundings.

## Structure and routine

One of the most important differences in memory care is the daily routine. People with dementia tend to do better with consistent structure, and memory care communities provide that—offering scheduled activities that are engaging, familiar, and tailored to residents' cognitive levels.

You might see residents participating in music therapy, light exercise, gardening, or memory games. These aren't just ways to



pass the time; they help maintain cognitive function, reduce agitation, and improve quality of life. Equally important is the opportunity to connect with others in a safe and supportive setting.

If your loved one's memory loss is interfering with their safety, independence, or emotional well-being, memory care may offer the support they need—and the peace of mind you deserve.

Memory care is especially worth considering if daily routines are becoming hard to manage at home, if wandering has become a concern, or if your loved one is becoming increasingly withdrawn or agitated. In some cases, a person living alone may need to move into a setting that provides structure, supervision, and companionship—essentials that memory care is uniquely equipped to offer.

Choosing memory care is never an easy decision. Many family caregivers for people with dementia struggle to provide the level of care that their loved one needs without neglecting their own self-care. But when it's the right time, it can offer a more secure, engaging, and fulfilling life for your loved one built around dignity, comfort, and compassionate care.

**Wispact**

**IF YOU OR SOMEONE YOU KNOW HAS A DISABILITY WISPACT IS HERE TO HELP PROVIDE MORE OPPORTUNITIES FOR A BETTER LIFE.**

Our Special Needs Trusts help preserve the assets of people with disabilities without endangering their eligibility for public benefits.

**LIVING BEYOND LIMITATIONS**

Madison, WI  
(608) 268-6006  
[wispact.org](http://wispact.org)

adno=528240-01

# THE TAGBOARD

## DEMOCRATS FIGHT FOR

- ✓ Affordability
  - ✓ Fairness
  - ✓ Social Security
- ## AND DEMOCRACY



Visit Us!

715-852-0330  
eauclairedemocrats.org



Eau Claire County Democratic Resource Center  
440 Broadway St., Eau Claire WI 54703

Paid for by the Democratic Party of Eau Claire County

## Lenmark-Gomsrud-Linn FUNERAL & CREMATION SERVICES



814 First Ave | Eau Claire  
715-832-8301

1405 N. Clairemont Ave | Eau Claire  
715-834-4456

lenmarkfh.com

*Providing on-site cremation*

**BE SEEN ON THIS PAGE!!**  
**\$75/MONTH IN FULL COLOR!**  
**715-831-0325**  
seniorreviewnewspapers@gmail.com  
seniorreviewnewspapers.com

*Plan your memorial.  
Preserve your legacy.*

Plan ahead. It's what's best for everybody.  
*A lasting tribute to life*

## Lifetime

MEMORIALS

2228 East Ridge Center  
Eau Claire

715.830.5099

lifetimememorials.com

## The Foot Nurse LLC

Jeanne Jones, RN, CFCS  
Toenail trimming and thinning  
Callus and corn reduction  
Call, text or email for appt:

**715-642-2802**

Email: FootnurseLLC@gmail.com

Locations in Eau Claire, Winter, Ladysmith, Chippewa Falls, Rice Lake and Bloomer.



LANDMARK  
COMPANY

### COLONY PARK APARTMENTS

West MacArthur & Stein Blvd. - Eau Claire

- All utilities included
- Rent is 30% gross income
- 1 bedroom HUD Section 8 subsidized
- Units for persons elderly and/or disabled
- Near clinics, hospital, bus line



[www.landmark-company.com](http://www.landmark-company.com)  
Call today (715) 834-3411 ext. 113



## Need Help With Your Homes Plumbing, Heating, Air Conditioning & Drain Cleaning?

Call Us Today! 7/24/365 Available  
**1-800-307-9000**  
or service@wiersgalla.com

## Wiersgalla Co.

## Aging Well Starts in the Gut

Fatigue, memory loss, and inflammation

aren't just "getting older." They're signs your gut, hormones, and detox pathways need balance. Functional Medicine finds the root cause – and helps your body heal from the inside out.

Heidi Toy Functional Medicine 715.869.3793  
heiditoyfunctionalmedicine.com



## SENIOR COMMISSION DISCOUNTS AVAILABLE!

Paul Canfield  
REALTOR  
715-828-0819

COPPER KEY  
REALTY & WATERFRONT

service. excellence. results.

PaulAllenCanfield@gmail.com

[www.ChippewaValley-Homes.com](http://www.ChippewaValley-Homes.com)



Selling real estate in the Chippewa Valley since 1997.

## Grace Barstow Apartments

1105 South Barstow | Eau Claire  
1 bedroom apts - 552 sq. ft.

*Residents must be 62 years of age or disabled and meet the very low income guidelines established by the U.S. Department of HUD for subsidized housing. Rent is based on 30% of the household's adjusted gross annual income. Our properties are tobacco-free.*

Call 715.832.1174 to schedule your personal tour!



A program of Grace Lutheran Foundation, Inc.  
graceluthfound.com  
apts@graceluthfound.com

## TATTOO: IDENTITY THROUGH INK

Jan. 29<sup>th</sup>

through

Apr. 11<sup>th</sup>



www.cvmuseum.com  
(715) 834-7871



## Good Shepherd Senior Apartments

3304 14th Street | Eau Claire



- 1 & 2 Bedroom Apartments
- Optional Home-Cooked Meals
- Security Access Front Doors
- Emergency Pull Cords
- Planned Activities

**715-834-3587**

[goodshepherdseniorapartments.org](http://goodshepherdseniorapartments.org)

## St. John's Apartments

815 Chapin St, Eau Claire  
715-834-6302

Request an application or  
schedule a showing



Rent is 30% of  
adjusted income  
through HUD  
section 8.



## CHIPPEWA VALLEY CREMATION SERVICES Caring and Affordable Services

## Thinking Cremation?



We can help. And save you thousands. Go online or call today. We're here to help.

715.835.3333

Celebration of Life Center 1717 Devney Dr - Altoona  
[chippewavalleycremation.com](http://chippewavalleycremation.com)

## Celebrating our 75th Year!

Spin the wheel to  
win a free prize!



MULDOON'S  
MEN'S WEAR

1506 S. Hastings Way, Eau Claire  
800-942-0783 • muldoons.com