

EAU CLAIRE

SEPTEMBER 2018

FREE
COMMUNITY PAPER

Review



MOONSHINE IN MAYBERRY

by Ken Anderson

GOING TO THE DOCTOR

FOOD AS MEDICINE!

By Rachel Keniston

SEPTEMBER IS ASSISTED LIVING AWARENESS MONTH

MA FELL ...AGAIN!

by ManCave

I GET BY WITH A LITTLE HELP

by Bert Moritz

SEPTEMBER BRINGS A BOUNTIFUL FARMERS MARKET

DON'T BE FOOLED BY GLAUCOMA

by Matthew Cooke, MD - Mayo

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DUSTING OFF SOME LOCAL HISTORY: "FURNITURE DISTRICT."

Greg Kocken Archivist, UW-Eau Claire
Kockeng@uwec.edu

Let's look at the interesting history of this district. The large Lange Canning Company (hence "Cannery District") was the dominant industry in this area during the first half of the 1900s. The plant ceased operations in 1953 when the company went out of business. Presto industries moved in briefly, only to use the buildings for storage, and for a while an A&P grocery store was located north of Madison Street on the west side of the river. The story of the district, however, goes back many years prior to the Lange Canning Company.

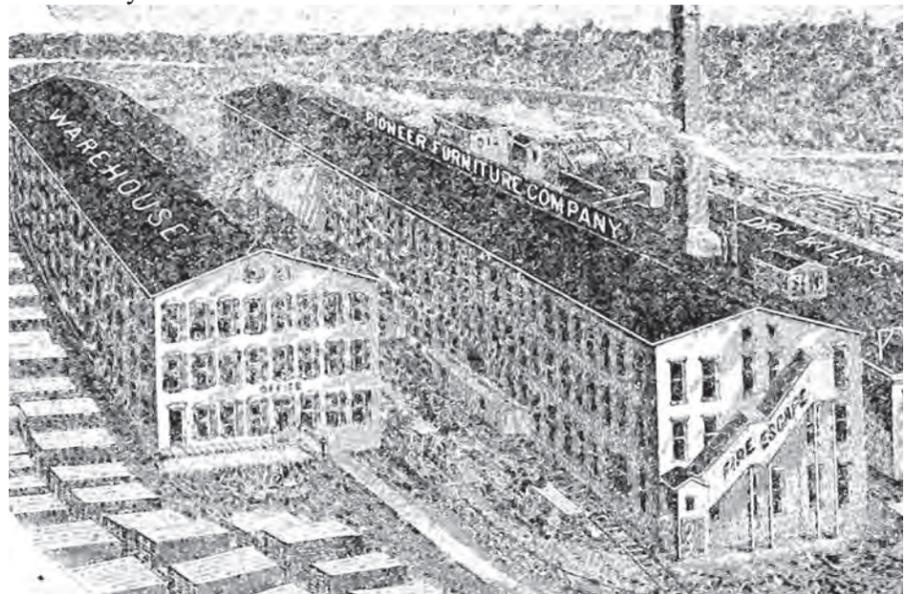
During the late 1800s and early 1900s, the "Cannery District" could have been more accurately described as the "Furniture District." The Pioneer Furniture Company operated out of several large brick buildings in the area. According to an 1892 description of Eau Claire, "the main factory is 256x60 feet, three stories high; the second building, used as a warehouse for shipping is 100x60 feet. Besides these are the immense dry kilns and other buildings. The shipping facilities of the company are unsurpassed. Railroad tracks run through the yards direct to the doors of the warehouses..." Established in 1888, the company quickly grew to become an important industry in the city, especially at a time when the lumber industry was in rapid decline. At its height, it employed several hundred workers and specialized in the manufacture of bedroom furniture.

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.



Lange Canning maintained an active presence in the Eau Claire community. A company sponsored junior basketball team wore uniforms, with unfortunate monikers like "Pork & Beans" and "Pickles" in this 1923 image. Kodak Yearbook, 1923.



Pioneer Furniture was the dominate industry in the "Cannery District" in the early 1900s. You can still find some of the fine pieces of furniture manufactured by Pioneer for sale on eBay and other websites.

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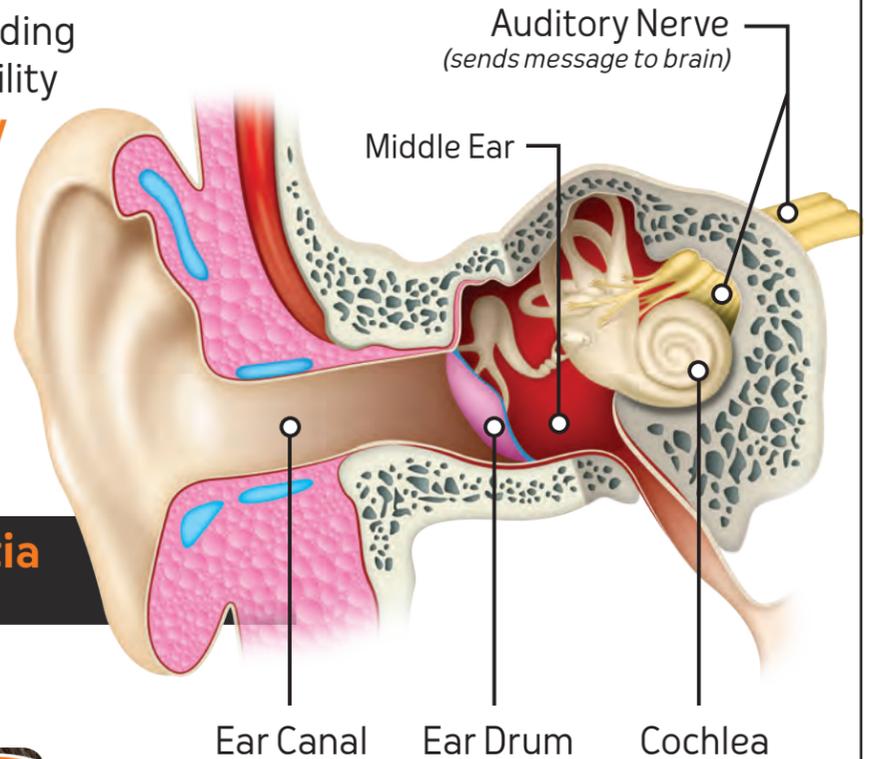
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I GOT BY WITH A LITTLE HELP

By Bert Moritz

When I was a boy, one of my jobs was to polish my father's good shoes. I usually did this chore Saturday night so they shined for Sunday church. I noticed that Dad's shoes had holes in the soles and I remember thinking that the old guy was just too cheap to buy a new pair. Once I got a bit older and a lot wiser, I realized that Dad hadn't bought new shoes for a good reason. With his eighth grade

education and a job as a railroad telegrapher, there just wasn't enough money to go around. He sacrificed himself to help the family. I think that we can all remember some special things that our parents did that helped each of us while we were growing up. Here are a few of those things that my parents did for me.

My brothers, sisters, and I all had one thing in common. We all were very near sighted, and we each needed new eyeglass lenses every year. Mom would march me down to the optometrist office before school started, and I would have to answer the question, "Which is better, one or two?" I usually had to keep the same black frame and then Dad would get a bill for the new lenses. I could see the blackboard again, but little did my parents know that by sending me to the optometrist, not only did this help me in school, but it influenced my eventual career choice!

My father gave me lots of advice, not the least of which included how to buy life insurance, how to tie a necktie, and how to catch and clean a walleye. There were two items that Dad gave me which I have never forgotten. I had been drafted, and the night before I left for the army, Dad did something that he had never done before. After dinner, he took me out



for a beer. We went to the Hilltop Supper Club at the edge of town, and we sat at the bar. He ordered an Andecker beer for each of us. Now, to my credit, I had never heard of Andecker so Dad explained that it was a premium beer made by Pabst Blue Ribbon -- this was a drink for special occasions. The bartender brought the beers in a special set of Andecker glasses. When we had finished, Dad paid for the beer and he bought the glasses too. On the way home in the car he told me that he would add them to his beer glass collection. Then he went on to say that when I came home from the service, they would be mine. I realized at that moment that Dad was worried I might not come back and this way his way of letting me know that I would be on his mind. I remember feeling good that Dad would be thinking of me but I was also a bit afraid.

A year later, when I was stationed overseas, Dad wrote me a letter. As it turned out, that was the only letter my father would ever write me! At the end of the letter, he reminded me that those two beer glasses were still in his cabinet and I could have them when I returned. I lost that letter, and to this day, I wish I could read it and see my father's handwriting!

Those two Andecker glasses are now in my cabinet, along with the rest of Dad's collection. Each time I look at them, I see the special things that my parents did to help me get by I was growing up.



IN THE MUSEUM

THE TELEPHONE COMES TO MENOMONIE

by Bruce Gardow, Archivist
Dunn Cty Historical Society

Today we take the phone in our house for granted.

It's always there and it is dependable. But, this hasn't always been the case. As are many things in Menomonie, the first telephone is attributed to the Knapp, Stout and Company. Installed in 1879, this private, grounded line ran from the Companies office to what is referred to as Menomonie Junction.

In 1882 a local company was formed and was managed by Mr. Ole K. Ranum, a native of Norway. Ranum, who was a druggist was appointed toll agent for this company. The Wisconsin Telephone Company took over the exchange in December of 1894. A year later an ordinance was granted to J. D. Hills and Sanford Heafield to build a telephone exchange to compete with the Wisconsin Telephone Company. Competition was soon established and in January, 1899 the property of this new company was transferred to the Menomonie Telephone Company. This company had little success, however, and in September of the same year the Menomonie Telephone Company and the Wisconsin Telephone Company were consolidated, and the exchange was moved to the Johnson Building on the corner of Broadway and Main.

This new company had approximately 300 subscribers, But by 1906 the company had experienced steady growth which fostered the need for a larger facility which was found at 307 Main Street. New equipment was installed including a state of the art 9-D six position switchboard with 400 lines. All grounded lines were replaced with metallic lines and a new cable was extended throughout the city. At the completion of the switch board on the first of May, 1906, The Wisconsin Telephone Company had an amazing 366 city subscribers and 90 rural subscribers.

Business increased rapidly because everyone wanted a piece of this new technology. As a result of the congestion on the cables and switchboards caused by these new costumers it was necessary, during the years of 1915 and 1916, to install two additional switchboards and two hundred additional lines.

The telephone company's cable making plant was enlarged and the cable system extended further into developing neighborhoods. Additionally, an underground cable system, costing approximately \$ 7,000, was installed at this time to eliminate poles and overhead wires in the business district of the city. Two hundred additional lines were installed in 1921 to meet the demand for phone service. The telephone company's construction crew was kept busy with the erection of 3 miles of cable commencing at thirteenth street extending east of Menomonie into rural territory in order to eliminate the overhead wires because of the strain on the poles, also avoiding considerable trouble because of sleet storms. More cable was installed in 1925 west of Menomonie because of strain on the overhead wires due to their larger size. On April 1, 1925 the telephone company had an amazing 1770 subscribers, of which 645 were rural. The telephone had established itself as a needed and vital part of daily life in Menomonie.

In the future years telephone service was further extended into rural areas around Menomonie. Every one had a telephone. Even the most remote areas enjoyed telephone service. Additionally, system maintenance was also a priority. This continued until the modern age, when cell phones started to take phone customers away from the land lines of the telephone company.



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ADVENTURES IN HISTORY
Await in Eau Claire's Carson Park

DON'T BE FOOLED BY GLAUCOMA — the silent sight thief



By Matthew Cooke, M.D.
Mayo Clinic Health System

Glaucoma, commonly called the silent thief of sight, is a group of eye conditions that damage the optic nerve, which is critical for good vision. This damage often is caused by an abnormally high pressure in the eye.

Glaucoma is one of the leading causes of blindness in the U.S. It can occur at any age but is more common in older adults. The most common form of glaucoma has no warning signs. The vision loss often is

so gradual you may not notice a change in vision until the condition is at an advanced stage.

PROTECT YOUR SIGHT

If you are 40 or older, or have a family history of glaucoma, you are at a higher risk. Many people with glaucoma do not realize they have the condition until they are seen for a routine examination.

You can help protect vision in you and your family members by getting a comprehensive dilated eye exam at least once every two years. During a complete eye exam, you will be screened for eye diseases, including glaucoma. The dilated exam may show changes in the shape and color of the optic nerve fibers due to pressure. Lowering eye pressure in the early stages of glaucoma slows progression of the disease and helps save vision.

SECURE YOUR SIGHT

While treatment for glaucoma cannot restore vision if it has already been lost, it can preserve remaining sight. Typically, many forms of glaucoma are first treated with daily eye drops. If eye drops are not effective or cannot be tolerated, laser or surgical procedures may be needed.

A new procedure called ab interno canaloplasty (ABiC) is a less-invasive form of surgery to treat patients with glaucoma. Some ophthalmologists have advanced training in treating patients with eye diseases, such as glaucoma. During training, I learned to perform ABiC directly from the surgeon who invented the procedure.

During the procedure, a small catheter is used to flush out the part of the eye that drains pressure, resulting in lower eye pressure and better control of glaucoma. No stent or device is left behind in the eye after the procedure as they often are in traditional surgeries. The procedure has less risk of infection and quicker vision recovery than with traditional glaucoma procedures.

If your glaucoma cannot be controlled by eye drops or laser treatment, ab interno canaloplasty may be an option for you. In addition, if you are experiencing decreased vision due to cataracts, the procedure usually can be performed at the same time as cataract surgery with little added risk. Afterward, you may need fewer or no eye drops to treat your glaucoma.

PREVENTION OF SIGHT LOSS IS A TEAM EFFORT

Treating glaucoma successfully is a team effort between you and your health care providers. Share your concerns with your primary care provider, especially if you have hypertension or a family history of eye conditions.

Schedule your routine eye exam with an optometrist or ophthalmologist. If you are diagnosed with glaucoma, your ophthalmologist will talk with you about your lifestyle and prescribe a treatment plan to protect you from the silent thief of sight.

Matthew Cooke, M.D., is an ophthalmologist at Mayo Clinic Health System in Eau Claire, Wisconsin.

KEEPER OF THE FLAME

by Ken Anderson

Whenever I watch The Andy Griffith Show happy childhood memories usually come to mind. However, occasionally an episode will remind me of an unpleasant experience. One such episode is "Keeper of the Flame".



In "Keeper of the Flame" Opie and his friends have a secret club. They meet in an old barn owned by one of Mayberry's moonshiners. Opie's job is "Keeper of the

Flame". He is in charge of the sacred candle that is lit at every meeting. After he chases the boys away from the barn one day the moonshiner drops his kerosene lantern and burns his own barn down. He had seen Opie running from the barn so he blames Opie so he can get money from Andy.



When I was twelve years old, my brother, a neighbor, and I were playing in our neighbor's barn. Our friend had lit a kerosene lantern when suddenly kerosene spilled on me and I was engulfed in flames. Our friend put out the fire while my brother threw me to the floor and rolled me around until the fire on me was out.

My father rushed me to the doctor, but rather than sending me to the hospital I was given a shot and peroxide was poured on my burns. I had first, second, and third degree burns on my face, hand, and chest. A week later I was admitted

to a hospital. It was a long painful recovery and I still have the scars to remind me of that terrible accident.

The underlying theme of "Keeper of the Flame" was trust. Opie kept telling Andy that he did not start the fire. He also refused to tell Andy about where his club met because he took an oath and his friends trusted him to keep that oath. But Andy did not believe Opie and did not have trust or faith in his own son.

In the end, Barney accidentally discovers the moonshiners stash and Andy realizes that Opie was telling the truth and moonshiner burned down his own barn. Opie was able to keep his job, but Andy wisely exchanged the candle for a battery lantern.

Stop by my website at www.themayberryguru.com



JOIN US TO PLAY PE'TANQUE

If you'd like to spend an hour or two outdoors on a Sunday afternoon with some really fun people, then show up at Wilson Park any Sunday at 2:00 p.m. That's when the new French game of Pe'tanque (pronounced pay-tahnk') is played.

No particular skill is needed, no great athleticism, and there is no age barrier. Anyone from 8 to 108 can play this game.

Here's how it works: Each player gets a number of metal balls, the number depending on how many players there are. A small plastic ball is placed, and then the players throw their metal balls and try to get as close to the plastic ball as possible. It's that simple. Of course there are rules to follow as to where to stand when throwing and the order of players, kind of like horseshoes, but it's pretty simple and lots of fun.

The City of Eau Claire has designated an area of Wilson Park for the playing surface, and you will always find Nanou, a lovely French lady there to welcome you and explain the game.

If you'd like to see how the game is played, go to You Tube and type in petanque. If you'd like to talk to a real person about this, call 715-514-2815.

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SEPTEMBER IS ASSISTED LIVING AWARENESS MONTH

WHAT'S THE DIFFERENCE: Assisted Living – RCAC, CBRF and MC

Chippewa Valley Assisted Living Association

Assisted living facilities are residential environments designed to enhance the independence of their senior populations. Supportive services are offered to ensure each resident's needs are met. These services usually include help with activities of daily living, meal options, an activity program, and health monitoring as well as daily medication management. When a person can no longer live independently but does not need the skilled services of a nursing home or hospital, assisted living is a perfect option.

A RESIDENTIAL CARE APARTMENT COMPLEX (RCAC) provides residents with independent apartments, all of which have an individual lockable entrance, a kitchenette, sleeping and living areas, and a private bathroom with a shower. Personal, supportive and nursing services are available up to 28 hours per week to meet the needs, abilities and preferences of individual residents. RCAC's focus on protecting residents' rights, respecting their privacy, and enhancing their self-reliance with care staff on-site at all times.

A COMMUNITY BASED RESIDENTIAL FACILITY (CBRF) is categorized by size and the residents' care needs. Supportive, protective or supervisory services allow an individual to live in a small, homelike environment. CBRF's help residents maintain or gain functional independence in a setting that allows maximum freedom while ensuring personal safety. Up to 3 hours of nursing care per week may be provided. Care staff is on site at all times.

PLEASE NOTE: All CBRF's and RCAC's may differ in the specific services they offer.

CBRF - MEMORY CARE (MC): Memory Care units specialize in caring for persons with various dementias. Memory Care units are often part of a larger Assisted Living community, which is home to residents needing physical assistance with daily activities, but whom are not cognitively impaired. There are some communities that specialize in Memory Care only, and do not admit persons whom are not cognitively impaired. The type of care provided in a memory care unit is the same type of care provided to the general population of an Assisted Living community, but on a much more intense level. For example, a person with dementia may require 40 minutes of caregiver assistance to dress and bathe, versus maybe 5-10 minutes needed by someone not having cognitive impairment. The person with memory impairment may need to be assisted and monitored 24/7, versus being checked in on 3 or 4 times a day. Caregivers are more familiar with the behaviors associated with memory impairments and interact positively to achieve desired goals.

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Assisted Living Association

helping you find assisted living

IN THE CHIPPEWA VALLEY & SURROUNDING AREA

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MOVING MOM

You knew this day was coming. Mom has fallen for probably the last time and she can no longer be at home by herself. You can never be prepared enough for this moment but the time is here. You need to make some decisions that require your immediate attention. You may or may not have an idea of what you will need to do moving forward.

I am very familiar with this situation and I have been helping families work through these moments for over 20 years. I am a Seniors Real Estate Specialist (SRES) a designation given to Real Estate Professionals who fulfill specific education requirements to serve the needs of Seniors and their families.

I can provide you the resources that you need to make decisions with mom or dad. I am available to answer your questions over the phone or meet with you in person. You can reach me at 715-559-4663.



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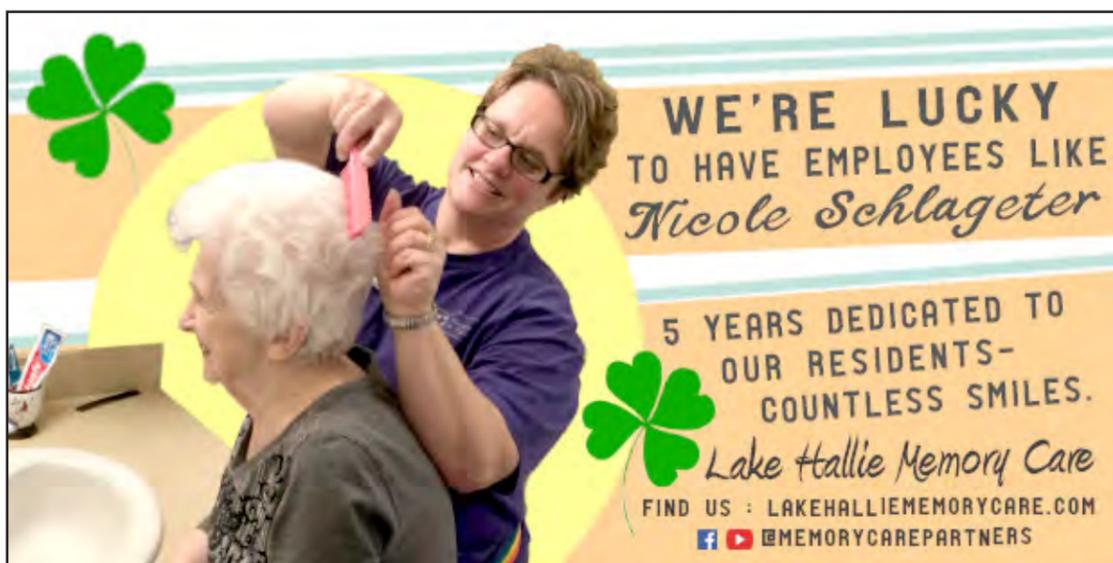
Our words can't compare to this touching testimonial:

"My sister and I arrived Friday night to be with my mom in her final hours...the aide caring for my mom was so gentle and attentive not only to mom but to my sister and myself. She knew we had just arrived after a long drive and at 3 am brought us fresh coffee and snacks. At one point after medicating and cleaning my mom as she was leaving the room she paused and touched mom giving her a comforting gentle squeeze. That little gesture conveyed so much compassion.

The next day is kind of a blur as my mom had just died. What is clear is that every staff member was respectful willing to do whatever they could to help my dad and my family. Helen checked in immediately with coffee and hugs and stories of mom. Assuring us that she would watch out for dad and would find him someone to eat with so he would not be at a table alone.

My sister and I had left for a short time. We return to find Brandi sitting next to and talking with my dad. Her obvious concern for dad was palpable.

...not sure if any words can express what a wonderful staff and facility you have built. You should feel proud and know that everyday lives are touched by your staff in the most tender way and often at the most difficult of times." – Maureen (Eckes) Kharasch



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IT'S ALL ABOUT THE JOURNEY

---not the Destination

by Becky Mauch, local traveler, teacher & word worker



Over 60? You or someone you know might be hearing the term “assisted living” a lot more often. It might be younger, too, if some health problems are cropping up that won’t go away with pills or exercise. Downsizing or relocating might be in your future if you no longer can navigate stairs, use your bathroom safely, or drive to shop for groceries. You might be living alone and find it difficult to tackle tasks you used to do with other family members, Or, you might be lonely.

To find out some basic information about assisted living, I turned to the computer which didn’t encourage me to sign up for a tour or offer to send me information although many sites were willing to contact me. One article by blogger Jeff Anderson who works with seniors and their families at “A Place for Mom,” mentioned things you might not know about Assisted Living: Different levels of care; Each assisted living community is unique; Some facilities allow pets; Some costs are lower than one would expect; ASSISTED CARE IS NOT THE SAME AS A NURSING HOME; Facilities offer culturally diverse options; Some communities will work to place couples together; and Some facilities are designed for specialized dementia care.

Why choose assisted living? It is to maintain or improve the quality of one’s life. This may mean quality of life for a family member and their caregivers. How do family members pick such a facility for themselves or for a loved one? The Eau Claire County Aging and Disability Resource Center (ADRC) offers information via phone at 715-839-4735, online at www.eauclaireadrc.org, through workshops, and in their offices at the Eau Claire County courthouse. In fact, all 72 Wisconsin counties have an ADRC available. A person’s doctor and or physical therapist can be involved in prioritizing care needs. Of course, the finances needed for various facilities will impact the choice as well because assisted living can have a wide range of costs. For people who cannot afford facilities on their own, Medicaid funded services and what medical needs actually qualify someone for assisted living funding are covered in some of the materials from the ADRC.

Anyone doing research has to decide what facility meets their needs (or the needs of their loved one), and where it should be located. Whether or not a person should be near their children and/or caregivers is up to each family. Some people considering assisted living want to stay in the area where they are most familiar with friends, social activities, and their own doctors. Others happily want to move to be near their children and/or grandchildren if possible. Some enjoy the social outings offered by facilities while others might appreciate the option of quiet to work on painting, writing, woodworking or reading without being “roped” into daily activities. Home safety and stress upon the current caregivers (are you getting worn out caring for an aging parent or spouse to the point that you resent them or their needs?) are symptoms to deal with realistically. Does someone still drive who might be forgetful or might have reactions to health problems or medications...like blacking out? Should they still drive? Can you deal with taking their keys? Would you or the person in question be happier with additional help?

There are no easy answers, but it would be great if mature adults could discuss health needs like assisted living, a will, a health care power of attorney, and even funeral preferences before others have to choose for them. That might be the greatest gift you can offer at any age....peace of mind to people you love and those that love you, too.

SEPTEMBER IS FALLS PREVENTION AWARENESS MONTH

• STEPPING ON

Stepping On is a seven week falls prevention program that addresses the many factors that contribute to falls. Learn simple strength and balance exercises, how medications, vision changes, footwear and home modifications affect your risk for falling. It is interactive with guest presenters.

Tuesdays, 9:00 - 11:00 a.m.

September 11 - October 23, 2018

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No fee! Registration required.

• STRONG BONES INFORMATION SESSIONS FOR NEW PARTICIPANTS

A brief overview of research behind the StrongWomen™ Program, why strength training is important, what Strong Bones classes are like, and sign up for the upcoming 10-week session.

Monday, September 10 at 10:00-11:30 a.m., 5:00-6:30 p.m. or

Thursday, October 4th at 9:00-10:30 a.m.

Grace Lutheran Church, 202 W Grand Avenue, Eau Claire.

Fall workshops will run one-hour on Mondays/Wednesdays (10:00, 11:30 and 5:00) and Tuesdays/Thursdays (8:30 a.m.) from October 8 - December 18, 2018.

To register call the Aging & Disability Resource Center at 715-839-4735, 1-888-338-4636, tty: Relay 711 or go to www.adrcevents.org.



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Every **20 minutes**
an older adult dies from a fall in the United States. Many more are injured.

Take a stand to prevent falls




submitted by Deb Bruning, CHES®,
ADRC Prevention Program Coordinator, Eau Claire County

Falls are the most common cause of traumatic brain injury. Falls among older adults are common, costly and preventable.

- 1 in 4 adults over the age of 65 falls each year.
- \$50 billion annually are spent on treatment related to falls.
- There are things you can do to reduce your risk.

Falls are a threat to the health and independence of older adults. However, falls are not a normal part of aging. Here is the good news! There are proven ways to reduce falls.

What you can do to prevent falls:

- Find a good balance and exercise program, like Stepping On or Tai Chi Fundamentals.
- Talk to your doctor about falls risks and prevention. Ask for an assessment of your risk of falling. Share your history of recent falls.
- Review your medications with your pharmacist or doctor. Make sure side effects aren’t increasing your risk of falling. Take medications only as prescribed.
- Get your vision and hearing checked annually and update your eye-glasses.
- Keep your home safe.
- Talk to your family for their support in taking simple steps to stay safe.

For more information on falls prevention, call Deb Bruning, Prevention Program Coordinator at 715-839-7998 or go to:

- <https://www.cdc.gov/steady/patient.html>
- <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/general-resources/infographics-handouts/>
- <https://go4life.nia.nih.gov/free>





MAN CAVE
 ...a just a bit of fun for the reader!
 by Mary & Brad Dale, Editors,
 Senior Review, Senior Times, Senior Hi-Lites

MA FELL....AGAIN!

The Man in the Cave came into the kitchen and announced that Ma had fallen...again.

This guy, as a rule, did not worry much about anything. But today, just from the furrowed brow and sour expression he had a huge worry going.

His ma was getting on in years and he worried about how she was doing. The first time she tripped, it was over one of those silly throw rugs scattered in so many homes. They are meant to catch dirt and dust but frequently do a rather bang up job on the folks too.

When she caught her toe on the edge of a rug, it only took 24 hours to clear the house of the culprits. And the problem was solved...right? Wrong!

Seems it was much bigger than a throw rug and through the summer we began to see a pattern with other incidents:

- Bum knee.courtesy of losing her balance and taking a nose dive down the basement stairs getting the clean laundry.

- Busted glasses... she walked smack dab into a solid wood door frame leaving a six inch bruise on her shoulder

- Nasty skin tear.... trying to open a shrink wrapped containers of cherry Jello.

- 4 inch grass burn on both shins misjudged her footing while pushing the lawn mower landing in her favorite patch of zinnias

Then Friday night about 2 am, Mary had got up in the dark to use the bathroom, couldn't find her glasses, stumble-tripped over her slippers, got light headed, lost her balance and landed on the floor in a rather unglamorous heap. Shook up, but not hurt she chalked it up to bad luck and never mentioned it. Yet this was the 3rd time since Christmas.

By early September, She began to think that living alone in a 2 story 4 bedroom house was not all it was cracked up to be. With too many rooms, lots of steps, a 2 car garage plus a half acre yard surrounded with gardens galore...it was becoming too much. It was time to consider a different living arrangement. Being capable, competent, healthy, and fiercely independent she decided to take a proactive step and called her favorite son.....our man in the cave to announce it was time for a change. He was needed to assist her in a move.

Being fortunate to live in a community where there were many options available made it easy to select and move to an assisted living where she would be freed of many of the obligations of running a house while maintaining a healthy active lifestyle.

Several options for our readers who may be dealing with the same situation would be the ADRC in the community in which you live or the Chippewa Valley Assisted Living Association.

They have answers to your questions and concerns when it is that time for the next move.

see paper on line at www.seniorreview.com

ACCORDING TO THE U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION:

- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- In 2015, the total cost of fall injuries was \$50 billion. Medicare and Medicaid shouldered 75% of these costs.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.

...from the desk of Bridget Coit, Public Information Officer Eau Claire PD



Summer at the Eau Claire Police Department is a busy time. We deal with all of our usual calls for service and things that seem to only happen when it is warm out. This includes tubers tubing the river, people out at all hours of the night, and one very important topic this year.... Fireworks.

Over the past 5 years the Eau Claire Police Department noticed a significant increase in the amount of fireworks complaints from city residents.

Not only can fireworks cause safety concerns and fire hazards, they cause a large quality of life issue for many residents. Most individuals understand fireworks being used on the 4th of July, but struggle with them going off weeks before and after the holiday. This struggle is especially prevalent for individuals with small children, pets, or individuals with Post Traumatic Stress Disorder caused by combat situations while serving in the armed forces.

The rise in complaints and neighboring residents' voices didn't go unheard: we listened. This summer the Eau Claire Police Department enacted a zero tolerance policy towards illegal fireworks being used within the city limits. We also worked diligently to better educate



the public about state laws, local ordinances, and the other concerns surrounding the usage of fireworks. These efforts were completed with the help of our local media and the ever important social media!

In addition, the ECPD partnered with the Eau Claire Parks and Recreation Division to show residents how fireworks have a negative impact on our parks. Eau Claire Parks and Rec employees were present in the city parks on the 4th of July to make sure only legal fireworks were being used, and that individuals didn't litter.

All of these efforts seemed to help. I heard from many residents how the fireworks issues in their neighborhoods were less this year. Our calls for service data also echoed this. From the end of June till July 13th the ECPD received 124 complaints related to fireworks. This number was down 22% from the 159 complaints received in 2017.

The ECPD hopes this decrease will continue in the years to come. We strive to partner with our community. If there is an issue you have, even if it is as small as a bottle rocket, we want to hear from you. We are here to listen and to work with our entire community to continue to make Eau Claire one of the best places in the nation to live and work.

Bridget has been a police officer for over 12 years. 6 of those years have been with the Eau Claire Police Department where she worked Patrol, Sensitive Crimes, and is currently a Public Information Officer. She lives in the Eau Claire area with her husband, 2 children, and 3 dogs.

GENEALOGICAL RESEARCH SOCIETY OF EAU CLAIRE

The Genealogical Research Society of Eau Claire will meet at 10 a.m. Saturday, September 8, 2018 at the Chippewa Valley Museum in Carson Park. A short business meeting will be followed with a program of genealogical interest. Please join us for our "Welcome Back" meeting after summer break.

The meeting is open to the public, refreshments are served. For more information call 715 874-6678 or check the website, <grsec.org>

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Fall is in the air. Do join the ladies that come to Acoutics on Mondays from 10 - 12 to knit, crochet or just chat. There are no rules, divas, or dues. And it is time to get started on your holiday gifts. If this group sounds like just what you have been looking to join, please join us. We welcome anyone at any level. So grab a cup of coffee and get your 'fiber' on. Hope to see ya.

KNIT CLUB - WEDNESDAY EVENING

Join us at Blue Boxer Arts every Wednesday evening from 6-8 pm for Knit Club! Chat with friends, share tips and tricks, and show off your projects. Free of charge. For questions, contact Kelsey at blueboxerarts@gmail.com or at 715 577 3199.

INDIANHEAD CHAPTER AMERICAN SEWING GUILD MEETING

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Location: Trinity Lutheran Church, 1314 E. Lexington Blvd., Eau Claire, WI 54701

Time(s) Thu.

Thu. Sep. 27 10am-noon Thu. Oct. 25 10am-noon

Thu. Nov. 15 10am-noon Thu. Oct. 25 10am-noon Thu. Nov. 15 10am-noon

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READ. RECYCLE. REPEAT. READ. RECYCLE. REPEAT... ...AAUW Annual Used Book Sale Coming Soon

Fall offers clean sweeps, changing landscapes, Packer games, and a chance to aid your community without buying tickets, cookies, pizzas, or silent auction items. You can donate gently used books locally at all 3 Festival Foods stores in Eau Claire and the lower level of the Eau Claire YMCA. Convenient book collection boxes are available between August 30 to October 5 for readers to clean out bookshelves and recycle for the joy of future readers. When you move out the read, the unread and the "I loved this book and want someone else to take a gander at it," collections; you are greening up the planet.

Set your alarms, save the dates, and prepare your holiday shopping lists for Friday, Saturday, and Sunday, October 12, 13, and 14-----the annual AAUW Used Book Sale. I have several relatives who enjoy vintage cookbooks and all the westerns they can find. I have crafty friends who scour stores for classic projects and DIY remodeling ideas. With young adult books, music, mysteries, fiction, art, romance and non-fiction beckoning, the book sale offers something for everyone.

Held at the handy location near the intersections of Interstate 94 and Highway 93 at the EAU CLAIRE EXPO CENTER, the AAUW USED BOOK SALE doors will open Friday promptly at 3 p.m. and run through 8 p.m. Saturday hours are 9 a.m. to 5, and Sunday hours are from 10 to 3. On Saturday, shoppers can buy three and get one free. Prices are \$3 each for hardback books; \$1.50 for paperbacks, and 50 cents for children's books. Sunday is the greatest opportunity to bag up winter reading savings.....The first bag is \$6, the second is \$4. The third and any additional bags are \$2 each.

With plenty of parking and help on hand from other book lovers, readers will be able to search the AAUW USED BOOK SALE for travel books, books in other languages, and books for children (of all ages). Philosophy, religion, and best sellers are begging for homes. Science fiction books seem to "crawl out of the woodwork," and books in all sizes and shapes make a nonfattening gift to have on hand for any occasion.

Anyone with large collections of books to donate can contact aauwauclair@gmail.com or call 715-225-2081. Funds generated from the book sale support local AAUW activities and scholarships. Please use this same contact info for more information about AAUW projects, scholarships, and programs. AAUW, a non-profit national organization has given millions of dollars in educational support since its founding 100+ years ago. Thank you to all community members who have donated, shopped, and continued support of this great tradition.

PATIENTS RIGHTS



All residents of nursing homes have certain rights relative to their stay in the facility. Here are just a few of those rights.

1. Communications. Right to private and unrestricted communications with family, physicians, attorneys or any other person unless the communication would be harmful as documented by the physician (communications with attorneys or public officials are never restricted).
2. Grievances. Allowed to make complaints on their own behalf or through other representatives.
3. Admission Information. Resident must be fully advised of services and charges for services in writing prior to or at time of admission. Any change in services available or charges for services after admission must be in writing.
4. Treatment. Treatment is to be courteous, respectful and in full recognition of one's dignity and individuality by all employees and all licensed, certified and registered health care providers and pharmacists the resident shall come in contact with.
5. Privacy. Resident can expect physical and emotional privacy in treatment, living arrangements and caring for personal needs.
6. Abuse and restraint. Resident has a right to be free from mental and physical abuse, chemical and physical restraints except as authorized in writing by the physician. Physical restraints can be used in an emergency basis provided the continuation of physical restraints is authorized in writing by the physician within 12 hours.
7. Personal Possessions. "Reasonably secure."
8. Transfer or discharge. Reasonable advanced notice, reason for transfer or discharge, alternatives to transfer or discharge except with medical emergencies.

Mary Beth Gardner - Attorney at Law

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FALL LINE UP AT THE LIBRARY

Shelly Collins-Fuerbringer, Youth Services Manager, L.E. Phillips Memorial Public Library 715-839-2898



Youth Services at the L.E. Phillips Memorial Public Library has a great line-up of fun programs and events this fall. Check out the library's website which is full of program details for all ages at www.ecpubliclibrary.info and click on the events tab. You can view a calendar and even sort by audience or event type.

If you have preschool age grandchildren, check out our amazing storytime lineup. The fall storytime series runs September 10 through December 8 and is offered six days a week for babies through preschoolers. Click on the Kids page on the Library's website to view details on all of our programs or give us a call at 715-839-5007.

School-age kids have a great opportunity on Thursday, September 27 from 6:30-7:45 p.m. to attend Culture Quest. The event is intended for kids 10-18 and their families and will include a readers' theater, a fun treasure hunt, a "book tasting" of some terrific diverse books and a community art project. Attendees will learn more about Mitali Perkins, an author who be visiting as part of the Chippewa Valley Book Festival.

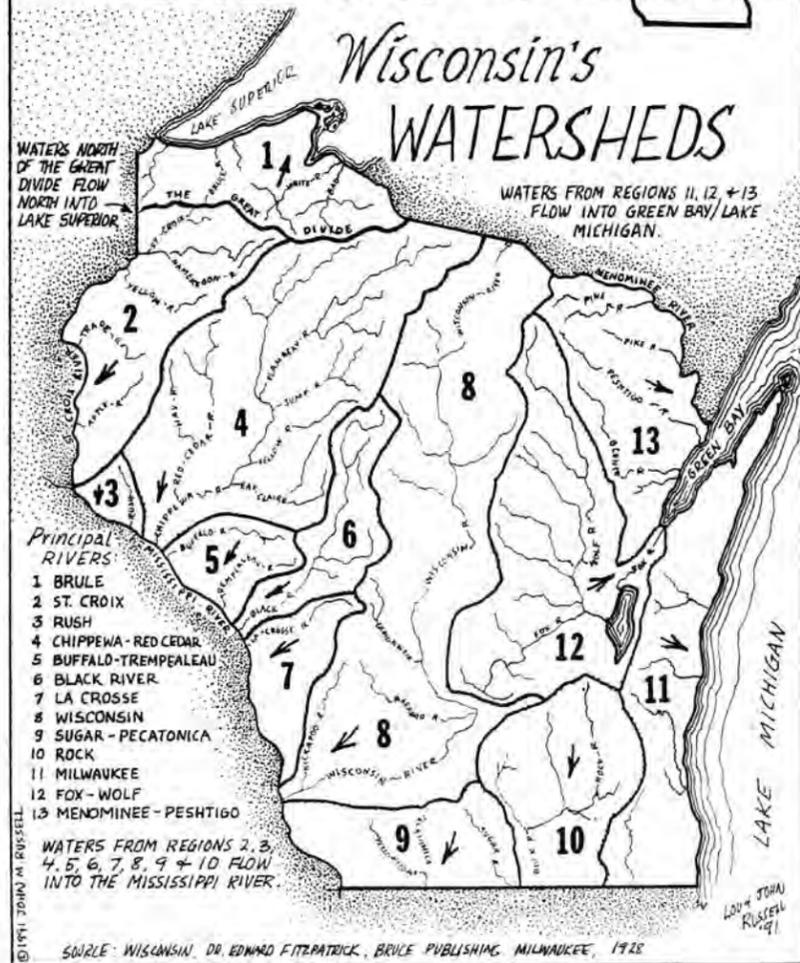
No matter what your age, mark your calendars for October 15-25. The Chippewa Valley Book Festival celebrates the written word through author readings and book signings, school visits, meals with authors, and includes workshops and programs for writers of all ages. The 2018 festival will feature more than twenty authors at area libraries, schools and other community locations.

The library will be hosting several events throughout the festival but one in particular to highlight for kids ages 10-18 is a writing workshop on Wednesday, October 17 from 1-2 p.m. A WHOLE NEW WORLD: Weaving the Magic Carpet of Place will be presented by author Mitali Perkins and is sure to be an amazing experience for budding writers.

Finally, if you love games, stop in the library anytime during November 4-10 to help us celebrate International Games Week. Look for featured games each day and spend some time with your family having a little fun at the library. We hope to see you at one of these great events this fall!



WISCONSIN LORE and LEGENDS



John Russell and his late wife Lou Russell published the syndicated column Wisconsin Lore and Legends for many years. These illustrated columns are reprinted courtesy of John Russell and the Rassbach Heritage Museum, open all year in Menomonie's Wakanda Park.

**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 and 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 \$146,500
- Property Must be a minimum of 25 years old
- Owner Occupied (at least 1 year)
- Good Credit History
- HUD Income Guidelines Apply: Not to Exceed 80% of Area Median Income



For eligibility information and application call Chris at (715) 839-8294

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

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FOOD AS MEDICINE

by Rachel Keeniston,



Last month I shared my concerns with the alarming statistics predicting that 1 out of every 3 children will have diabetes by the time they reach adulthood. I told readers that I will use this space to share thoughts and ideas of how we, the adults in these children's lives can help make a difference. It should also help in making us healthier!

Language we use. I hear people call some foods "kid friendly" When I've asked what food they mean, I have never heard vegetables even mentioned. If we tell children that vegetables aren't something they like, why would they like them. Solheim Market Gardens has been sharing raw vegetables with children at a small farmer's market table at the UW-EC Nature Academy. They've sampled garlic scapes, sugar snap peas, baby carrots, cucumber and blackberries. We have heard a few children say that they don't eat vegetables but when their friend's try it, they almost always ask for a bite too. At home we don't have the advantage of their wanting to do what friends are doing but there are some things that we can try.

- While they munch, talk about plants, who eats them, what it means to be an herbivore, omnivore or carnivore. We pretended to be rabbits when eating carrots.
- Make a list of vegetables they know. Which ones do they remember eating? Pick one that they either don't remember or like to try again. Talk about what it looks like, feels like and tastes like. Offer some dips or dressing to try with it, hummus and ranch dressing are both good.
- When eating a meal, make sure that you have a try me bite along with the child. Maybe talk about how it isn't your favorite taste but that maybe you can learn to like it together. There is research that shows that if we try something 20 times, we learn to like it.
- At a meal, make a list of how many vegetables there were in the meal, or how many different colors of vegetables there are. We have found that it is fun to count them in a different language too.
- Make a guess at how many bites of something there are in a small serving of a vegetable. When the child eats count, but count in a different language. The other night we counted "ocho" (eight in Spanish) beans on Dominic's plate. He was excited that there were "ocho" beans in his tummy when dinner was finished.
- Google a vegetable that was served at a meal. Children love to look things up on the computer. Our grandkids like to know how many kinds of beans are there? What do beans do for us when we eat them?
- At the end of the meal celebrate that all of you have eaten and enjoyed vegetables! Talk about how healthy they will help you both to be!

**YOU GOT AN IDEA
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CHOLESTEROL: PART 1

Dr. Hamblin
Prevea Health Family Medicine



September is National Cholesterol Education Month. This month and next, I'll be covering important information regarding cholesterol and how it affects your health.

WHAT IS CHOLESTEROL?

Cholesterol is a fat produced by the liver. Cholesterol levels are dependent on both your genetic makeup and your diet and exercise level. It protects nerves, creates cell tissue and produces hormones. Cholesterol is fatty and does not mix with blood, which is watery. Lipoproteins, which have fat on the inside and protein on their outside, transport cholesterol throughout our bodies.

THE GOOD AND THE BAD.

There are two main kinds of lipoproteins:

- Low Density Lipoprotein (LDL) is known as the "bad" cholesterol as it carries cholesterol to tissue, including your arteries. The more LDL cholesterol in your blood, the greater your chance of heart disease.

- High Density Lipoprotein (HDL), or the "good" cholesterol, takes cholesterol from tissues to the liver. The liver removes the cholesterol from your body. A high level of HDL cholesterol helps decrease your chance of heart disease.

Your total cholesterol usually increases with age and a woman's LDL increases especially after menopause.

WHY IS CHOLESTEROL BAD FOR YOU?

The higher your cholesterol level is, the greater your risk for developing heart disease. When there is too much LDL cholesterol in the blood, some of the excess can become trapped in the walls of the arteries (blood vessels that carry oxygen rich blood to your organs). The trapped deposits, or plaque, gradually build up over time. This decreases the amount of blood and oxygen traveling to your heart. Vessels with plaque build-up become stiff, possibly causing blood to clot. This clot could block a heart artery, leading to a heart attack.

STEPS TO TAKE

Measuring cholesterol is the first step toward improving heart health. If you aren't sure what your levels are, talk with your doctor about checking your cholesterol. If you don't have a primary care doctor, call Prevea Health Family Medicine at (715) 839-5175.

Next month's column will discuss what other risk factors are important when deciding how to treat and manage your cholesterol levels.

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SEPTEMBER BRINGS A BOUNTIFUL HARVEST



What a growing season we have had and the tables are heaping with the harvest. September is a great month to be preserving the bounty that is coming in fresh to the Downtown Farmers Market. You can take a little bit of summer and put it in a jar, freeze it in bag or dehydrate it so that you can enjoy it during that cold, long winter. This is the time of year to can or freeze salsa, spaghetti

sauce, tomatoes, sweet corn, peppers, beets, green beans, carrots, garlic, apples.....and then you could pickle cucumbers, banana peppers, beets, green beans...dehydrate herbs, garlic, apples, tomatoes, peppers and so much more. Check Ball or Mason books or there are many websites to find great recipes on preserving the fresh vegetables and herbs available this time of year. You'll never regret having that taste of summer to enjoy until next season's crop arrives.

We just want to remind everyone that September 29th is the last day that you will be able to purchase tokens from our Market Match/Token Program. You may want to stock up as you can use them until the end of the season (or next year as they never expire). We've been proud to offer our Market Match program and intend to bring it back again next year.

At the end of September we will be wrapping up our live music on Saturdays and the Artist Market will also come to a close. It's be a terrific season for both and look forward to next year. This said, the Farmers Market is far from over, we have the entire month of September and October to bring you great, local products. Join us for a beautiful fall season at the Downtown Farmers Market.

Events Calendar –

- September 1st – Music – North of Dixie Bluegrass Band
- September 8th – Music – Eclectic Barn Boys
- September 15th – Music – Mogeys McDonough
- September 22th – Music – Two Rivers
- September 29th – Music – Weapons of Brass Destruction

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ECCO Eau Claire Chamber Orchestra

2018-2019 Concert Season

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A New Era
September 29, 2018, 7:30 pm
 Join us as we begin a new era with our first ever concert in the brand new Pablo Center at the Confluence! We will delight you with works from Beethoven; *Symphony No. 8*, Serge Koussevitzky; *Double Bass Concerto, Op. 3*, and Chia Yu Hsu.

Conducted by:
 Frank A. Watkins, Music Director

Soloists:
 James Anderson, double bass



Baroque Treasures
November 10, 2018, 7:30 pm
 Our second concert of the season features a lovely collection of "Baroque Treasures". Included will be Bach's *Orchestral Suite No. 1 in Major C, Es ist Vollbracht* from St. John's Passion, and *Mache Dich* from St. Matthew's Passion to name a few.

Conducted by:
 Frank A. Watkins, Music Director

Soloists:
 Julie Deboer, mezzo-soprano
 Joseph Hubbard, bass
 Ryan Poquette, violin
 Christa Garvey, oboe
 Eva Tibbetts, viola
 Kirsti Petraborg, viola



Family & Friends
January 26, 2019, 2:00 pm
 Our Family & Friends Concert, to which admission is complimentary, features "The Composer is Dead" from Lemony Snicket.

Conducted by:
 Frank A. Watkins, Music Director



A Special Performance with The Master Singers
March 17, 2019, 2:00 pm
 Concert held at First Congregational Church.

Conducted by:
 Dr. Gary Schwartzhoff



Norwegian Conference
March 23, 2019, 7:30 pm
 This concert, featuring The Master Singers of Eau Claire, will include Dan Forest's *Requiem For The Living*, Edvard Grieg's *Holberg Suite*, and Johan Halvorsen's *Suite Ancienne, Op. 31*.

Conducted by:
 Frank A. Watkins, Music Director

Special Guests:
 Master Singers of Eau Claire



American Dreams
May 4, 2019, 7:30 pm
 We end the season with a program including Howard Hanson's *Symphony No. 5 "Sinfonia Sacra," Op. 43*, Samuel Coleridge-Taylor's *Petite Suite de Concert*, Aaron Copeland's *Prairie Night and Celebration Dance* from "Billy the Kid", and George Gershwin's *Concerto in F*.

Conducted by:
 Frank A. Watkins, Music Director

Soloist:
 John Jensen, piano



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**FALLS PREVENTION
AWARENESS DAY**

Date: September 22, 2018

The annual Falls Prevention Awareness Day (FPAD) raises awareness about how to prevent fall-related injuries among older adults

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**STEPS TO PROTECT YOUR OLDER
LOVED ONE FROM A FALL**

Did you know that 1 in 4 older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+.

Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible.

The good news about falls is that most of them can be prevented. The key is to know where to look. Here are some common factors that can lead to a fall:

- **Balance and gait** As we age, most of us lose some coordination, flexibility, and balance—primarily through inactivity, making it easier to fall.
- **Vision** In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see. New research suggests hearing loss can also contribute to the risk of falling.
- **Medications** Some prescriptions and over-the-counter medications can cause dizziness, dehydration or interactions with each other that can lead to a fall.
- **Environment** Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.
- **Chronic conditions** More than 90% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.

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TABLE TALK

by Naomi Hackel Smith

CUCUMBER RELISH

- 6 large cucumbers
- 1 small red bell pepper
- 3 medium onions
- 2 Tbsp. canning salt

Using a course blade, grind cucumbers, onions, and red peppers together. Add the salt, mixing well. Let stand overnight. In the morning drain well. Place in a heavy saucepan and add the following ingredients.

- 1-2/3 cup granulated sugar
- 1 Tbsp. mustard seed
- 2 tsp. turmeric
- 1 tsp. celery seed
- 2 cups cider vinegar

Boil all ingredients together 10-15 minutes or until thick. While hot, place in sterilized jars and seal. NOTE: Use a food processor (modern food grinder) to reach a relish consistency.

Credits to my sister Jean Apfelbeck of Lublin, WI. for sharing this fine recipe with me.

Pour the syrup over beets of uniform size and boil 10 minutes. Pack the hot beets and syrup into sterilized jars to 1/2 inch from the top; seal.

NOTE: Wonderful tasting and great with any meal.

SURPRISE RASPBERRY JAM

- 5 cups chopped peeled fresh tomatoes
- 4 cups sugar
- 1 Tbsp. lemon juice
- 2 packages (3-oz. each) raspberry gelatin

Rinse three clean 1-pint freezer containers with lids with boiling water. Dry thoroughly. In a large saucepan, combine tomatoes, sugar and lemon juice. Cook and stir over high heat until mixture comes to a boil. Reduce heat; simmer, uncovered, 25 minutes. Remove from heat. Skim off foam if necessary. Add gelatin; stir until completely dissolved. Immediately fill all containers to within 1/2 inch of tops. Cool to room temperature, about 1 hour. Wipe off top edges of containers; cover with lids. Let stand at room temperature 3 hours or until set, but not longer than 24 hours. Jam is now ready to use. Refrigerate up to 3 weeks or freeze up to 12 months. Thaw frozen jam in the refrigerator before serving.



From my kitchen to yours...enjoy the warm September days!

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Eau Claire County Veteran Services is currently looking for volunteer drivers to drive our DAV van to the Minneapolis, MN VA. It can be 1 day a month or 1 day a week, we just need drivers. It will require a couple trips to the VA to become certified. Please contact our office for more details.

Adam Kohls, Assistant Veteran Services Director
721 Oxford Avenue, Suite 1130, E.C., WI 54703
715-839-4744

Free Ride To Minneapolis VA Medical Center

- For Medical Appointments Only
- Eau Claire County DAV Van runs on odd numbered week days
- Departs from the east side of the Government Center in front of the County Jail @ 7AM
- Departs from Mpls VA Medical Center @ 3PM or earlier
- Please schedule appointments accordingly
- Can accommodate one wheelchair (please call to reserve wheelchair ride)



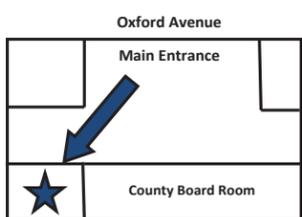

To reserve your ride visit:
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Veteran Services Has Moved

Same Great Work, New Location

Eau Claire County Government Center Suite 1130
**off of the main entrance*



We are excited about the move and hope that you will be, too!

More time...

- Veteran Services and the Aging & Disability Resource Center (ADRC) now share a reception and waiting area.

Great customer service...

- Friendly Eau Claire County staff will greet you and help you with your needs
- Veterans will have access to more streamlined services than before! For example, you can now get help with Medicaid, Medicare and VA Healthcare access and questions at the same location.

No interruption in service...

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