

June
2019

CHIPPEWA COUNTY Times

FREE

Coming in July!

CHIPPEWA COUNTY
Times will become 

in this issue...

- ▶ Meals on Wheels Scam
- ▶ Fishing Mayhem
- ▶ Horses Helping Veterans
- ▶ Farmers Market Vouchers



Bridge “Friends”

I’m really starting to dislike my retired friends. Besides being three women that I have loved hanging out with, Char, Barb and Gloria are my bridge-playing besties! They all retired around the same time...2013 & 2014 and they have been getting under my skin ever since.

For all of you retired folks out there, you need to know that you are probably having the same effect on your non-retired friends. Let me explain:

Me: Hey, let’s get together to play bridge!

Barb: What works for you, Les? You’re the one that is still working.

Gloria: Well I play pickleball on Mondays and Wednesday mornings.

Barb: Oh, that’s right, golf league starts next week so that takes care of my Tuesdays... Char’s too.

Char: Yeah, and the boys have soccer on Thursdays through June then baseball starts. I don’t know when their games are for that.

Gloria: Oh, that reminds me, we have the grandkids coming for a week at the end of June. Then I’m flying to Oregon to see my new granddaughter.

Barb: I also just started my water exercise class but that’s morning so it probably doesn’t matter.

Me: It’s a good thing I love you, or I would totally hate you all!

We start this scheduling dance in April and if we are lucky we are able to get together three times before the holidays. After Christmas Gloria leaves for four months in the winter. She sends me text messages telling me how warm it is. She’s a brat. Char and Barb leave around the same time and are gone for two months. I get pictures of sunsets and beaches. They are also brats.

Yes folks, these are my retired friends. We used to live within 20 miles of each other.

When we played bridge, they would tease me saying “It’s almost 9 pm. Les needs to get home because she has to work tomorrow!” I always laughed, called them names, and we scheduled another date before I left.

It’s different now. I live in Chippewa. Gloria in Rice Lake. Char and Barb (often referred to as “the sisters”) live in Rochester. Last time we were able to schedule a get together we decided to make it a Weekend-Slumber-and-Marathon-Bridge Party. We went out for fish fry, came back to Gloria’s and played bridge until 1:00 am. Went out for breakfast the next morning

and then played bridge until 5:00 pm. It looked like rain was coming in so Char and Barb headed home and so did I.

That’s when I learned another interesting thing about active retirees. They are obsessed about the weather. They check their weather apps often! I pointed out their obvious fixation, and got this response from Char... “We decide what we are going to do every day based on the weather forecast.” The other two chimed in confirming this, and pointing out that this is a “retiree thing”.

I am learning a great deal about retirement and feeling like I will be prepared for it when the day comes. If I’m lucky, the Sisters and Gloria will continue to get under my skin until I can call myself a retiree. Maybe I’ll even have the opportunity to get under someone else’s skin in the same manner.

As for our next bridge get together... We couldn’t find a date that worked. I’m probably going to take a day off of work when it rains so they are all available.

Good thing I love these women.



Bridge Building...

This is the last issue of The Chippewa County TIMES, formerly known as the SENIOR TIMES and I want to express my sincere appreciation to Mary Dale the previous editor/publisher of that paper for her many years of partnering with the ADRC to inform the public about issues affecting older adults. In March of this year, Mary retired and turned the reigns over to her daughter, Arwen. Like her mom, Arwen is dedicated to providing quality newsprint to Chippewa County residents.

Starting in July, you will need to look for our new

name... **Bridging Chippewa County**. I think it's fair to say that the new paper will feature a bridge in its logo. We are very excited about this change. We strive to be a bridge or a connection between people and the programs and services they need and want.

As you read this final issue of the Chippewa County TIMES, send Mary Dale some good thoughts... she crossed the bridge into retirement a few months ago.

Thanks Mary...you deserve a happy, healthy and long retirement!

Spotlight On ADRC Staff

My name is Erika and I am an Options Counselor with the Aging and Disability Resource Center (ADRC) in Chippewa County. I began working with the ADRC in December of 2016 and fell in love with the mission and being able to support my community in this way. I knew from the time I was little that I wanted to be in a career that allows me to help connect people to resources that may help them. I graduated with my Bachelors in Social Work and Masters in Positive Psychology. I have spent the last 10 years working in various positions that have allowed



me opportunities to support men, women, and children in our community. I continue to learn and grow personally and professionally being just as much a student of life as a supporter of my community.

I am a Chippewa Falls native and grew up on Lake Wissota. Family is the most important thing to me and I enjoy spending time with my family and friends on adventures near and far. We love living in and raising our family in the Chippewa Valley taking advantage of the changing seasons, festivals, parks, and ice cream shops.

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That's A Good Question!

QUESTION: I've been caring for my parents for some time now. I think it is beginning to take a toll on my own life. What should I keep in mind so I can continue to be there to help my parents?

ANSWER: Providing care for a loved one might be one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming and bathing is physically challenging. Here are some warning signs of Caregiver Burnout:

- ✓ Being on the verge of tears or crying a lot
- ✓ Feeling helpless or hopeless
- ✓ Overreacting to minor nuisances
- ✓ Feeling constantly exhausted
- ✓ Losing interest in work or having decreased productivity
- ✓ Withdrawing from social contacts

- ✓ Increasing use of alcohol or stimulants
- ✓ Change in eating or sleeping patterns
- ✓ Inability to relax
- ✓ Scattered thinking
- ✓ Feeling increasingly resentful
- ✓ Being short-tempered with care recipient frequently

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to your friends' and families' feedback about how you are doing. Then heed the warnings to counteract burnout.

Once you have recognized that you are experiencing burnout you can try various things



to help you cope. Here are some suggestions:

- Participate in a support network. Find family and friends whom you can share joys and frustrations with.
- Consult with a professional counselor for one-on-one counseling.
- Attend a support group to receive positive

feedback and coping strategies from others in similar situations.

Keep in mind that there are resources available through the ADRC that might be able to help lighten your load.

QUESTION: What documents do I need to get an original Social Security card for a U.S. born adult?

ANSWER: IMPORTANT - You must present original documents or copies certified by the agency that issued them. Photocopies or notarized copies cannot be accepted. All documents must be current (not expired). A receipt showing you applied for the document will not be accepted.

Original documents required to prove:

Citizenship:

- U.S. Birth Certificate or a U.S. passport

Age:

- Birth Certificate (if one does not exist then the following may be acceptable)
 - Religious record made before the age of 5 showing your date of birth
 - U.S. hospital record of your birth or
 - U.S. passport

Identity:

- U.S. driver's license, State issued non-driver ID card, U.S. passport
- Anyone age 12 or older must appear in person to the local Social Security Office.

Examples of documents you can use to prove a Social Security number was never assigned:

- 1) If you lived outside the United States for an extended period, a current or previous passport, school and/or employment records, and any other record that would show long-term residence outside the United States could be used to show you do not have a Social Security number.
- 2) If you have lived in the United States and you are applying for an original Social Security number, they may ask you for information about the schools you attended or they may ask you to provide copies of tax records that would show you were never assigned a Social Security number.

QUESTION: I checked "No" to admission to a nursing home or community based residential facility on my power of attorney for healthcare, that means I will never be admitted to a facility correct?

ANSWER: This is not correct. Even if you have checked No to admission to a facility,

your activated healthcare agent can still have you admitted to a skilled nursing home or community based residential facility for short-term rehabilitation or respite. If you have checked No to admission to a facility and your care exceeds that which can be met in your own home your family would need to pursue

guardianship and protective placement through the court system.



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

- ADRC Manager – Leslie Fijalkiewicz
- Administrative Assistants – Sandy Winrich & Breanna Schemenauer
- Adult Protective Services Investigators – Tony Hudson, Britney Kopp
- Disability Benefit Specialist – Kay Hebert
- Elder Benefit Specialist – Jordy Hilts
- Nutrition & Transportation Programs Coordinator – Kelly Zimmerman
- Options Counselors – Holly Anderson, Kasha White, Sarah Hedlund, Erika Stevens, Jessica Gibson
- Nutrition Program Assistant – Jack Kuechenmeister
- Nutrition Site Aids – Rose August, Sue Barnum, Sally Bergeron, Yvonne Bernier, Kathy Boiteau, Mary Ann Brodbeck, Beth O'Donnell, Darlene Sykora

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

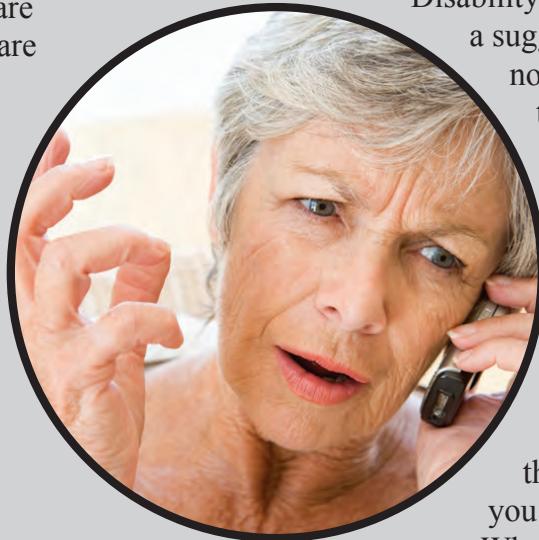
Aging & Disability Resource Centers are the first place to go with your aging and disability questions. We are an "information station" where you can get accurate, unbiased information related to aging or living with a disability. Our job is to help you remain as independent as possible! Give us a call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

SCAMS

Scammers: What will they think of next?

We know that scammers often will target seniors anticipating that they will be an “easy target.” Some scams are easy to spot, but scammers are putting forth more effort making some scams difficult to spot. One of these recent scams involves Meals on Wheels. We at the Aging and Disability Resource Center want to provide you with information to help protect you or those you care about who may receive Meals on Wheels.

In this scam, Meals on Wheels recipients receive a notice that they owe money for meals and if the check is not received then the participant’s meal delivery will be discontinued. Another version of this scam which has been seen locally involves



someone knocking on your door posing as a Meals on Wheels representative seeking money to pay a “bill.”

This is a scam.

The Meals on Wheels program does not operate this way, Meals are provided regardless of the recipient’s ability to pay. The Aging and Disability Resource Center provides a suggested donation, but this is not a bill and we will never threaten to discontinue your meals or come to your door seeking payment.

Protect yourself from scams. Be aware and trust yourself. If something doesn’t seem correct you have the right to question the situation. Please share this information with anyone you know may receive Meals on Wheels so we can prevent the scammers success in targeting seniors. Feel free to contact the Aging and Disability Resource Center at 715-726-7777 with any questions regarding Meals on Wheels or to report scams.

FOOT CLINICS

Chippewa County Courthouse, Room 121

June 6 – 9:30 am – 10:30 am

Chippewa Falls Senior Center

June 18 – 1:30 pm – 2:30 pm

Grandview Apartments (Cadott)

June 25 – 12:30 pm – 1:30 pm

Call 715-726-7900 for an appointment.

Cost is \$30.00.
Service provided by
Chippewa County
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Volunteer

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Our goal is to make sure every senior who is eligible has access to this service.

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Meals are delivered around noon Monday-Friday
Volunteers can choose once a week, every other week, once a month or on-call, whatever fits your schedule.

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www.co.chippewa.wi.us/ADRC for an application or call 715-738-2590.



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Chippewa County Senior Dining Locations

Join others who have discovered the benefits of Senior Dining...affordable meal, great fellowship and guaranteed laughter!

Bloomer Senior Center 2121 Duncan Rd. 715-579-2889	Kathy's Diner 304 E. Mills St/ Hwy 27 715-579-2893	Chippewa Falls Senior Center 1000 E. Grand Ave. 715-579-2896	Our Saviors Lutheran Church 201 S. 6th St. 715-579-2910	Lake Holcombe Café 1st & 3rd Tuesday of each month
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Full cost of meal is \$8.00 but people age 60 or better get to dine on a donation basis. The suggested donation is \$4.00 but donations of all sizes are greatly appreciated. Please reserve or cancel by noon the day before to assure that a meal is ordered or cancelled for you. This helps reduce waste and keep our costs down and subsequently the suggested donation.

Menus are posted at www.co.chippewa.wi.us/ADRC on the Senior Dining page or grab a hard copy at that site.

VOLUNTEER CORNER

YOU MAKE A DIFFERENCE!

Compilation of the 2018 program survey results are in! Every month I

will be highlighting some of the results so you can see what you do does makes a difference! Look for these results within the publication.

The program is always in need of more volunteers to deliver meals so we can keep this program going strong. Spread the word about the need for volunteers to friends and family members and share with them the impact they could also make. **THANK YOU!!!**



Whole Grain of the Month - Farro

Farro is a whole grain. It has been around for generations and sometimes called an "ancient grain". It is NOT gluten free. It has a similar taste and texture to barley. Just a quarter-cup (uncooked) of whole-grain farro has 5-7 grams of fiber—about four times as much as a comparable amount of brown rice. The complex carbohydrates in farro break down slowly, which helps steady your blood sugar.

Farro is packed with protein, too, with about 7 grams in a quarter cup (about a half-cup cooked).

Farro can be used in place of rice or barely in soups or stews and takes about 30-40 minutes to cook but can be cooked in 10 minutes if soaked



overnight. Mix in cold salads or combine with veggies for a warm salad. Farro is a bit chewy when cooked, rather than soft and mushy. If you like the chewy texture of barley, you will probably like farro.

Source: *GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students*
By: *Pam VanKampen, RDN, CD*

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June is National Dairy Month By: Kayla Olmstead, MS, RD, CD

Foods that contain dairy are a great source of many nutrients, like calcium, potassium, vitamin D, and protein. There are many kinds of milk on the market today like almond milk, soy milk, and cow's milk. Milk



can help manage weight, reduce risk for high blood pressure, osteoporosis, and many other diseases. However, not all types of milk contain the same amount of protein content.

While soy milk and cow's milk have nearly 8 grams of protein per serving, almond milk has very little protein. Therefore, almond milk might not be the best dairy alternative in terms of protein content.

There are also different variations of cow's milk that are on the market. There is whole milk, 2%, 1%, and skim milk, all with varying amount of fat content. Whole milk has approximately 8 grams of fat per 1 cup, while 2% has around 5 grams of fat per cup. 1% milk has 2.4 grams of fat per cup and skim milk has no fat. It is important to watch the amount of fat you are getting from the milk you are drinking.

Adults greater than 50 years old should be consuming 1,200mg of calcium each day. To meet calcium needs, it is typically recommended to consume at least 3 servings of dairy per day. But older adults may need more than that. Older adults need to consume 400mg of calcium at each meal to meet recommendations.

Calcium does come from other foods besides dairy. The table lists how many milligrams of calcium and protein are in each food. If you think you are coming up short on calcium, it is a good idea to talk to your physician about a supplement.

Quality Protein throughout the Day

Dairy can help prevent a serious age-related condition called Sarcopenia. This progressive loss of muscle mass and function is estimated to affect up to 33% of people over the age of 50.

The good news, researchers are finding that eating adequate, high quality protein, from animal sources such as dairy foods, can help preserve muscle and your ability to perform daily activities. Most older adults need at least five ounces of protein per day or 0.8 gram of protein per kilogram of body weight. Eating Greek yogurt is an inexpensive, easy way to consume protein as it has more protein per serving than regular yogurt. Also, cottage cheese, meat, poultry, fish, nuts and beans provide protein.

Overall, dairy month is dedicated towards promoting the health benefits of drinking milk which is essential in healthy bones and can also help reduce risk of cardiovascular disease.

Monthly Challenge ideas:

- Measure your daily intake of calcium.
- Try and incorporate dairy into your diet each day.
- Eat dairy fortified with vitamin D
- Try low-fat Milk

Content from: GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Student Dana Lemke 5-1-18 and Nicki Lehtinen.

	Servings Size	Calcium (mg)	Protein (g)
Cow's Milk (skim, low fat, whole)	1 cup	300	8
Ice Cream or Ice Milk	0.5 cup	100	2
Almond milk, fortified	1 cup	300	<1
Soy Milk, calcium fortified	1 cup	200 to 400	8
Yogurt with fruit	6 oz	260	11
Greek yogurt	6 oz	260	18
Carnation Instant Breakfast	1 packet	250	5
Hard Cheese (cheddar, jack)	1 oz	200	10
Mozzarella	1 oz	200	7
Spinach or collard greens, cooked	1/2 cup	170	3
Figs, dried	1/2 cup	150	1.5
Soy beans, boiled	4 ounces	85	9
Broccoli, fresh, cooked	8 ounces	60	1.9
Orange juice, calcium fortified	1 cup	300	2
Salmon, canned with bones	3 ounces	180	16
Sardines, with bones	3 ounces	325	21

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Friday, Sept. 13 - Sunday, Sept. 22
- NORSK HOSTFEST • Tuesday, Sept. 24 - Sat., Sept. 28
- DOOR COUNTY • Wednesday, Sept. 25 - Friday, Sept. 27
- CANYONS AND BALLOONS • Monday, Sept. 30 - Friday, Oct. 11
- LAKE SUPERIOR CIRCLE • Monday, Sept. 30 - Friday, Oct. 4
- NEW ENGLAND • Sunday, Oct. 5 - Friday, Oct. 18
- MICHIGAN • Wednesday, Oct. 9 - Sunday, Oct. 13
- IRELAND • Friday, Oct. 18 - Thursday, Oct. 24
- BRANSON FALL • Monday, Oct. 21 - Friday, Oct. 25
- GREAT SMOKY MOUNTAINS • Sat., Oct. 26 - Friday, Nov. 1
- BRANSON CHRISTMAS #1 • Monday, Nov. 4 - Sunday, Nov. 10
- BRANSON CHRISTMAS #2 • Monday, Nov. 11 - Sunday, Nov. 17
- MYRTLE BEACH CHRISTMAS • Sunday, Dec. 1 - Sunday, Dec. 8
- NASHVILLE CHRISTMAS • Tuesday, Dec. 3 - Sunday, Dec. 8

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Fishing Mayhem In Mayberry *By Ken Anderson, the Mayberry Guru*

Some of my favorite childhood memories revolve around fishing with my friends. Although our fishing spots were limited to the Dorchester Mill Pond, the Eau Pleine River, and a few creeks, we did enjoy our lazy summer days of fishing.

Although fishing is meant to be relaxing and stress free, sometimes that is not the case. Especially in Mayberry. The good folks of Mayberry did a lot of fishing, but more often than not, it created some unexpected problems.

When Aunt Bee first came to Mayberry to care for Andy and Opie, she wanted to show Opie that she enjoyed fishing. However, when she pulled her fish out of the water, she screamed, threw down her fishing pole, and ran away.

One day Barney and the men at the barber shop convinced Henry Bennet that he was a jinx. In order to prove otherwise, Andy invited Henry to come along fishing on opening day; the day when Barney and Andy usually caught the biggest fish. But things did not go as planned, for they were no sooner on the water when Andy's old rowboat sank to the bottom.



One never knew what would happen while fishing in Mayberry. Opie befriended hobo "Mr. Dave" while fishing. Mr. Dave could talk magic fish talk and he made Opie a special fishing lure called a gollywobbler. But he also taught Opie that fishing was more important than work, which resulted in Opie playing hooky from school.

One year, novice fisherman, Howard Sprague, tagged along on opening day. He came with a new pole, fancy lures, and a depth finder. But he made noise, caught himself with the hook, and splashed the water with his rod. However, much to everyone's dismay, he was able to land the famous rare silver carp, "Old Sam", using a piece of potato salad as bait.

While Mayberry folks usually were able to enjoy their catch at the dinner table, despite their many problems, my friends and I were not so lucky. Our catch usually amounted to bullheads, chubs, and an occasional pan fish. But looking back, I don't think that even mattered. For we went fishing mainly just for fun.

themayberryguru@gmail.com

MORE VOLUNTEER DRIVERS NEEDED!

The Center for Independent Living for Western Wisconsin (CILWW) operates the Volunteer Driver program for Chippewa County. Over 2,900 rides were provided to Chippewa County residents through this agency in 2018. The program provides rides for many reasons: medical appointments, grocery stores, employment, training, personal errands and social events. All of these activities are vital to helping people remain active and in their home. This program has been growing and will continue to grow as our population ages.

However, the program can only grow to the extent that volunteers are available! Chippewa County needs more volunteers! Please consider becoming a volunteer driver. Drivers are reimbursed 58 cents per mile and the flexibility makes this an incredible volunteer opportunity. You decide how often and how far you want to travel. Snowbirds welcome too!

If you want to help older people, people with disabilities, and veterans get where they need to go, please contact Bobbi at the Center for Independent Living 1-800-228-3287 ext 211.

June 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.

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PRIZE BINGO!

▶ June 20, July 18,
August 15, Sept. 19

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- ▶ Call (715) 723-4437 for more information



Chippewa Manor Residential Living | 756 Irvine St., CF

Upcoming Events & Activities

Common Bonds Grief Support Group

Find your support after the death of your spouse. Join us monthly for conversations, camaraderie and support over coffee or lunch.

- Women's Group at Deb's Café from 2:00-3:30 on Wednesday June 12th
- Men's Group at Menomonie Family Restaurant from 10:00-11:30 on Thursday June 13th

The Effect of Concussions on Brain Health

Join Jeanne Brown for an overview of the effect of concussions on brain health. She will share concussion symptoms, treatment, rehabilitation and prevention. Friday June 14th from 10:00-11:30 at Dove Healthcare West Community Room. 1405 Truax Blvd, Eau Claire.

Brain Games... Do they work?

More and more people are recognizing the importance of maintaining brain health as they age. This has resulted in many turning to "brain games" in the hope of keeping themselves cognitively engaged. Given the popularity of these games, some are left wondering if they actually work. Friday June 28th from 10:00-11:30 at Dove Healthcare West Community Room. 1405 Truax Blvd, Eau Claire.

Huntington's Disease Support Group - double check

Saturday June 1st from 10:00-11:30. Trinity Lutheran Church, 1314 E. Lexington Boulevard, Eau Claire

Chippewa County Memory Cafés

Memory Cafés offer an opportunity to visit, laugh and connect with others who have early stage Dementia and their loved ones.

- Bloomer at Main Street Café from 10:00-11:30 on Tues. June 4th
- Chippewa Falls at Central Lutheran church from 9:30-11:00 on Thurs. June 20th
- Cornell at Our Savior's Lutheran Church from 10:00-11:30 on Tues. June 25th

Understanding Alzheimer's and Dementia

JoAnn Janikowski, Outreach Specialist, Alzheimer's Association, Greater Wisconsin Chapter-Wausau Office will present a program "Understanding Alzheimer's and Dementia" on Wednesday, June 5 from noon to 1:00 p.m. at the Thorp Senior Citizen's Center. We welcome anyone interested in learning more about Alzheimer's and dementia to join us for this event. Alzheimer's disease is not a normal part of aging. The presentation will provide you with the opportunity to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages, risk factors, current research and treatments available for some, symptoms, Alzheimer's Association resources, and more. The event is open to the public. Folks age 60 and older can join us for lunch (Beef Pot Roast) by calling in by noon June 4. The Thorp Senior Center phone number is 715-669-5566.

Chippewa County Free Legal Clinic

Wednesday June 26th at 6:30 pm
Chippewa Falls Public library

Foot Clinics

Call 715-726-7900 for an appointment. Cost of the foot clinic is \$30.00 per person, however, special consideration for a reduced charge is possible if this is a hardship.

Service provided by Chippewa County Department of Public Health.

- Chippewa County Courthouse, Room 121 from 9:30 to 10:30 on June 6th
- Chippewa Falls Senior Center from 1:30 to 2:30 on June 18th
- Grandview Apartments from 1:30 to 2:30 on June 25th

Men as Caregivers

Women still outnumber men as caregivers, but the number of men caring for an older adult has doubled in the past 15 years. According to the International Journal of Alzheimer's Disease, services are often not designed to reach out to male clients and men may see "seeking out services" as admitting personal weakness. Based on focus groups convened around the country, AARP reports that men tend to be more uncomfortable with hands-on personal care and less likely to open up to others and ask for help. A men's coffee group facilitated by Bob Vogler has been created to create a space for men to feel comfortable. The group meets the 2nd & 4th Wednesday each month, 7:00 am & 11:00 am at Peace Lutheran Church in Eau Claire. Upcoming groups are June 12th at 7:00 am and June 26th at 11:00 am. All men are welcome to attend and enjoy coffee and refreshments, camaraderie, and as Bob states, "a safe place to blow off steam." For more information, contact Bob at 414-378-2114 or rvogler1@att.net. "The men's coffee group is important because it lets us express ourselves without filtering our conversation as we would do if women were present."

Senior Nutrition Program: Annual Satisfaction Survey Results for 2018

The Senior Nutrition Program sends out annual program satisfaction surveys. Each month we will share results from dining and home delivered participants. The results show us that this program is more than just a meal.

We had 71 diners and 94 home delivered participants respond. Numbers may vary with each question depending on if they answered it.

Do you eat healthier foods because of the Senior Dining program?

Do you eat healthier foods because you receive Meals on Wheels?

ANSWER	RESPONSES
Yes	72.06% 49
No	27.94% 19

ANSWER	RESPONSES
Yes	81.82% 72
No	18.18% 16



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GRIEF SUPPORT GROUPS "A time and place to heal"

Come and be with others who are finding a way through loss and grief due to the death of a loved one. **2nd & 4th Mondays, 6:30 – 8:00 p.m.**

This group is for individuals who need a time & safe place for healing following the death of a loved one.

SIX WEEK SPOUSE LOSS GROUP CLASSES

This 6 week group provides education and support for those grieving the death of a spouse, life partner or significant other.

All classes are held at St. Joseph's Hospital, Chippewa Falls, WI
No Cost to Attend. For more information on these classes call (715) 717-7581.

Sponsored by: Chippewa Grief Guidance Team & St. Joseph's Hospital, Chippewa Falls, WI

Farmers Market Voucher Program

The Aging and Disability Resource Center (ADRC) has recently been notified that the Senior Farmers Market Voucher Program will be available this summer for Chippewa County residents, 60 years of age or older (or a Native American 55 years of age or older). Eligible persons can receive \$25.00 in Farmers Market Vouchers. Only one packet per qualifying household. These vouchers can be used to purchase fresh fruits and vegetables from your local farmers markets or road-side produce stands. Farmers who can accept these vouchers will have a sign posted informing you that they accept Farm Market Vouchers.

Required information needed to fill out the paperwork in order to receive Vouchers:

- Name
- Address
- County of residence
- Phone number
- Gross monthly income (This should include the amount subtracted for your Medicare part B and part D premiums if applicable)

Income eligibility:

Gross income is less than:

- 1 person household income - \$1,926/month
- 2 person household income - \$2,607/month

For each additional household member add approximately \$666 monthly

If you are unable to come to one of the listed locations, you may send someone to pick them up on your behalf. If you plan to do this, you must contact the ADRC at 715-726-7777 and let us know who your authorized representative or proxy will be. **Any person picking up vouchers must fill out all required paperwork with the information listed above and ensure

income eligibility** **Please note: Contacting the ADRC for this purpose does not guarantee that you will receive the vouchers.**

There will be a limited number of vouchers available on a first-come-first-serve, while-supplies-last basis. We will not reserve vouchers for anyone.



Community distribution of vouchers will occur as noted below:

DATE	TIME	LOCATION
Monday, June 24th	10:00 am - 11:30 am	The Homeplace 225 East 4th Avenue, Stanley
Monday, June 24th	1:00 pm - 2:30 pm	VFW 110 N Main St., Cadott
Tuesday, June 25th	10:00 am - 11:00 am	Our Saviors Lutheran Church 201 S 6th St., Cornell
Tuesday, June 25th	12:30 pm - 1:30 pm	Bloomer Senior Center 2121 Duncan Rd, Bloomer
Thursday, June 27th	1:30 pm - 3:30 pm	Chippewa County Courthouse 711 N. Bridge St., Room 119Q, Chippewa Falls
Friday, June 28th	9:30 am - NOON	Chippewa County Courthouse 711 N. Bridge St., Room 119Q, Chippewa Falls



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The Classic SAVVY SENIORS Series

An informational series focused on enhancing the quality of life for seniors.

Wednesday, July 10
3:45—5 p.m.

Reading is Fun-Learning from Children's Books

Presenter: Moira Kneer, Local Author/Retired Hospital Chaplain

Many of us recall reading to our children or grandchildren. We chose books that taught values, inspired imagination, and entertained. From nursery rhymes to fairy tales, to popular children's characters, all are meant to inspire children to read and learn. It is amazing that the wisdom is just as valid for us as grown-ups! This presentation is a delightful defense against aging, using "children's" books by well-know authors.

All presentations are FREE and held the 1st Wednesday of the month at:
The Classic at Hillcrest Greens • 2455 Sawgrass Place, Altoona

Registration is required, please call 715-839-0200.
Each session includes light refreshments and door prize drawings.



TEC for VETs: Horses Helping Veterans *By Becky Streeter*

Trinity Equestrian Center (TEC) has had a strong relationship with veterans since it was founded in 2002. Toni Mattson, director of programs and part owner of TEC, grew up surrounded by veterans. She learned early in life of the signs and widespread effects of PTSD, and she developed a passion for helping veterans. Along with her husband and sister, also part owners, Trinity was able to launch its Veteran Wellness Program in 2009. This combined their love of horses and respect for veterans into an all-encompassing program.

Mattson says, "We chose horse-based work because it was a wonderful opportunity to blend our passion for horses and our great desire to help people. We've always had a soft spot for people who struggle physically, emotionally, or spiritually. It was something that was passed on from our parents: 'If you have the means and ability to help others, then help you shall.' Our version of Dad's wisdom is: 'We use the blessings we've received to become blessings to others.' The grand pay-it-



forward."

TEC recognizes that vets don't necessarily want to come and talk about their feelings, so they focus instead on the relationship between the horse and the veteran. Mattson says horses don't speak, but they are great communicators. Working with horses and learning to understand horse behavior helps vets learn about themselves.

Since its inception in 2009, the veterans' program has only grown larger and more

successful. Mattson, with TEC teammates, now travels the US to train other equine centers to foster similar results to what TEC has experienced locally. This year, TEC is adding several new programs including Grow Boldly for Vets (a session for active-duty women and military wives), and High-Five Fridays (a session for kids of

vets and those on active duty).

One of the highlights each year is the Horsepower for Veterans fundraising event. "It's a great day!" says Mattson. "Registration and silent auction opens at 9 AM. We have staff and Veterans leading their favorite furry friend around and have attendees meet and greet them. We have been blessed for years by the Cleghorn Lions Club, headed up by Andy Lund, who prepares our scrumptious grilled chicken and David Schneider from Randy's Restaurant who oversees the meal. The Indian Motorcycle Club is our road guard team that keeps us all safe on the route, and nearly 40 Trinity staff & volunteers

fill in all the gaps to create a fun, safe and successful fundraiser. We could never, ever do what we do without our incredible volunteers. They are our heart and soul."

June 22 marks the ninth year of this event and the cost is only \$25/person or \$35/couple. A silent auction of nearly 80 items is available for spectators to peruse while they wait for the racers to return. TEC will also hold a raffle with \$1,250 in Scheels' gift cards and \$350 in cash giveaways. All proceeds from ticket sales, auction and raffle go to fund the work with veterans and their families.

"We do what we do because we are able to make a difference in the lives of those who come to us for help," Mattson says. "We make space and time for those that don't feel safe or comfortable in other venues. We stretch ourselves to grow and learn to do the good we do even better. It's an incredible blessing to be in this position."

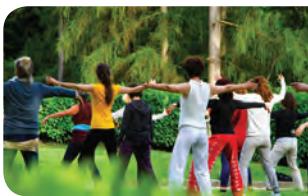
For more information about veteran programs offered by TEC or about the Horsepower for Veterans event, go to their website at www.trinity-ec.com.

— Qigong in the Parks — Free every Wednesday from 5 - 6 pm

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June: Phoenix Park, Labyrinth
July: Carson Park, Braun's Bay
August: Rod and Gun Park by the duck pond



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BURGER NIGHTS WILL BE ANNOUNCED SOON!

Along with more information regarding other special events, and trips.

The Chippewa Falls Area Senior Center always provides these activities to keep Seniors active:



Bible Fellowship | BUNCO | Canasta | Card Party | Computer Lab | Crafts | Cribbage Tourney
 Cribbage Daily | Five Hundred | Foot Care | Paint Class | Penny Bingo | Chicken Foot
 Quilting Piecemakers | Red Hats | Schmier | Sheepshead | Senior Aerobics | Senior Dining
 Stitching Pals (Quilting) | Stretcherize | Wii Bowling | Senior Weight Lifting | Yoga
 Music Makers | Blood Pressure | Trips Day and Some Overnight | From Scratch Card Making

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Polypharmacy: Being Mindful with Prescription Medication

By Dr. Hamblin, Prevea Health Family Medicine

Polypharmacy, the excessive or unnecessary use of medication, is a leading cause of drug-related problems among the elderly.

Half of Americans 65 years or older take five or more medications, consisting of two to six prescribed medications

and one to 3.4 non-prescribed medications. The risk of an adverse drug reaction increases with the number of medicines taken.

According to researchers Elinor C.

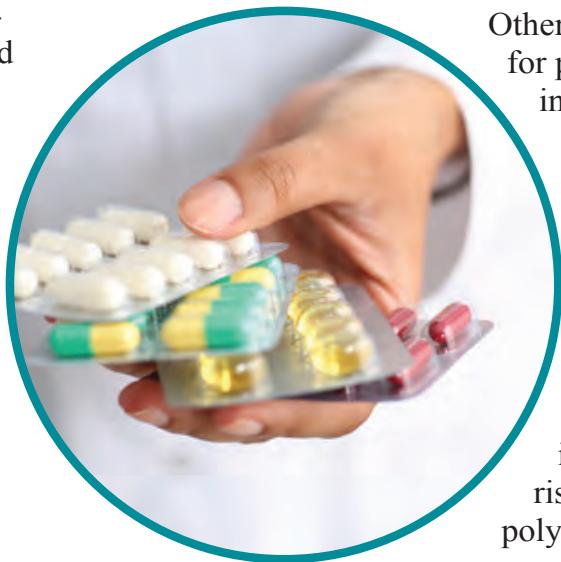
Chumney and Leslie C. Robinson, they estimate the following:

- 6% adverse reaction rate when patients take two medications
- 50% risk when patients take five medications
- 100% risk when patients take eight or more medications

With aging, bodies use and metabolize medications differently, which place older persons at risk for drug interactions and side effects, especially with multiple medicines. Although the older population comprises approximately 13 percent of the population (Administration of Community Living), they take more than 50 percent of prescriptions.

One out of every 25 elderly is at risk for a major drug interaction causing hospitalization and even death. Half of these drug interactions involve a nonprescription medication. Although elderly have more medical conditions that require medicines, their polypharmacy is also due to the following:

- Direct-to-consumer advertising of prescription medicines and over-the-counter products
- Increased access to medication
- Greater knowledge of medical treatment of chronic diseases
- An ever growing number of medicines



Other risk factors for polypharmacy include:

- The number of health care providers involved in the patient's care (more providers increases risk of polypharmacy)
- Female gender (women seek medical care more frequently)
- Living arrangement (nursing home increases risk of polypharmacy)
- Mental conditions and sociocultural status.

Furthermore, the side effects of some medications can mimic diseases. Hence, polypharmacy becomes a cycle of treating one condition, experiencing side effects and then treating the side effects.

Avoid the polypharmacy

How can you avoid the risks of polypharmacy?

- Bring all of your medicines to your office visits.
- Report and review all medications, both prescription and over the counter products including herbs and vitamins with each and every health care provider and pharmacist.
- Ask your health care provider or pharmacist to run a drug interaction profile for all of your medicines.

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