



Hi SENIOR Lites



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- STAYING HYDRATED DURING THE DOG DAYS

RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

MEDICARE COVERAGE OF VACCINES



By the GWAAR Legal Services Team

Submitted By Bethany Schneider, ADRC Elder Benefit Specialist

You may have seen recent stories in the news about an increase in cases of diseases like measles or hepatitis A, both of which can be prevented by vaccines. Vaccines play an important role in preventing illness. However, knowing if and when Medicare pays for vaccines can be confusing.

Most vaccines that your doctor recommends will be covered by your Medicare prescription drug plan. Medicare prescription drug plans are required to cover most commercially available vaccines, including the vaccine for shingles.

The only exceptions are the vaccines for flu, pneumonia, and hepatitis B, which are covered by Part

B. Please note that SeniorCare does not cover any vaccines.

The amount you pay for your vaccine will vary depending on where you get vaccinated. Check your Medicare prescription drug plan’s documents for information about how the plan covers vaccines. Your out-of-pocket costs will usually be lowest at in-network pharmacies or a doctor’s office that can either coordinate with a pharmacy to bill your plan for the entire cost of the vaccination or can bill your plan directly for the vaccination.

If you are vaccinated at an in-network pharmacy, you should only need to pay your plan’s approved coinsurance or copay for the

vaccination. If you get a vaccine at your doctor’s office, ask the doctor to call your plan to find it if your plan can be billed directly. If this is not possible, you may have to pay the full out-of-pocket cost for the vaccination and then request reimbursement from your plan. You might also have to pay the full out-of-pocket cost for your vaccination if your provider cannot coordinate with a pharmacy to bill your plan for the entire cost. In this situation, you will also have to request reimbursement from your plan. You should be aware that your plan will only reimburse you up to the approved amount, so you will not be refunded for any amount you pay the provider above your plan’s approved amount.

If you have Extra Help or the low-income subsidy (LIS), you can go to any provider or in-network pharmacy for vaccines. You will only be responsible for the Extra Help/LIS copay. However, if you get your vaccine from a provider who cannot directly bill your plan, you may need to pay the entire bill upfront and then request a refund from your plan.

Vaccine Type	Medicare Coverage	Coverage Rules
Influenza (flu)	Part B	Medicare pays for (and recommends) one shot every flu season. Additional flu vaccines may be covered if considered medically necessary.
Pneumonia	Part B	Medicare pays for one shot, recommended for all adults aged 65+ and younger adults with chronic health conditions.
Hepatitis B	Part B	Series of three shots, paid For by Medicare for high- or medium-risk individuals, including those with hemophilia, end stage renal disease, diabetes, and other chronic conditions that lower resistance to infection.
Shingles	All Medicare prescription drug plans must cover	One shot paid for (and recommended) after age 60. Patient must check with plan to find out specific rules for administration and payment.

Caregiver Coordinator: Lynne Shaffer
Disability Benefit Specialist: Lisa Schuler

If you consider yourself homebound and are interested in having the Senior Hi-Lites delivered to you by mail, please complete the information slip below and return to our office. We will gladly add you to the list. Please Print. Check the box if you are interested in receiving information on the Home Delivered Meal Program.

ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF JULY FOR SITES IN DUNN COUNTY
(CHECK MONTHLY MENU FOR SITE CLOSINGS)

COLFAX GRAPEVINE SENIOR CENTER (715-962-2550)
Meals Monday through Thursday at 11:30 am
2nd Tuesday of month 2:00 pm American Legion/Auxiliary
1st Thursday of month 2:00 pm Merry Mixers Meeting
Every Monday 10:30 am Exercise
Every Tuesday 10:30 am Bible Study
Every Tuesday 1:30 pm Card Party (500)
Every Wednesday Puzzles
Every Thursday 10:00 am Blood Pressure Check
Every Thursday 10:30 am Bingo



EAU GALLE CIVIC CENTER (715-283-4252 or 715-232-4006)
▪ Meals every Monday and Wednesday at 12 noon
▪ Exercise every Monday and Wednesday, 11:45 am to 12 noon
▪ Pfeffer every Monday and Wednesday, 1 to 3:30 pm
▪ Card Party and Snacks, 2nd and 4th Monday, 1 to 3:30 pm
▪ Phase 10 every Monday and Wednesday, 11:15 to 11:45 am



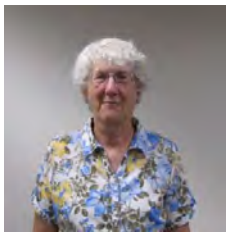
HOSFORD-RICH APARTMENTS (715-235-4047)
▪ Meals Monday through Friday at 11:30 am
▪ Puzzles and board games – Daily (anytime)
▪ Bingo on Tuesdays from 1 to 2 pm
▪ Coffee Klatch Monday through Friday at 9:00 am
Everyone Welcome!



KNAPP
▪ Meals Monday through Friday - 11:30 am at Boo'z
▪ Bingo every Tuesday at Boo'z
▪ Plates & Knappkins Food Pantry open every Thursday 2:00 to 4:00 pm
▪ Plates & Knappkins Food Distribution 5th Saturday of the month 7:00 - 10:00 am



TANTARA APARTMENTS DINING ROOM
▪ Meals Monday through Friday at 11:30 am
▪ Monday – This Day in History – remembering events in the past
▪ Tuesday – Exercise with Chuckie, Free gentle exercise, jokes for the day with Julie
▪ Wednesday – Current Events with Char, Bingo at 1:30 pm
▪ Thursday – Exercise with Chuckie 9:30 to 10:00 am, Free gentle exercise, Stories with Jan
▪ Friday –Remember When?
▪ Tuesday, Wednesday, Thursday – Exercise 9 to 9:30 am





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worth repeating**

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**MAY 10TH ADVANCE CARE
PLANNING EVENT**



By Sara
Olinger,
ADRC
Manager

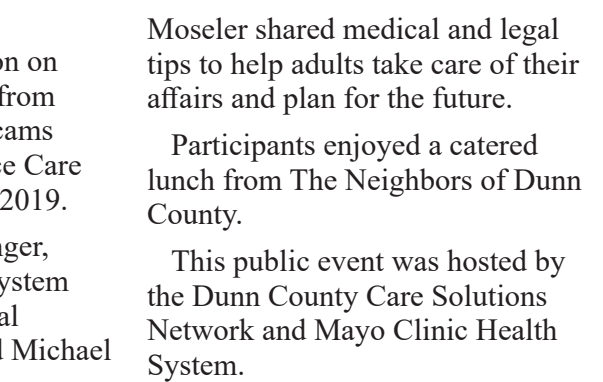
This event provided Helpful Tips to Take Charge of your Affairs.

Ingrid Kundering, of Greater Wisconsin Agency on Aging Resources [GWAAR], shared important information on keys to protecting yourself from Medicare fraud and other scams at the Dunn County Advance Care Planning event on May 10, 2019.

In addition to Ms. Kundering, local Mayo Clinic Health System Nurse Mary Thelan and local attorneys Brent Skinner and Michael Moseler shared medical and legal tips to help adults take care of their affairs and plan for the future.

Participants enjoyed a catered lunch from The Neighbors of Dunn County.

This public event was hosted by the Dunn County Care Solutions Network and Mayo Clinic Health System.



**SENIOR HI-LITES AT
SENIORREVIEW.COM**

ADRC DUNN COUNTY NUTRITION PROGRAM					
Colfax	M - Th	962-2550	Ridgeland	M - F	949-1937
Eau Galle	M + W	283-4252	Tantara in Menomonie	M - F	556-0266
Knapp	M - F	665-2215	Sand Creek	M - F	658-1335
Hosford-Rich Apts.	M - F	235-4047	ADRC Office for Dunn County	M - F	232-4006

DURABLE POWER OF ATTORNEY FOR FINANCES



Submitted by Wendy Sterry, ADRC Social Worker

The Durable Power of Attorney for Finances is a signed and notarized document by which one person, the principal, gives another person, an agent, authority to act on the principal’s behalf. The authority may be general, giving the agent broad power to make decisions, or limited, giving the agent the power to do one or more specific things. Most general powers of attorney prepared today are durable, which means the authority continues even if the principal becomes incapacitated and cannot act for himself or herself. A principal can make the power of attorney effective immediately or at some later date or event, such as when the principal becomes incapacitated.

If you do not have a Durable Power of Attorney and you become incompetent, it may be necessary for your family to ask the court to appoint a guardian for you. Appointing a guardian takes time and can be cumbersome, public, and expensive.



The family must hire a lawyer who will arrange for a court hearing. A physician must provide evidence that you cannot handle your own affairs. If you are physically able, you must go to the courthouse to hear the testimony that you are incompetent.

Many people mistakenly think that it’s not necessary to have a durable power of attorney if they don’t have much money or if they hold all property jointly with a spouse or someone else. However, there are many actions an agent would need specific legal authority to do – regardless of how much (or little) money you have or whether you hold most of your assets jointly with another person.

An agent may perform a variety of tasks for you, including handling bank accounts, paying bills, buying and selling real estate, handling a business, applying for public benefits, making changes to life insurance or retirement plans, filing taxes, hiring workers for personal assistance, hiring lawyers and accountants, securing investment advice, making gifts, creating or transferring assets to a trust, and more. For each of these tasks you may authorize your agent to do almost anything the law permits you to do yourself. Your lawyer can discuss your specific concerns with you.

NICE THOUGHTS AND DONATION RECEIVED

By Bobbette Tunnyhill, ADRC Nutrition Program Coordinator

I would like to thank Don Roberts for his donation in Hank Thomas’ name.

Hank and Barb have been extremely dedicated Meals on Wheels volunteers always willing to jump in whenever we needed help. I cannot thank them enough for all they have done for us over the years! They have been volunteers for us since before 2007. I know it was before my time here!



Here is Hank ready, willing and able to jump in when another volunteer got sick. A wonderful couple with big hearts!

Also a shout out to Don Roberts who has always been a wonderful supporter of the ADRC and all the aging programs. We have shared many good phone conversations and ideas on aging well over the years. It is always nice to hear his compliments of our programs and our employees.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef pot roast, Boiled potato, Steamed broccoli, Dinner roll, Pears	2 Pork cutlet, Apple sweet potato casserole, California blend veg, Cherry torte bar	3 Celebrate Independence Day! Brats & Kraut, Watermelon, Potato salad, Summer poke cake	4 SITES CLOSED 	5 SITES CLOSED
8 Roast turkey, Mashed potatoes (scratch), Gravy, Cheesy broccoli raisin salad, Dinner roll, Fresh fruit in season	9 Cabbage and beef casserole, Carrots with parsley, Wheat bread, Frosted pumpkin bar	10 Smoked shredded pork, Cheesy hash browns, Baked beans, Dinner roll, Seafoam gelatin dessert	11 Meat lasagna, Mixed green salad, Garlic bread, Melon medley	12 Country fried steak, Pan fried potatoes, Vegetable blend, Blueberry crisp
15 Hamburger gravy, Mashed potatoes (scratch), Riviera blend vegetables, Dinner roll, Chilled pears	16 Parmesan chicken breast, Herbed red potatoes, Carrots with parsley, Pound cake with fruit topping	17 Sliced baked ham, Scalloped potatoes, Pinto beans & bacon, Buttered rye bread, Pineapple tidbits	18 BBQ meatloaf, Seasoned mashed potatoes, Creamy coleslaw, Pumpkin bread	19 Breaded baked cod, Baked potato, Romaine and onion salad, Banana pudding with vanilla wafer
22 Swiss steak with tomatoes, Buttered new potatoes, Spinach salad, Wheat bread, Fresh banana	23 Cornflake chicken, Boiled potato w/gravy, Seasoned green beans, Blueberry streusel bars	24 Roast beef, Mashed potatoes (scratch), Brown gravy, Garden blend vegetables, Dinner roll, Tropical fruit cup	25 Mexican beef casserole, Tater tots, Black beans, Oatmeal apple squares	26 Baked salmon steak w/lemon butter sauce, Homemade hash brown potatoes, Sautéed carrots, Biscuit, Fruited gelatin
29 Meat sauce, Spaghetti noodles, Romaine and onion salad, Garlic bread, Mandarin oranges	30 Salisbury steak, Mashed potatoes (scratch), Brown gravy, Italian green beans, Rhubarb crumble	31 Barbeque glazed chicken, Baked beans, Carrot and raisin salad, Strawberry shortcake		



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Menomonie, WI 54751



SUPPORT GROUPS

The Bridge to Hope: The Bridge to Hope offers FREE and confidential services to victims and survivors of domestic abuse, sexual assault and human trafficking in Dunn and Pepin Counties. For ongoing and current weekly support group dates and times, please call 715-235-9074.

Diabetes Support Group: From September through May on the 1st Thursday of the month, the Diabetes Support Group meets from 7 to 8 p.m. in the Mayo Clinic Health System in Menomonie Education Center.

MISCELLANEOUS: Dunn County Genealogical Society meets on the third Saturday of each month at 10 a.m. at the Russell J. Rassbach—Dunn County Historical Museum. For more information, call 715-232-8685. Do not meet in August and December

SENIOR CENTER & ACTIVITY CALENDAR 715-235-0954

SHIRLEY DOANE SENIOR CENTER (SDSC) (715-235-0954)

Monday	July 1, 8, 15, 22, 29	9-11 am Tai Chi @ SDSC
Monday	July 1, 8, 15, 22, 29	1 pm Mah Jongg @ SDSC
Monday	July 1, 8, 15, 22, 29	12-3 pm Open Walking in Gym @ SDSC
Monday	July 10	10-11:30 am Book Club @ SDSC
Monday	July 10 & 24	8:30-11 am Foot & Nail Clinic @ SDSC - Appt. Only \$17
Tuesday	July 2, 9, 16, 23, 30	7-9 pm Popcorn in the Park @ Ludington Guard Band Concerts – Wilson Park
Tuesday	July 2, 9, 16, 23, 30	8:30-9:15 am Chair Yoga \$2.75 per class @ SDSC
Tuesday	July 2, 9, 16, 23, 30	8:30 am-2:30 pm Crafts @ SDSC
Tuesday	July 2, 9, 16, 23, 30	1 pm Bridge @ SDSC
Tuesday	July 2, 9, 16, 23, 30	10 am Cribbage @ SDSC
Tuesday	July 9	9 am Senior Center Board Meeting @ SDSC
Tuesday	July 16	9-10:30 am ALC Free Blood Pressure/Blood Sugar Clinic @ SDSC
Wednesday	July 3, 10, 17, 24, 31	10 am-2:30 pm Adult Day Services @ SDSC - \$4.50/hr Registration Req. Call 715-235-0954
Wednesday	July 3, 10, 17, 24, 31	1-3 pm Fiber Arts @ SDSC
Wednesday	July 3, 10, 17, 24, 31	8:30-11 am Foot & Nail Clinic @ SDSC - Appt. Only \$17
Wednesday	July 3, 10, 17, 24, 31	10:45-11:45 am Sing Along @ SDSC
Wednesday	July 3, 10, 17, 24, 31	11:45 am Community Friendship Dinner & Bingo @ SDSC \$5 members/\$6 nonmembers
Wednesday	July 17	11:30 am-2 pm Senior Center Picnic in the Park and Bingo at Senior Center
Wednesday	July 3, 10, 17, 24, 31	1 pm Duplicate Bridge @ SDSC
Wednesday	July 17	10-11:30 am Alzheimer's Support Group @ SDSC
Thursday	July 4	SENIOR CENTER CLOSED FOR THE HOLIDAY
Thursday	July 4	12-4 pm Bingo in the Park @ Wakanda Park
Thursday	July 11, 18, 25	10 am-2:30 pm Adult Day Services @ SDSC - \$4.50/hr Registration Req. Call 715-235-0954
Thursday	July 11, 18, 25	8:30-9:15 am Chair Yoga \$2.75 per class @ SDSC
Thursday	July 11, 18, 25	12:45 pm 500 Cards @ SDSC
Friday	July 12	10-11:30 am Alzheimer's Assc Education Program "Effective Communication" @ SDSC
Friday	July 5, 12, 19, 26	10 am-2:30 pm Adult Day Services @ SDSC - \$4.50/hr Registration Req. Call 715-235-0954
Friday	July 5, 12, 19, 26	1 pm Bingo @ SDSC

Caring for Older Parents



You care about your aging parents. And yet, sometimes, you just don't know the best way to help them, especially when they are trying to remain independent.

Seniors Helping Seniors® in-home services is an exceptional program of care and caring that matches seniors who want to provide services with those who are looking for help.

- Meal prep/cooking
- Light housekeeping
- Companionship
- Mobility assistance
- Grocery shopping
- Pet care
- Yard Work



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Pop-Up Pantry



What: The Stepping Stones Food Pantry and Feed My People Food Bank are working together to provide **Two New** mobile food pantries that will act as a supplemental food source to families and individuals in Colfax and Downsville who are facing hunger and have limited access to a food pantry in their immediate area.

COLFAX

- **Where:** Viking Bowl N8590 State Road 40, Colfax, WI 54730
- **When:** 2nd and 4th Thursday of the month beginning Thursday, June 27th
- **Time:** 2:00pm – 3:00pm

DOWNSVILLE

- **Where:** New Hope Lutheran Church Fellowship Hall, N2698 460th St. Downsville, WI 54751
- **When:** 2nd and 4th Thursday of the month beginning Thursday, June 27th
- **Time:** 11:00am – 12:00pm

For more information or Pop-Up Pantry volunteer opportunities with Stepping Stones find us on Facebook or contact Kris Pawlowski.



Email: foodpantry@steppingstonesdc.org
Phone: (715) 235-2920

PUTTING YOUR AFFAIRS IN ORDER



Submitted by: Ashley Williams, ADRC Senior Social Worker
Courtesy of Attorney Peter E. Grosskopf

A frequent question that we get is what are some of the best tips for putting your affairs in order?

First, I always recommend that people have either a Will, or a Will substitute (more on that below), Health Care Powers of Attorney and Financial Powers of Attorney.

An additional step that everyone should take, and unfortunately not everyone does, is to make sure that all your affairs are organized and readily found by your family after you are gone. One of the tools that we provide to people is what we call a “Location Letter”. Essentially, this is an organizer where a person can provide names and contact information of the key people in their lives, such as their personal attorney, accountant, financial planner, and the like. You can also identify which funeral home you wish to use and whether you have made pre-arrangements or pre-payment.

- Additionally, you can identify the following:
- All banks where you have accounts
 - All other financial institutions where you have either accounts or loans
 - All credit cards that you have
 - All life insurance policies
 - Any other insurance policies, including house, vehicle and long-term care
 - If you have named beneficiaries on accounts or policies, you can identify that
 - The location and number of any safe deposit box
 - Any other information that would be important for your family to know when you are gone

After a person has died can be a very stressful and difficult situation for the family. We find that anything that can be done to make the process smoother and simpler for them, will be extremely beneficial. If you have completed the “Location Letter” or something like it, the family will at least have a head start on where to look and where to find answers.

So what is a Will substitute? Many of us already have them, without necessarily thinking



of them as Will substitutes. For example, if you have a life insurance policy and have named beneficiaries, that is a Will substitute. If you have retirement accounts and have named beneficiaries, that is another Will substitute. The importance of this, in the context of putting your affairs in order, is that in addition to keeping copies of your Wills and Powers of Attorney, you also need to keep records of who the named beneficiaries are on your various types of accounts. It is a fairly common occurrence, for us in our office, to meet with people, after a loved one has passed away, only to find out that their beneficiary designations are terribly out of date which sometimes results in unintended consequences. Keeping all these accounts, beneficiaries, and the like organized, can help you keep your own affairs in order.

ADRC DUNN COUNTY CAREGIVER & DEMENTIA PROGRAM

Menomonee Area
Memory Cafe

4th Thursday of each month
10:00 to 11:30 am
United Methodist Church
2703 Bongey Drive
Menomonee, WI 54751

The Memory Café is a **safe, comfortable and engaging** environment for those with early stage memory loss and their caregivers. It is a place where you can **socialize and connect** with others.

We welcome those individuals with dementia (or related diagnosis), with mild cognitive impairment, early to moderate Alzheimer’s, along with their family members or caregivers.

Expect: **Social connection with others having a similar experience**
Peer support
An informal, relaxed & stigma-free environment
Laughter
New friends
Delicious refreshments!

For more information, call the Dunn County ADRC at 715-232-4006.

2019	January 24 February 28 March 28	April 25 May 23 June 27	July 25 August 22 September 26	October 24 November 28* December 26*
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*Subject to change due to holiday

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CAREGIVERS CORNER-DUNN COUNTY ADRC

Are you looking for someone to talk to that understands what it means to be a caregiver? Our caregiver support groups offer a place to share and talk to people who know about the experiences and the ups and downs of caregiving. You have the opportunity to share, talk about issues you face, and get ideas and education. Refreshments are served.

Caregiver Coffee Hour meets the 1st Wednesday of the month from 9:30 to 11:30 am in Conference Room 56 at the Dunn County Community Services Building

Taking Time to Care Supportive Group, for those with memory loss and their caregivers, meets the 1st Wednesday of the month from 1:00 to 2:30 pm at the United Methodist Church, 2703 Bongey Drive in Menomonee.

Caregiver Café meets the 2nd Thursday of the month from 9:30 to 11:00 am at the Exit 45 Restaurant and Bakery. 2100 County Rd B Menomonee.

Alzheimer's Caregiver Support Group meets the 3rd Wednesday of the month from 10:00 to 11:30 am at the Shirley Doane Senior Center.

Relatives Raising Children meets the 3rd Thursday of the month from 10:30 am to 12:30 pm in Conference Room 100 at the Dunn County Community Services Building.

Caregiver Support Group meets the 3rd Thursday of the month from 6:30 to 8:00 pm in Conference Room 100 at the Dunn County Community Services Building.

Memory Café, for caregivers and people with memory loss, meets the 4th Thursday of each month from 10:00 to 11:30 am at the United Methodist Church, 2703 Bongey Drive in Menomonee.

STAYING HYDRATED
DURING THE DOG DAYS

Submitted By Bobbette Tunnyhill, ADRC Nutrition Program Coordinator

Dehydration can occur easily in the summer when the body does not have enough water or fluids. It can result from not taking in enough fluid during extreme heat or excessive sweating. Also watch for signs if you are sick and losing too much fluid through diarrhea and vomiting.

Often seniors don’t realize when they are becoming dehydrated. Watch for these symptoms:

- Increasing thirst or dry mouth (often the first sign)
- Weakness or light-headedness that worsens with standing
- Little or no urine; dark-colored urine

Signs of more serious dehydration include the following:

- Rapid, weak pulse
- Fast, deep breathing
- Fever above 101°F and convulsions
- Severe confusion
- Fainting

If you experience any of these get to the hospital for treatment.

Preventing Dehydration - Follow the steps below to STAY HYDRATED. You will know you are fully hydrated when you experience large amounts of clear, colorless urine with little odor.

- Drink at least 8 glasses of water each day.
- Drink more fluid in extreme heat or during strenuous activities.
- Drink more fluid if you have a fever or diarrhea.
- The more mature may need reminders to consume fluids as thirst decreases with aging.
- Avoid fluids that contain caffeine or alcohol, they further the onset of dehydration.

We all get tired of plain old water, so here are some easy delicious recipes for fun beverages to help you stay cool.

SPARKLING PINEAPPLE GINGER ALE

Ingredients

- 1 12-ounce can ginger ale
- 1 1/2 cups pineapple juice
- 4 pieces fresh pineapple, cut into triangles

Directions

In a pitcher, combine the ginger ale and pineapple juice. Serve over ice with a piece of pineapple. (A Little Rum is optional)

STRAWBERRY LEMONADE

Ingredients

- 1 12-ounce can frozen lemonade concentrate
- 2 25-ounce bottles sparkling water
- 6 to 8 fresh strawberries
- Lemon slices (optional)

Directions

Place the frozen concentrate in a pitcher and mix according to the label directions, replacing water with the sparkling water. Put the strawberries in a blender and puree until very smooth. Mix the strawberry puree into the lemonade. Garnish with lemon slices (if desired) and serve.

The Neighbors
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HELP END ELDER ABUSE

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

COUNTY HELPLINES

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



The Alzheimer's Family and Caregiver Support Program (AFCSP) was created in response to the stress and needs of families caring for someone with Alzheimer's Disease or other irreversible dementia. The purpose of AFCSP is to make an array of community services available to these families in hopes of enhancing lives and keeping people in their homes as long as possible.

HOW DOES THE PROGRAM WORK?

Funds are available in each county for qualified individuals to purchase goods and services needed to care for someone with irreversible dementia. Services may include:



ALZHEIMER'S FAMILY CAREGIVER SUPPORT PROGRAM

Providing help for caregivers

- Respite care or home care services (personal care assistance, meal prep, medication assistance and monitoring, homemaker services, yard work and snow removal, etc.)
- Emergency response systems
- Transportation expenses
- Specialized clothing and Other needed services to help



- \$48,000 max gross income of person and spouse (Costs related to dementia related care may be deducted)

BENEFITS OF RECEIVING HELP

- Caring for someone with Alzheimer's disease impacts every aspect of daily life.
- Preparing and protecting yourself, working to understand your loved one's experience and accepting help from others can help minimize the hazards and enhance the joys of your caregiving experience.
- All who give care must also receive care.

WHO IS ELIGIBLE?

To be eligible the person must meet three criteria:

- Diagnosis of Alzheimer's disease or a related dementia
- Reside in a community or home setting (not facility)

HOW DO I APPLY?

3001 US Hwy 12 East, Suite 160
Menomonie, WI 54751
715-232-4006
Contact the Dunn County Aging & Disability Resource Center at 715-232-4006.





BRIDGING MEMORIES

Thursday, August 22nd, 2019 10:00AM-2:30PM

Kamp Kenwood 19161 79th Avenue
on Lake Wissota, Chippewa Falls, WI

For those living with dementia and their family members.

Find joy and humor in your journey by **bridging memories** together.

A **FREE** and fun day!

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Place: The Neighbors of Dunn County



DATES



JUNE 6: Meet the Staff
Dunn County ADRC and The Neighbors of Dunn County

JULY 11: Cooking with Herbs
Bobbette Tunnyhill - Dunn County ADRC Nutrition Program

AUGUST 1: With Age Comes Wisdom . . . Of a Sort
Moira Kneer—Retired Hospital Chaplin, Presenter, Author and Caregiver

SEPTEMBER 5: Meet Rex's Dancing Therapy Dogs!
Rexann Lemke—Owner of Rex's Canine Training

OCTOBER 3: Medicare and Medicaid Updates
Bethany Schneider and Lisa Schuler, ADRC Benefit Specialists

NOVEMBER 7: Honoring Veterans
Greg Quinn, Veteran Service Officer

DECEMBER 5: Crafty Christmas—Simple and Fun Craft Ideas!
The Neighbors of Dunn County

For more information, call the Dunn County ADRC 715-232-4006



MAN CAVE

...a just a bit of fun...
by Mary & Brad Dale, Editors,
Senior Review, Senior Times,
and Senior Hi-Lites

THE LAST STRAW...SHARING A BATHROOM

by Mary and Brad Dale, Editors, Senior Review and Senior Hi Lites.

As certain as I am that the man in the cave was raised by bears, it comes as a constant surprise when he finds living with me a challenge. He is a neat freak with protocols and plans. I am the quintessential slob --- ‘close enough’ is my motto.

I don’t put things back, screw on tops, or replace lids. I hog the blankets, do not shut doors, turn off lights or put dirty dishes in the sink.

And if I am totally forthcoming.....I really don’t care. 46 years of wedded bliss comes with some daily disappointments.

But this week his limits are being pushed a bit too far. Once again, he has to share a bathroom.

- We started life together sharing a 4x6 foot bathroom in a 2nd floor cheap apartment. It was 1973, we were super broke.
- Our next home offered a shared bathroom with a shower and 3 more sq feet. ... an upgrade for sure. As we started with very little we were delighted to still have most of it.
- 17 years later we moved into a 3 bath home: One for him, one for me and one to spare. His need to find, sort, and stash his stuff was finally going to happen. He had died and gone to bathroom heaven.
- And then we bought a ManCave on the water. Though it came with a boat, it also came with a bathroom to be shared. YIKES!!!!

He is having an awful time adjusting to sharing once again. His latest complaints include

- I am a ‘water buffalo’—wet puddles and damp towels anywhere. Nary a puddle. His towels are sorted and folded following a color code finished hem facing out
- I let the soap puddle in the tray. His soap comes with a pump
- I stack ‘stuff’ on any flat surface available. His space is organized with military precision according to usefulness.
- I hang clothes on door knobs, sky-hooks and showerheads. He has closets, cupboards and drawers, each filled with a specific purpose
- I see the sink in the middle of the counter as a dividing line for space. I fill my space and see his space as an opportunity for expansion.

As he whines each morning regarding my lack of respect for the simplest protocol, I have discovered my best strategy is to smile, point to the lake at the end of the yard and suggest a bit of fishing.

And then I remind him to take live worms, put on sunscreen, carry water, take a fishing rag and bucket for fish, sunglasses, a hat with a visor and his phone. As he grumbles and heads for the water I remind him to lock the basement door, take his tackle box, pole and keys to the boat.

He tends to forget now and then.

In the battle of neat freak vs. eternal slob...we each follow our own protocol and process keeping the other on task.

Together we make it work.

P.s. every word of this is true.



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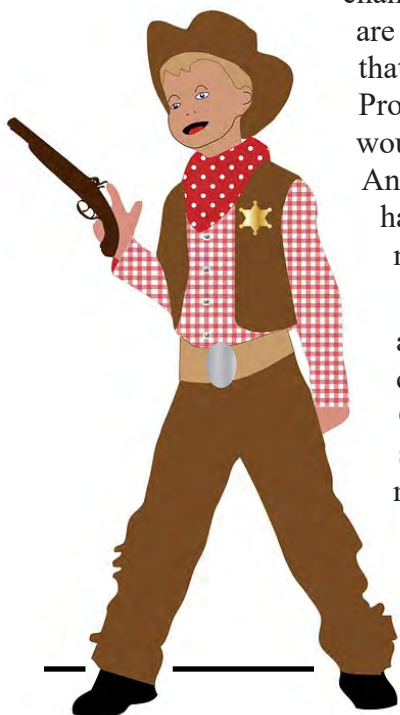
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A FORGOTTEN KIND OF CHILDHOOD *By Ken Anderson*



Whenever I watch The Andy Griffith Show, one thing comes to mind. There have been changes in how children are raised. I often think that if today's Child Protective Services would have investigated Andy Taylor, he may have been labeled a neglectful parent.

Opie had an adventurous childhood. Compared to today's standards, Andy was much too lenient. Opie roamed around Mayberry without supervision.

Andy allowed him to play with toy guns and he gave him a jackknife to carry. Opie never wore a helmet when he rode his bike and when he was fishing with Andy, he never wore a life jacket while in the boat.

Opie once made friends with a stranger who worked in the wood. Andy only became concerned when Opie came home with a hatchet and a shiny quarter that the stranger had given him. Opie and his friends stole food from home to help a hobo that they met in the woods. The hobo taught the kids that it was alright to take from the rich and give to the poor.

When I recall my childhood days in Dorchester, I realize they were not much different from Opie's. I too wandered all over the streets of town with no supervision. I played with toy guns and I took my jackknife to school to play mumbly peg. While I never

killed a songbird with a slingshot, my friends and I did carry our BB guns all over town. I fell off my bike numerous times while not wearing a helmet, and when I fished at the Mill Pond or played at the stone quarry, it was never with adult supervision. I even enjoyed watching the "bums" come of the boxcars when the trains stopped in town.

When I was a child much of my time was unstructured and unsupervised. It was a different world back then. We had no summer camps or organized sports. We swam in muddy creeks and played at the village dump. When we had disputes, we settled them on our own. And yet for the most part we all grew up to be fairly normal, productive, responsible citizens.

themayberryguru@gmail

WHO THOUGHT OF WATERSKIING?

This 4th of July if you decide to do a bit of waterskiing, enjoy the thrill of it all.

When you are done with your fun, and sitting in the boat having a cold one, take a moment to give just a bit of thanks to an 18 year old kid from Minnesota who thought it would be "way cool" to ski on water, after all you can ski on snow....so why not? And that prompted Ralph Samuelson to figure it out. His brother Ben was an apt side kick in this adventure.



His first attempts on Lake Pepin (just down the road from here) were on barrel staves, the snow skis, then shaped lumber. The bindings (gotta love this) were from leather strips and of course, the ski rope was from a 100 ft window sash.(hope mom didn't mind!) Very soon they were leaning backwards with the tips up and showing off to those that watched them do the first water skiing jump.

And the first ski jump.....a lard smeared diving platform that allowed a jump of 60 feet. Within the same year, a 200 ft. sash cord and a WW1 flying boat with a 200 horsepower made him one happy guy to ski at 80 mph.

Google: History of Water Skiing: Eighteen-year-old, Ralph Samuelson invented water skiing. By Mary Bellis, About.com Guide

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TWO NEW HOMES NOW OPEN

by Azura Memory Care

Azura Memory Care is excited to announce that their two new homes located at 4803 and 4811 Bullis Farm Road in Eau Claire are officially open and welcoming new residents! Having served the Chippewa Valley for over 20 years and known as Wisconsin’s Dementia Care Experts, Azura has created an exclusive, advanced dementia training and engagement program called MOSAIC, which incorporates the Household Model, created by Milwaukee-based Action Pact organization.

Using this model, Azura shaped this two household campus into homes that are purposefully designed with areas similar to what is found in one’s own home. Each building serves 24 people and is geared specifically to assist those with memory loss related to Alzheimer’s disease and other forms of dementia.

Additional details of the home include:

- **Circadian Lighting** – using smart home technology Azura creates a Circadian Rhythm Lighting schedule that helps maximize access to natural light to boost mood and quality of life.
- **Flooring, Paint, Fabric and Furniture** –ensures clear contrasts, no visual cliffs, supportive colors and textures for those with dementia.
- **Dutch Doors, Age-in-Place Bathrooms and RCare Safety System** – designed to increase privacy, while lessening feelings of isolation. Individual bathrooms with specialized systems help maximize independence and dignity, while ensuring safety and well-being.
- **Purposeful Destinations and Tools for Individualized Connection** – to evoke memories of every day life, create personalized engagements and moments of joy!
- **Outdoor Spaces** –the backyards have been designed with outdoor dining spaces and walking paths, gardens with raised beds and bocce ball court.
- **Dementia Specific Dining Experience** – Azura’s menu is dementia specific and dietician approved encouraging personal conversations, socialization and an enhanced dining experience too.

If you would like additional information on Azura Memory Care, please call Katie Fennell, Director of Community Relations at 715-563-2618 for a personalized visit today.



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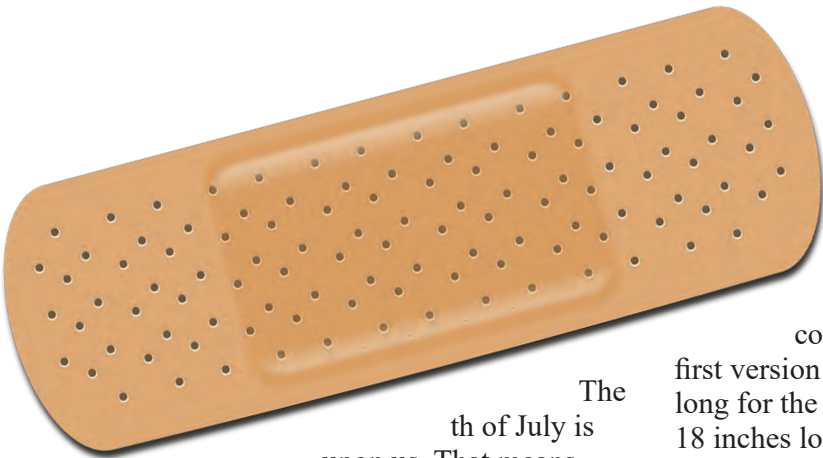


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SO WHO INVENTED THE BAND AID?



The 4th of July is upon us. That means picnics, boating, waterskiing, beach side picnics and of course the occasional cut finger. When you reach for that band aid do pause for a moment to remember just how this marvelous boon to mankind came to be.

Back in 1917, one Josephine Frances Knight wed Earle Dickson. She was a bit of a klutz, in fact it was a common occurrence for her to nick her finger in the kitchen. Earle, being not only a swell husband but a resourceful man, would affix small pieces of gauze (sterile, or course) to the center of a piece of surgical tape. When the wifey cut herself, they could cut off a piece that was the size to do the job. It was a bit crude, but most effective.

He mentioned this “approach” to his wife’s kitchen cuts to some of the guys at work. He was a cotton buyer for Johnson & Johnson.

The guys thought it a swell idea and told him to talk to management. When the bosses weren’t just crazy for the idea at first, they warmed up to the band aid when he showed them that he could apply it to himself. That was cool. So they started to make them. The first version was not a big hit. They were way too long for the average person at 2.5 inches wide by 18 inches long.

Eventually they caught on. By 1924 there

were different sizes, in 1939 they became sterilized and by 1958 they were vinyl A hundred billion sales later one could hazard a guess that they were a success.

It wouldn’t have happened if Earl hadn’t married clumsy Josephine. Give that a thought when you reach for a bandaid at the picnic this 4th. Necessity is the mother of invention.

For more information go to <http://web.mit.edu/invent/iow/dickson.html>; <http://www.ideafinder.com/history/inventions/bandaid.htm>



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THE EAGLE HAS LANDED



By Bert Moritz

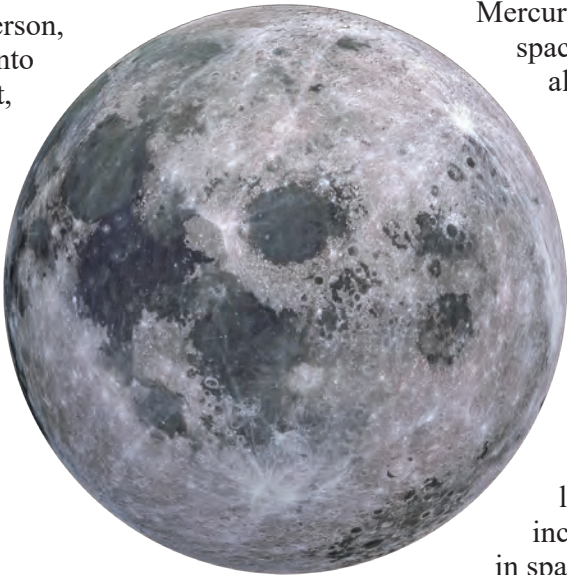
On May 25, 1961 President John F. Kennedy stood before Congress and the American people. He issued a challenge to every American: “I believe that this nation should commit itself to achieving the goal, before the decade is out, of landing a man on the Moon and returning him safely.” At that time the United States had sent only one person, Alan Shepard, into space for a short, ten minute suborbital flight traversing a mere 400 miles! Now we were going to journey to the Moon and back in less than ten years?

I was nine years old and I can still remember my parents shaking their heads in disbelief. In fact, most citizens felt this could not be done. After all, a “computer” filled a large room and was nothing more than a glorified calculator. We rolled our car windows up and down by hand. Every telephone was attached to the ground with a wire and the word “digital” was not heard. How could we possibly send a rocket to the Moon with a human on board?

On July 20, 1969 at 9:56 PM I sat in front of our black and white television set with my parents, brothers and sisters. We watched in awe and pride as Neil Armstrong placed his left foot onto lunar soil and spoke these words: “That’s one

small step for (a) man, one giant leap for mankind.” How did this happen? After all, we were in the middle of the Vietnam War, riots in our city streets and revolution in the air.

Here’s how it happened. First, 300,000 Americans worked together all over this nation with a common goal. In short, we put our differences aside and worked as a team. Next, our scientists had a good plan. The plan called for a complex series of steps we needed to accomplish before moving on.



It began with the Mercury program of space launches, always one astronaut on board. Next, the Gemini program with two astronauts and more

complicated tasks to learn. These included docking in space and living in zero gravity. Finally, the Apollo program with three astronauts tested the machinery needed to make the trip to the Moon.

Neil Armstrong. Mike Collins and Buzz Aldrin sat on top of the Saturn 5A rocket waiting for liftoff to the Moon. This was, and still is today, the most powerful machine ever build on the planet. It burned 15 tons of fuel every second! An entire nation and most of the world watched with hope as the rocket ignited. When the astronauts returned safely we celebrated together and we understood mankind could reach beyond our planet and beyond ourselves.

4TH JULY FIREWORK SAFETY

Enjoy your 4th of July festivities. It is a great time to enjoy family and friends and a night of fireworks and sparklers. Who doesn’t remember as a kid the awe and thrill of watching the night light up brilliantly.

But please use safety and caution as a part of your evening. For more information, google The National Council of Firework and Safety.

Use fireworks outdoors only. Obey local laws. If fireworks are not legal where you live, do not use them.

Always have water handy. (A hose or bucket).

Only use fireworks as intended. Don’t try to alter them or combine them.

Never relight a “dud” firework. Wait 20 minutes and then soak it in a bucket of water.

Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.

Alcohol and fireworks do not mix. Have a “designated shooter.”

Only persons over the age of 12 should be allowed to handle sparklers of any type.

Do not ever use homemade fireworks of illegal explosives: They can kill you! Report illegal explosives to the fire or police department in your community.

The National Council on Fireworks Safety invites you to celebrate our nation’s heritage on the Fourth of July, but celebrate safely.



BEST BURGER EVER

As there are a zillion secrets to the “best” burger ever, and we needed a recipe for this article, we dropped to what common sense would dictate, and went to google: best burger. That key stroke action brought us to allrecipes.com. For about 20 minutes of effort and less than 400 calories we are delighted to print the following recipe for Best Burger ever!!!



- Ingredients:
- 2 pounds of extra lean ground beef
 - 1 ounce dry onion soup mix (that is 1 package)
 - 1 egg, light beaten
 - 2 teaspoons hot pepper sauce
 - 2 teaspoons of Worcestershire sauce
 - ¼ teaspoon ground black pepper
 - ¾ cup rolled oats.

Directions:
Heat grill. Mix ingredients and make six burgers. Grill over medium heat

for 10 – 20 min. When you get to the topping, if you aren’t celebrating something spectacular, why not think thin for the toppings. You can use chutney, salsa, tomato slices and veggies. Use sour cream or mayo that is the low fat version. If you feel Hawaiian, put some pineapple rings (grilled) on top.

Gotta have that bacon.... Why not try Canadian bacon or turkey bacon, it has less calories? As for that most necessary cheese you need, substitute a strong flavored reduced fat cheese.

Select from a whole grain bun instead of that white flour bun to give yourself a bit of fiber while indulging.

For more information go to : How to Make Low Fat Burgers, Where’s the Beef? By Fiona Haynes, About.com Guide



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