



The POST

January / February 2021 Newsletter

Programs and Services for Seniors, Adults with Disabilities and Their Families and Caregivers

Nutrition for Seniors Impacts Health and Longevity

Recent United Nations population statistics estimate that there are 317,000 centenarians worldwide at present, a number projected to grow to 3 million by 2050, reaching 18 million by 2100. Per capita, Japan leads the world with 35 centenarians per 100,000 — followed by France at 27, and the U.S. at 22. Research indicates that genetics account for just 20-30% of an individual’s life span, with the rest accounted for by diet and lifestyle choices.

Among the many studies on those who bypass the 100-year benchmark, physical activity is a recurring theme – successful agers take the stairs, swim, golf,

bike, etc. In the famous Okinawa study, centenarians do T’ai chi and karate. They also exercise their brain, reading, painting, even sculpting. Exercise — for brain and body — is just one part of the longevity equation: Eating nutrient-dense fruit and vegetables helps to reduce DNA damage, while getting enough B6 from bananas, wild salmon, spinach and red bell peppers helps support DNA repair.

While genes may play a smaller role than you think, don’t discount gender: Female centenarians outnumber males by a 9:1 ratio. But men have another advantage: having reached the 100 mark, they are generally healthier and less likely to suffer dementia. Regardless

of genes or gender, data does point to several “to do’s” if you aim to stick around for as long as possible:

- Maintain close positive ties with family and friends.
- Eat more fruit and vegetables: the Okinawans eat an average of seven servings daily!
- Favor omega-3 fatty acids and plant oils over animal fats.



(Continued on page 3)

Find information about our online classes, programs and services inside this issue!



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ADRC at Lincoln Center

1519 Water Street
Stevens Point, Wisconsin 54481

Monday – Friday 7:30 A.M. to 4:30 P.M.

Voice: 715-346-1401 or
Toll free, 1-866-920-2525

adrc@co.portage.wi.us
<http://www.co.portage.wi.us/department/adrc>

Mission Statement

The mission of the Aging & Disability Resource Center is to support seniors, adults with disabilities, and their families and caregivers by offering easy access to services and by fostering a caring community that values lifelong contributions, maximum independence, and individual dignity.

*The Aging & Disability
Resource Center of
Portage County is on
Facebook!*



The Post is published bi-monthly. Copies are available at the ADRC at Lincoln Center, ADRC Nutrition Senior Dining Sites, and at various locations throughout Portage County.

To view The Post online or to subscribe to email notifications when new issues become available, visit

[OurSeniorCenter.com](https://ourseniorcenter.com)

<https://ourseniorcenter.com/find/adrc-aging-disability-resource-center-of-portage-county>

Community Resources

Benefits Counseling
Chore Provider List
Elder/Domestic Abuse Referral
Family Consultations
Housing Referral
Information & Assistance
Long-Term Care Functional Screening
Options Counseling
Supportive Home Care Referral
Transitional Youth Services

Nutrition Services

Liquid Supplements
My Meal My Way
Senior Dining Sites
Home-Delivered Meals

Caregiver Support Services

Adult Day Center
Dementia Friendly Community Initiative
Memory Screening
Volunteer Caregiver Program

Transportation Services

Rides to senior center, dining sites, Adult Day Center, volunteer work stations, grocery shopping, medical appointments coordinated by Central Transportation

Senior Center

Educational Programs
Evidence-Based Health Programs
Recreation and Social Events
Health and Exercise Programs
Creative Classes and Activities

Volunteer Resources

RSVP
Foster Grandparent Program

Other Services

Adaptive Equipment Loan Closet
Newsletter - The Post
Project Lifesaver
Telecare Telephone Reassurance
Safe & Sound
Support Groups
Vital Information Program

SERVICES

(Continued from page 1, Longevity)

- Try meditation or prayer: One study found that having a dutiful disposition could lower dementia risk by 90% while regular meditation was found to thwart age-related thinning of the prefrontal cortex.

Article by the Dole Nutrition Institute
(originally published 2/1/2013)

The Aging & Disability Resource Center (ADRC) of Portage County offers services and programs that can help with lifestyle and nutrition. Read through the pages in this issue of The Post Newsletter to see what's



Medicare 101 Virtual Classes Mondays, Jan. 18, Feb. 15, & Mar. 15 10 a.m. - 12 p.m.

The Aging & Disability Resource Center's Elder Benefit Specialists (EBS) will offer virtual Medicare classes using a ZOOM platform. This class is designed to help anyone enrolling into Medicare for the first time better understand their available options.

Topics covered will be the basic parts of Medicare (A, B, C, D), how they work, how to enroll, the additional insurance options available, drug coverage requirement, along with the Extra Help program and Medicare Savings program which are designed to help with Medicare costs. It is suggested that you attend one session three to four months prior to starting Medicare.

Classes will be limited to 20 students and reservations are required by calling Reception.

If you are unable to attend an internet meeting, please call to arrange to meet with an EBS in person or by phone at 715-346-1401 or toll free, 1-866-920-2525.

PLEASE CALL AHEAD FOR APPOINTMENTS



To continue to provide efficient and prompt service to as many clients as possible, we ask that you call the Aging & Disability Resource Center (ADRC) at 715-346-1401 or 1-866-920-2525 to make an appointment before coming to the office to see the elder or disability benefit specialists.

Calling ahead will ensure that someone is looking to let you into the building. It will also prevent anyone from having to wait if staff are unavailable, and will help us assist people in a more confidential and timely manner.

If you are meeting with staff in-person, your temperature will be checked, you will be asked to answer a few screening questions and safety precautions will be followed. A mask is required for all visitors. We ask that you follow social distancing, when possible.

Thank you on behalf of the ADRC Elder Benefit Specialists and Disability Benefit Specialists.



VIRUS PREVENTION

All visitors entering the Aging & Disability Resource Center at Lincoln Center are required to wear a face mask or cloth face covering.

Please bring your own face mask/cloth covering with you, if possible; if not, a mask will be provided.



AGING IN PLACE

Village Scheduled Presentations

Most, if not all, of us want to stay healthy and live in our own homes without having to move again especially to a “facility.” There are many options for Aging in Place. One model is based on people in their 70’s who founded a “Virtual Village” in Beacon Hill, Massachusetts to help them stay in their homes/apartments.

If you are interested in Aging in Place and would like to explore creating a “Village” here in Portage County; join us for discussion and action to make it work here where we live. We can demonstrate that old doesn’t mean “unable” and/or “incapable.” Right now there are over 220 “Virtual Villages” in operation across the U.S.

Here is a list of the introductory presentations and the links to copy and paste into your browser to join the Zoom meetings.

Introduction to the Village Concept, Principles and Modes of Operation

Monday, Jan. 4, 9:30 – 10:30 AM

Wednesday, Feb. 3, 11 AM – 12 PM

Wednesday, Mar. 3, 11 AM – 12 PM

Saturday, Apr. 3, 11 AM – 12 PM

Monday, May 3, 11 AM – 12 PM

Meeting ID

839 7834 3970

Security

Passcode Waiting Room

Invite Link

<https://us02web.zoom.us/j/83978343970>

Introduction to the Village Concept, Principles and Modes of Operation

Mondays, Jan. 4, Feb. 1, Mar. 1, Apr. 5

10 – 11 AM

Meeting ID

827 8167 3881

Security

Passcode Waiting Room

Invite Link

<https://us02web.zoom.us/j/82781673881>

Introduction to the Village - Stay in Your Home as You Age

Description of the Village Concept, Model and Organization

Tuesdays, Jan. 5, Feb. 2, Mar. 2, Apr. 6

7:30 - 8:30 PM

Meeting ID

864 2087 2105

Security

Passcode Waiting Room

Invite Link

<https://us02web.zoom.us/j/86420872105>



Sudoku *Answers on page 24*

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			8				4	
	3				2			8
				6	7			9
			7	9	6	2		
								4
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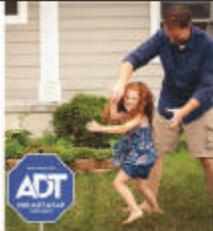
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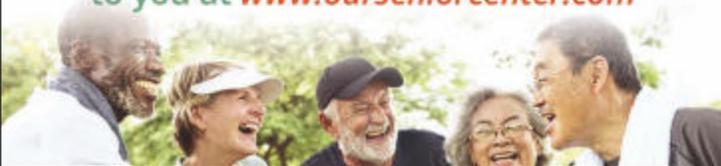
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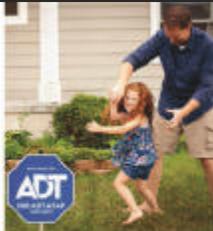
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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



For ad info. call 1-800-950-9952 • www.4lp.com

Ageing & Disability Resource, Stevens Point, WI

A 4C 01-1420

FOR CAREGIVERS



Are you a caregiver?

Like many people, you may not realize you're a caregiver. You might think of what you do as simply helping someone important to you – a spouse, partner, parent, or friend. If you are

helping with things like medications, grocery shopping, doctor visits, laundry, or household chores, the **Powerful Tools for Caregivers** workshop is for you.

Whether the person lives at home or in a nursing facility, close by or across the country, **Powerful Tools** can help you with the challenges that come with your role as a caregiver.

Powerful Tools is a six-week workshop that teaches you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional and financial needs, you become a better caregiver.

The workshop gives you the tools to:

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate effectively with the person needing care, family members, doctors, and paid helpers.

VIRTUAL Powerful Tools Workshop Schedule **Wednesdays**

Jan. 13 – Feb. 17, 1 – 2:45 p.m.

*To participate in this virtual class, you must have access to a computer or tablet with internet, audio and camera. The suggested contribution for the six-week session, the *Caregiver Helpbook* and other program costs is \$25.

Registration:

Enrollment is limited. To register, contact Scott or Kacie at the Aging & Disability Resource Center (ADRC) of Central Wisconsin.

Call: 1-888-486-9545

Email: scott.seeger@adrc-cw.org

kacie.niemuth@adrc-cw.org

Website: www.adrc-cw.org

Workshop dates are subject to change. Reasonable accommodations will be made for persons with disabilities. If you require an accommodation, contact the ADRC of Central Wisconsin at least 5 days in advance.

Skip the Resolutions and Set New Year's Goals

Most New Year's resolutions are discarded pretty quickly. Studies have shown that less than 25% of people remain committed after 30 days. Yet there is value in setting goals to make things work more smoothly and to be sure you are living in a way that is true to yourself rather than always fulfilling the needs and expectations of others.



Before setting New Year's goals this year, I encourage caregivers (myself included) to begin by taking some time to think about this quote from author K. L. Toth, "*One of the greatest tragedies in life is to lose your own sense of self and accept the version of you that is expected by everyone else.*" Caregiving is a role often defined by the expectations of other people – the person you're caring for; other family members and friends; and medical, legal, and human services professionals. Take a little time to focus on your needs and what you might like to bring into your life as you look ahead to a new year. Think about how you can practice self-kindness, open yourself to new solutions as the caregiving landscape changes for you, and reach out for help when you need it.

(Continued on page 7)

(Continued from page 6, New Year's Goals)

A list of goals might include:

Committing to something enjoyable

This could be anything from scheduling a daily walk or setting aside time to read a good book to taking on a fun project like learning to knit, recreating a dish from your favorite cooking show, playing an instrument, or learning to paint. You could even take this a step further by finding an online book club or class for cooking, painting, yoga or other activity. Commit to one thing and schedule it. Carving out time that feels good and reflects your authentic self is critical to your health and well-being.

Delegating and asking for help

Delegating and asking for help ensures that you can keep your commitment to doing something for yourself. Can someone call and visit with your care partner while you attend your class, group, or practice? Is there a family member, friend, or neighbor who wouldn't mind regularly taking over a chore that would free up some time for you? If there isn't anyone who comes to mind, brainstorm with professionals at local resources to see what's available.

Planning for your Care Partner's future

There may come a day when you are no longer able to provide care due to your own limitations or because your care partner's needs are too advanced to handle. Research available options knowing that doing so can save time and stress in the future and can bring peace of mind now. And, difficult as it may be, determine who would provide care if anything interfered with your ability to do so. Designate that person as the alternate to care for your loved one in your will. Contact the Aging & Disability Resource Center at 715-346-1401 or toll free, 1-866-920-2525 for assistance and referrals.

—Jane De Broux,
Caregiver Program Coordinator
Area Agency on Aging of Dane County

Dementia Friendly Community Events

For more information or to register for these sessions, please contact the Aging & Disability Resource Center (ADRC) at 715-346-1401 or toll free, 1-866-920-2525.

Virtual Caregiver Support Group

2nd Wednesday of each month, 1:30pm

3rd Tuesday of each month, 4:30 p.m.

Last Wednesday of each month, 1:30 p.m.

Join us by video or audio for our monthly Caregiver Support Group, open to all caregivers.

Dementia and Sexuality – Two Part Series

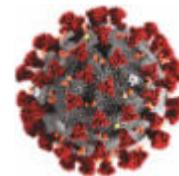
Thursday, Jan. 21 & Feb. 18, 1 p.m.

Join us by video or audio as Regional Ombudsman Karee Slaminski provides a two-part series on Dementia and Sexuality. Part one will discuss balancing rights and protection and look at sexual assault versus consensual intimacy. The presenter will give a brief overview of the four guidelines used to determine consent. Part two will include a closer look at the four guidelines of consent and assessing the ability to consent. Staff roles in considering policy and procedure will be discussed.

Taking Care of the Caregiver: Resilience and Coping Amidst Covid-19

Wednesday, Feb. 24, 1 p.m.

Join us for a discussion with Andrea Gilmore-Bykovskiy, PhD, RN from UW Madison, about maintaining mental health and a sense of well-being while caregiving for others. We will discuss strategies that you can use to identify and respond to sources of stress, and the new challenges imposed by Covid-19. We'll talk about signs and symptoms that indicate when it's time to seek professional support and related resources for our mental health needs.



**Living with Alzheimer's:
For Care Partners, Early Stage
Tuesdays, Feb. 9, 16 & 23
11 a.m. – 12:30 p.m.**

In the early stage of Alzheimer's disease, families face many new questions. What

(Continued on page 8)

ADRC PROGRAMS

(Continued from page 7, Alzheimer's - Early Stage)

does the diagnosis mean? How do we plan for the future, and what resources are available to help?

Join us for this three-part series that answers these and other questions that arise in the early stage. Hear from other care partners and individuals living with Alzheimer's and learn tips and strategies to help you support a person living with the disease.

To register for this program, please call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900 or JoAnn Janikowski, Outreach Specialist, Alzheimer's Association at 715-803-6779.



AmeriCorps

Retired and Senior Volunteer Program Lincoln Center Pen Pal Program

We have expanded our Pen Pal Program! Several people have inquired about having an "e-pal" and we love the idea! In addition to the traditional handwritten notes and letters through pen pals, we offer the option to communicate via email. To be paired with a pen pal or e-pal, contact the Retired and Senior Volunteer Program (RSVP) at the ADRC at Lincoln Center, 715-346-1401 or 1-866-920-2525 for more information and to get started.

Free Tax Preparation Services

Each year, RSVP volunteers provide free tax preparation and filing services under the AARP Tax Aide program for more than 800 individuals in Portage County.

Unfortunately, the pandemic abruptly suspended that service last March. It may look

different this year, but we hope to operate the AARP Tax Aide program at Lincoln Center once again for the 2020 tax filing season. We anticipate a final decision from AARP by early January. Though we do not have an answer at this time, we will make an announcement as soon as we receive a final decision. We appreciate your patience.

Phone Friends

Loneliness and social isolation have affected many during recent months. As winter rapidly approaches, those feelings can increase. To combat those feelings, consider a phone friend.

RSVP volunteers have been reaching out to almost 100 people, via phone, through our Phone Friends and Telecare programs. From once to several times a week, volunteer callers stay connected with participants. For everything from a brief check-in to a lengthier conversation, the callers reach out to provide reassurance and support.



If you are interested in receiving or making calls, please contact RSVP at 715-346-1401 or 1-866-920-2525 for more information.

ACCORDING TO THE OLD FARMERS' ALMANAC...

In the Upper Midwest (Minnesota and Wisconsin and northern Michigan), snowfall will be above normal. In the eastern Dakotas, snowfall will be below normal. The snowiest periods will be in late December, early and late January, late February, and early March.

Winter Weather May Cause Cancellations/Closures

The Aging & Disability Resource Center (ADRC) may need to cancel services when severe weather conditions are present. Generally, if schools are closed, the ADRC will close. Tune in to local radio and TV stations for cancellation announcements and notices for the Aging and Disability Resource Center of Portage County or Aging/ Disability – Portage County. The local TV channels that we post on are WAOW Channel 9 TV and WSAW NewsChannel 7.



In addition, these radio stations:

WIZD 100 FM, WSPT 98 FM, WSAU 99.9 FM, WYTE 106.5 FM, B-104.9 FM and 1010 AM will share our cancellation notices.

Nutrition Program meal participants should be prepared to provide their own meals on a cancellation day. Home-delivered meal participants will receive a phone call check check to ensure safety with each closure. Please remember if personal travel is necessary, plan for trips. Inform someone of the route you will be taking. For Wisconsin road conditions, visit www.511wi.gov for a map or call 1-866-511-9472.

When making donations by check...

The Aging & Disability Resource Center (ADRC) Nutrition Program depends on participant contributions to cover about a third of the costs of the meals provided. If you choose to donate by check, please make your check out to Portage County Treasurer and note ADRC Nutrition on the memo line. Checks can be mailed to the ADRC at 1519 Water Street, Stevens Point, WI 54481.

Thank you for your help; your donations are greatly appreciated!




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NUTRITION EVENTS & SERVICES

Nutrition Happenings

Registration for meals is required in advance by calling 715-346-1401 or toll free, 1-866-920-2525. The suggested donation is \$4 per meal for people 60 and older. No eligible participants will be denied a meal based on the ability to donate towards the cost of the meal.



Soup and Sandwich Wednesdays Beginning Wed., Jan. 6 at Lincoln Center

We know that piping hot bowls of comfort can only help take the chill out of winter! In the deep chill of January, we will offer a soup and sandwich meal on our Curbside Pickup Program menu. Registration is required; call to register for a pickup time no later than Thursday of the week before.

A SWEET AND SAVORY VALENTINE LUNCH

Wednesday, Feb. 10 at Lincoln Center



It's time for the Nutrition Program's annual Valentine's Day meal. This year, the meal will be distributed through our Curbside Pickup Program. Home-delivered meal participants will receive their meal

on Thursday, February 11. Call to register for a pickup time no later than Thursday, February 4.

Ash Wednesday Meal

Wednesday, Feb. 17 at Lincoln Center

A delicious cod dinner will be distributed through our Curbside Pickup Program. Call to register for a pickup time no later than Thursday, February 11.

Wisconsin Chili Lunch

Wednesday, Feb. 24 at Lincoln Center

We are excited to offer a locally-sourced Wisconsin Chili Lunch event, showing our support

for local farmers. A chili lunch, made with local ingredients, will be distributed through our Curbside Pickup Program. Home-delivered meal participants will receive their chili meal on Thursday, February 25.



Call to register for a pickup time by Thursday, February 18.

Nutrition Services

These meal options are available during the pandemic for Portage County seniors age 60 and older. If you are interested in any of the options, call the ADRC Nutrition Program at (715)346-1401 or toll-free 1(866)920-2525.

Curbside Pickup – participants will receive one hot meal and the number of frozen meals that they need (up to four). A weekly pickup time is scheduled by prior arrangement.

Home-delivered meals – hot meals are delivered on Mondays, Tuesdays and Thursdays. Options to receive frozen meals are available for the days that we do not deliver. Registration is required.

Shelf stable meals – a supply of pantry ready or shelf-stable meals can be picked up on curbside pick-up day or on other days by prior arrangement.

Liquid Nutrition Supplements - Ensure® and Ensure Plus®, are available through the ADRC Nutrition Program for individuals who are recovering from surgery, have a poor appetite, are not able to eat a diet that contains adequate nutrients, or simply need to gain weight. A written referral from a health professional is required prior to pickup.

JANUARY 2021 MENU

All meals include choice of milk.

Suggested donation is \$4.00 for people 60 or older. No eligible participant will be denied a meal based on ability to contribute toward the cost of the meal.

Call and talk to site manager to learn more about this program available to all seniors in the community.

Lincoln Center 715-346-1401
Amherst 715-347-4856

Hi-Rise 715-346-1401
Junction City 715-347-4856

Rosholt 715-572-8918
Plover 715-346-1401



When locally grown produce is featured on a menu the day's menu background will be yellow. Whether you are enjoying at home or coming to a meal site we are glad you can enjoy the taste of foods grown in the heart of Wisconsin. Using local foods supports local farmers, improves the nutrient content of the food, and saves resources.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Home Delivered	Home Delivered	CURBSIDE	Home Delivered	NO SERVICE
	Menu subject to change			1
4 Chicken pot pie Green beans Fruit crisp Ice cream	5 Baked cod with lemon butter sauce Parsley red potatoes Corn Rye bread Banana	6 Chicken Waldorf sandwich Split pea soup Peaches Pudding	7 Meatloaf Gravy Whipped potatoes Carrots Whole grain roll Peaches	8
11 Tuna and noodle casserole Carrot coin Mixed fruit Cookie bar	12 Chicken breast over spaghetti with tomato and basil Wax beans Pears	13 Meatloaf sandwich w/ horseradish mayo Garden vegetable soup Herb potato salad Warm cinnamon applesauce	14 Eggs w/ ham and vegetables Sweet potatoes Warm cinnamon applesauce Raisin bread	15
18 Swedish meatballs Egg noodles Mixed vegetables Beets Chef choice fruit	19 Vegetarian lasagna Green beans Bread slice Warm cinnamon apple slices	20 Ham wrap with horseradish mayo Chicken rice soup Mixed fruit Cookie bar	21 Twice baked potato w/ ham and cheese Steamed broccoli Spiced pears Cake	22
25 Lemon pepper cod Mushroom rice Roasted broccoli Gelatin with fruit	26 Hunters stew Egg noodles Glazed carrots Peas Peaches w/ grapes	27 Grilled pimento cheese quesadilla Chicken tortilla soup Corn and bean salsa Banana pudding with wafers	28 Pulled BBQ chicken Whole grain bun Baked beans Vegetable blend Mandarin oranges	29

FEBRUARY 2021 MENU

All meals include choice of milk.
Suggested donation is \$4.00 for people 60 or older. No eligible participant will be denied a meal based on ability to contribute toward the cost of the meal.

Call and talk to site manager to learn more about this program available to all seniors in the community.
Lincoln Center 715-346-1401 Hi-Rise 715-346-1401 Rosholt 715-572-8918
Amherst 715-347-4856 Junction City 715-347-4856 Plover 715-346-1401



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Home Delivered	Home Delivered	CURBSIDE	Home Delivered	NO SERVICE
	Menu subject to change			
1 Honey Dijon chicken Glazed carrots Broccoli Applesauce Whole grain bread slice	2 Cabbage roll Tomato sauce Boiled potatoes Mixed fruit Dinner roll w/ Butter	3 Ham and Swiss sandwich Potato corn chowder Green beans Fruit crisp	4 Chicken pot pie Green beans Fruit crisp Ice cream	5
8 Hearty sausage and squash stew Mixed vegetables Peaches Cake	9 Jambalaya stew over rice Corn Gelatin with fruit	10 Beef tips with mushrooms Spätzle Baked potato Broccoli Cheesecake with berries	11 Beef tips with mushrooms Spätzle Baked potato Broccoli Cheesecake with berries	12
15 Roasted pork with mustard sauce Brussels sprouts Baked potato Dinner roll Mixed fruit	16 Kielbasa Macaroni & cheese Baked beans Carrots Pączki	17 Tuna salad Tomato basil Cinnamon applesauce Vanilla ice cream	18 Honey BBQ chicken breast Corn Baked Beans Pears Pumpkin bar	19
22 Oven roasted chicken Mushroom rice Green beans Butternut squash Mandarin oranges	23 Pork and sauerkraut casserole Parsley buttered potatoes Chilled mixed fruit Fruit cobbler	24 Chili loaded baked potato Whole grain dinner roll Broccoli Banana pudding with wafer	25 Chili loaded baked potato Whole grain dinner roll Broccoli Banana pudding with wafer	26

Understand the Dangers of Carbon Monoxide

On average, carbon monoxide poisoning sends about 500 Wisconsinites to the emergency room each year. To protect yourself and your family from carbon monoxide, follow these safety tips:

Make sure you have working carbon monoxide detectors.

All homes and duplexes in Wisconsin are required to have detectors on every level, including the basement, but not the attic or storage areas. Detectors can be purchased at most hardware stores for \$20-50. Daylight Savings Time is a good time each year to replace the

batteries in your detector and push the "Test" button to be sure it's working properly. Replace your detector every five years or according to manufacturer's instructions.

Have your furnace or wood-burning stove inspected annually. Hire a professional to make sure it is functionally sound and vents properly outside the home.

Never run a gasoline or propane heater or a grill (gas or charcoal) inside your home or garage. Any heating system that burns fuel produces carbon monoxide. Use a battery-powered detector where you have fuel burning devices but no

electric outlets, such as in tents, cabins, and RVs.

Generators should be run at a safe distance (at least 20 feet) from the home. Never run a generator in the home or garage, or right next to windows or doors.

Never run a car in an enclosed space. Even with a door or window open, carbon monoxide levels can still build up to an unsafe level.

Article adapted from the Wisconsin Department of Health Services Website: <https://www.dhs.wisconsin.gov/air/co.htm>

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Aging & Disability Resource, Stevens Point, WI

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INFORMATION

Kale for Keen Vision

January is when many make resolutions to turn over a new leaf — it's also National Glaucoma Awareness Month. So why not combine the two by resolving to eat more dark leafy greens, like kale and collards. Why? A recent study found that older women who eat kale or collard greens at least once a month decreased their odds of developing glaucoma by nearly 70%.

About 2 million

Americans over age 40 suffer from some form of glaucoma — a buildup of fluid pressure in the eye that damages the optic nerve, making it the second leading cause of blindness worldwide.



Researchers at the University of California, Los Angeles, wanted to explore the link between consumption of fruit and vegetables and incidence of glaucoma. Looking at dietary data for 1,155 women age 65 and older — 8% of whom had glaucoma in at least one eye — they found a higher intake of certain produce items correlated with lower risk. In addition to kale and collard greens, a weekly consumption of carrots yielded a 64% lower risk, while at least a weekly serving of peaches (processed) translated into a 47% lower risk.

Previous research suggests a diet rich in fruit and vegetables may also play a role in reducing the risk of cataracts and age-related macular degeneration (AMD). One study found that high intakes of lutein and zeaxanthin, plant compounds concentrated in leafy greens, delivered an 18% lower risk of developing cataracts. Leafy greens — and orange-colored fruit and vegetables — are also rich in beta-carotene, which when converted to vitamin A helps support overall eye health.

Source: Dole Nutrition Institute (originally published 1/1/2016)

The Aging & Disability Resource Center (ADRC) of Portage County offers services and programs that can help with lifestyle and nutrition. Read through the pages in this issue of The Post Newsletter to see what's offered this January and February.

On This Day in History...

January 4, 1935: Bob Hope was heard for the first time on network radio as part of "The Intimate Revue."

January 5, 1961: "Mr. Ed," the television show about a talking horse, debuted and ran for six years.

January 6, 1952: The cartoon "Peanuts" by Charles M. Schulz was first published in Sunday papers.

January 11, 1935: Amelia Earhart Putnam became the first person to fly from Hawaii to California.

January 13, 1930: The "Mickey Mouse" comic strip was born.

January 16, 1920: Prohibition went into effect in the U.S. and lasted until December 5, 1933.

January 19, 1953: 68% of all TV sets in the U.S. were tuned to CBS as Lucy Ricardo of "I Love Lucy" gave birth to a baby boy.

January 20, 1937: Franklin Delano Roosevelt became the first U.S. President to be inaugurated on this newly set date for swearing in.

February 7, 1964: The Beatles arrived on their first visit to the U.S., where thousands of fans greeted them at New York's Kennedy Airport.

February 12, 1915: The cornerstone of the Lincoln Memorial was laid in Washington, D.C.

February 19, 1945: U.S. marines landed on Iwo Jima. The battle there ended on March 26.

February 22, 1924: U.S. President Calvin Coolidge delivered the first presidential radio broadcast from the White House.

©LPi

WHAT ARE THE DIFFERENT TYPES OF COVID-19 TESTS?

It's important to know that anyone with one or more symptoms of COVID-19 needs to be tested and should isolate immediately upon noticing symptoms.

Symptoms of COVID-19:

- New or worsening cough
- Shortness of breath
- Runny nose
- Body aches/fatigue
- Sore throat
- Vomiting and/or diarrhea
- Headache
- Fever/chills
- Loss of taste and/or smell

PCR/NAAT TESTS:

PCR Tests are the "gold standard." They detect viral genetic material (RNA) in a person's nose or throat. Although results take longer (3-7 days), they are the most accurate tests for COVID-19.

PCR tests are available at Portage County's free community testing site or with your healthcare provider.

ANTIGEN TESTS:

Similar to a rapid strep or influenza test, results of a COVID-19 antigen test are typically known within the hour. These test samples are analyzed at the place of testing. Antigen tests work best when used on people with symptoms. A follow-up PCR test is required within 48 hours if you have symptoms and test negative or have no symptoms and test positive.

Antigen tests are available through your healthcare provider or through UWSP's Surge Testing.

ANTIBODY TESTS:

Antibody blood tests show if a person has evidence of antibodies against COVID-19, meaning they were previously infected. This does NOT mean they are immune and won't get COVID-19 again.

Antibody tests are only available through a healthcare provider and may be used to identify a past infection.

Speak with your healthcare provider about which test might be right for you. For questions, call Portage County Public Health at 715-345-5350, option 8.



PORTAGE COUNTY
HEALTH AND HUMAN SERVICES
Division of Public Health



ACTIVITIES



- F 1/1 Virtual StrongBodies - 10 a.m.
- T 1/5 Virtual Seniorobics - 8:30 a.m.
Virtual Arthritis Foundation Exercise Program (AFEX) - 10 a.m.
- T 1/7 Virtual Seniorobics - 8:30 a.m.
Virtual Living Well with Chronic Conditions - 1:30 p.m.
- F 1/9 Virtual StrongBodies - 10 a.m.
- M 1/11 Virtual Fiction Writing - 10 a.m.
- T 1/12 Virtual Seniorobics - 8:30 a.m.
Virtual Arthritis Foundation Exercise Program (AFEX) - 10 a.m.
- W 1/13 Virtual Caregiver Support Group - 1:30 p.m.
- Th 1/14 Virtual Seniorobics - 8:30 a.m.
- F 1/15 Virtual StrongBodies - 10 a.m.
- M 1/18 Virtual Medicare 101 - 10 a.m.
- T 1/19 Virtual Seniorobics - 8:30 a.m.
Virtual Arthritis Foundation Exercise Program (AFEX) - 10 a.m.
Healthy Living with Medicare - 1 p.m.
Virtual Caregiver Support Group - 4:30 p.m.
- W 1/20 Virtual Diabetes Support Group - 9:30 a.m.
- Th 1/21 Virtual Seniorobics - 8:30 a.m.
Virtual/Video Discussion Dementia and Sexuality - 1 p.m.
- F 1/22 Virtual StrongBodies - 10 a.m.
- M 1/25 Virtual Fiction Writing - 10 a.m.
- T 1/26 Virtual Seniorobics - 8:30 a.m.
Virtual Arthritis Foundation Exercise Program (AFEX) - 10 a.m.
- W 1/27 Virtual Caregiver Support Group - 1:30 p.m.
- Th 1/28 Virtual Seniorobics - 8:30 a.m.
- F 1/29 Virtual StrongBodies - 10 a.m.

The ADRC at Lincoln Center will be closed on Friday, January 1, 2021.





ACTIVITIES



Tuesday,
Feb. 2

- T 2/2 Virtual Seniorobics - 8:30 a.m.
Virtual Arthritis Foundation Exercise Program (AFEX) 10 a.m.
Virtual Living Well with Chronic Conditions - 9 a.m.
- W 2/3 Virtual Diabetes Support Group - 10 a.m.
- Th 2/4 Virtual Seniorobics - 8:30 a.m.
- F 2/5 Virtual StrongBodies - 10 a.m.
- M 2/8 Virtual Fiction Writing - 10 a.m.
- T 2/9 Virtual Seniorobics - 8:30 a.m.
Virtual Living Well with Chronic Conditions - 9 a.m.
Virtual Arthritis Foundation Exercise Program (AFEX) 10 a.m.
Virtual/Video Discussion - Living with Alzheimer's For Care Partners - 11 a.m.
- W 2/10 Virtual Caregiver Support Group - 1:30 p.m.
A Sweet and Savory Valentine Lunch - Curbside event
- Th 2/11 Virtual Seniorobics - 8:30 a.m.
- F 2/12 Virtual StrongBodies - 10 a.m.
- M 2/16 Virtual Medicare 101 - 10 a.m.
- T 2/16 Virtual Seniorobics - 8:30 a.m.
Virtual Living Well with Chronic Conditions - 9 a.m.
Virtual Arthritis Foundation Exercise Program (AFEX) 10 a.m.
Virtual/Audio Discussion - Living with Alzheimer's For Care Partners - 11 a.m.
Virtual Caregiver Support Group - 4:30 p.m.
- W 2/17 Virtual Diabetes Support Group - 10 a.m.
Ash Wednesday Meal - Curbside Event
- Th 2/18 Virtual Seniorobics - 8:30 a.m.
Virtual/Video Presentation Dementia and Sexuality - 1 p.m.
- F 2/19 Virtual StrongBodies - 10 a.m.
- M 2/22 Virtual Fiction Writing - 10 a.m.
- T 2/23 Virtual Seniorobics - 8:30 a.m.
Virtual Living Well with Chronic Conditions - 9 a.m.
Virtual Arthritis Foundation Exercise Program (AFEX) 10 a.m.
Virtual/Video Discussion - Living with Alzheimer's For Care Partners - 11 a.m.
- W 2/24 Virtual Caregiver Support Group - 1:30 p.m.
Wisconsin Chili Lunch - Curbside Event
Virtual/Audio Discussion - Taking Care of the Caregiver - 1 p.m.
- Th 2/25 Virtual Seniorobics - 8:30 a.m.
- F 2/26 Virtual StrongBodies - 10 a.m.



EVIDENCE-BASED HEALTH PROGRAMS

Facts about the Flu Vaccine and COVID-19

The race toward a vaccine for COVID-19 continues and many clinical trials are in the end stages of testing. While waiting for the vaccine, experts from the Centers for Disease Control and Prevention (CDC) and Mayo Clinic are urging people to get vaccinated for another infectious disease: influenza, or as it is most commonly known - the flu. These experts point out that while there have been questions about whether the flu vaccine could affect the effectiveness of a potential COVID-19 vaccine, Dr. Gregory Poland, a Mayo Clinic vaccine expert, says that there is absolutely no scientific evidence that this would happen. Instead, he points out that there is evidence that the flu alone sickens tens of millions of people in the U.S. every year, hospitalizes hundreds of thousands and kills tens of thousands.

Getting your flu vaccine is important on many levels. Two studies of more than 20,000 people conclude that being infected with COVID-19 and the flu at the same time doubled the death rate. Dr. Poland says that getting the flu shot appears to lower – not increase – the death rate of people who get simultaneously infected. It decreases symptoms. It decreases demand on the medical system. It decreases the anxiety that some people are naturally going to have in the midst of this pandemic.

Some individuals incorrectly believe that the flu vaccine can actually give a person the flu or increase your risk of getting COVID-19, but this is not true. While the flu vaccine does not protect people from getting COVID-19, it is especially important to get the flu vaccine this year. The flu vaccination could reduce symptoms that might be confused with those caused by COVID-19. Preventing the flu and reducing the severity of illness and hospitalizations could also reduce the number of people needing to stay in the hospital.

Doctors agree: getting vaccinated for the flu and getting vaccinated as early as possible is an important, safe and effective thing everybody can and should do. The CDC recommends that everyone over the age of six months get vaccinated for the flu each year, and it is extremely important that older adults receive the vaccine.

NO FLU for you

Protect Yourself. Protect Others. Get a Flu Shot.

For a listing of where flu shots area available in our community, call the Aging & Disability Resource Center (ADRC) at Lincoln Center, 715-346-1401 or toll free, 1-866-920-2525 or contact your medical provider.

Healthy Living with Medicare Tuesday, Jan. 19, 1 - 2 p.m.

Join us for a conversation about Medicare Preventative Services

and wellness. Learn about preventative services covered under Medicare including the Welcome to Medicare Exam, annual wellness exams, and other screening services offered. We'll discuss programs in your community that can help you to improve your health and to adopt healthy behaviors and habits. Presented by ADRC Elder Benefit Specialist Lindsey Holden and Health Promotion Coordinator Kate Giblin.

For more information on these Evidence-Based Health Programs, call the ADRC at Lincoln Center at 715-346-1401 or toll free, 1-866-920-2525.



Winter Fall Prevention

What seem like simple everyday actions such as walking out the front door in slippers, stepping out of a car in a parking lot or going on an afternoon stroll can suddenly become treacherous in Wisconsin in the dead of winter, leading to falls and injury.

Take these steps to prevent falls:

- Take care in risky locations; (grab a grocery cart out of the coral to hold onto).
- Be cautious and allow for extra time. No rushing!

(Continued on page 19)

(Continued from page 18, Falls)

- Change your walking style for greater stability. (Walk wide like a penguin!)
- Dress appropriately (even if you are just running out to the bird feeder).
- Have a cellphone with you at all times.
- Clear and salt your walks.
- Ask your doctor to assess your personal risk of falling.
- Take a *Stepping On for Falls Prevention* Workshop when available at the ADRC at Lincoln Center.



If you fall:

Don't get up right away or let anyone help you up immediately; this avoids the potential of causing further injury. After assessing your injury status, if you can get up, roll to one side. Bend your knees toward you, push up with your arms and then use your legs to stand up the rest of the way. If possible, use a chair and sit down immediately just in case you get dizzy. Use your cellphone or mobile medical alert device if you need assistance getting up from a fall. Our fire departments are available to help citizens get up from falls, even if no injury is present.

Evidence-Based Health Programs

are educational workshops and classes based on data collected by scientific studies. Evidence shows that participation in these programs can prevent disease, prevent falls, and improve health.



Thanks to the generous support of our funders like the United Way of Portage County, your cost is minimal. The suggested donation is listed under each class. This year, we have new options for our workshops. You can participate in classes online using the Microsoft Teams platform, or you can sign up for telephone conference calls.

Telephone coaching available upon request for these workshops:

Healthy Living With Diabetes

This online or telephone workshop is designed to help adults with type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence in managing their diabetes. Class consists of one session each week for seven weeks. Participants receive the class book, *Living a Healthy Life with Chronic Conditions*. Materials can be picked up curbside at Lincoln Center after registration. Suggested donation for the class textbook and materials is \$30.

Living Well with Chronic Conditions

This online or telephone class is designed to improve self-

management skills for people living with any chronic health issues such as diabetes, arthritis, high blood pressure, emphysema, obesity. This class meets for seven weeks. Participants receive the class book *Living a Healthy Life with Chronic Conditions*. The suggested donation is \$30 to cover cost of book and materials.

Living Well with Chronic Conditions

Tuesdays, Feb. 2 - Mar. 9, 9—11:30 a.m.

This class is designed to improve self-management skills for people living with any chronic health issues such as diabetes, arthritis, high blood pressure, emphysema, obesity. This class meets for seven weeks.

Participants receive the class book *Living a Healthy Life with Chronic Conditions*. The suggested donation of \$30 is to cover cost of book and materials.

Healthy Living with Chronic Pain

Chronic pain can be managed in many ways. This six-week online or telephone workshop is for adults who are dealing with chronic pain. Research shows that the mind and the body are interconnected in the experience of pain. Emotions, feelings and thoughts directly influence pain and how it affects us. Register now for our new chronic pain workshop to explore ways to better manage your chronic pain. You'll build your "toolbox", practice new concepts, and share your experience with others. Week by week, you'll see

(Continued on page 20)

SENIOR CENTER

(Continued from page 19, Chronic Pain)
what works for you and take steps toward healthier living. The suggested donation for this class is \$30 for the course textbook.

Virtual Workshops (a computer, tablet, or smart phone with internet service required.)

**Arthritis Foundation Exercise Program (AFEX)
Tuesdays and
Thursdays
10 – 11 a.m.**



This live, online class is specifically designed for people with arthritis, but is helpful for anyone. Gentle activities increase joint flexibility and range of motion to help maintain muscle strength and increase stamina. Call in advance to register for class and test your internet-based device to ensure that it will work the day of class. You can join at any time. Suggested donation is \$17 for ten classes or \$2 per class.

**StrongBodies™
Mondays, Wednesdays, and Fridays
10 – 11 a.m.**



In partnership with UW Extension, we are proud to offer the StrongBodies™ Program. StrongBodies™ is a national evidence-based community program for midlife and older adults. The strength training program is a one-hour class held three times per week. You can join the class any time during a session. Hand and ankle weights are available to borrow; donations are appreciated.

ADRC at Lincoln Center activities and Classes will resume when it is deemed safe to do so. Some classes may be offered virtually or in-person at Lincoln Center one-on-one.

All visitors are required to wear a mask, have their temperature checked, and answer screening questions upon entering the building. Social distancing and good hygiene will be practiced. Contact the ADRC at Lincoln Center if you have any questions.

Any Portage County citizen (age 55 and over) or adult with a disability is eligible to participate in classes, programs and activities at Lincoln Center. Most classes require advance registration. Call for an appointment to register in person, Monday through Friday between 8 a.m. and 4 p.m., or use the form inside this issue of The Post to register by mail. Registration requirements for programs are noted. If you would like to join a class but are unable to afford the fee, please speak with the Senior Center Manager. Many of our social recreational activities are at no cost, but donations are appreciated.

Recreational Programs

NEW * Senior Center Telephone Chats
1st and 3rd Tuesdays, 1 - 2 p.m.**

Join us for Senior Center chats on the first and third Tuesdays from 1 to 2 p.m. Catch up with friends, talk about whatever you want, or we'll start the ball rolling with questions like; "What's your favorite thing about Lincoln Center?" or, "What is your New Year's Resolution?" Let's see where the conversation takes us. Call 715-343-6374 to join the chat.

Lincoln Center Pen Pal Program

Step aside, social media! Handwritten notes are making a comeback. You may correspond safely though us or decide to share your address. If you would like to be paired with a pen pal please contact Barb or Cathy at the ADRC at Lincoln Center at 715-346-1401 or 1-866-920-2525 to arrange for a pen pal.

Puzzle Pickup - Monday through Friday

Looking for something to do? Curb-side puzzle pickup and drop-off is available. Puzzles are available on a first come, first serve basis. Call Reception at 715-346-1401 or 1-866-920-2525 in advance to arrange a time to pick up or drop off. Please remain in your vehicle and staff will come out to you. Remember to 'quarantine' your puzzle for at least 24 hours enjoy it!

(Continued on page 22)

TRANSPORTATION

Central Transportation offers a variety of services to get you where you need to go in Portage County and the Stevens Point area. The following programs are available to individuals age 60 and over and persons with disabilities.

Nutrition Program – offers rides to senior dining sites: Lincoln Center in Stevens Point, Junction City Park Lodge, Plover Municipal Center and Jensen Community Center in Amherst.

Volunteer Driver Program – offers rides to medical, nutritional and other essential business appointments.

Grocery Shopping – offers bus rides every Monday to Trigs, Copps, Aldi, Save A Lot and Walmart.

Taxi Service – rides will be scheduled through the local taxi service if the ride starts or ends in Stevens Point or Plover.

Veterans Program – offers FREE rides to U.S. military veterans to scheduled VA medical appointments. To request a ride, call 608-504-1313.

Fixed Route Bus Service – offers city bus rides to Stevens Point, Whiting and Crossroads

Commons shopping center in Plover.

Point Plus Paratransit Service – offers bus rides for qualified individuals to Stevens Point, Whiting and Crossroads Commons shopping center in Plover.

To find out more about our services, call Monday through Friday between 7:00 a.m. and 4:00 p.m.

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- Residential Care
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For more information about the Family Care Program, contact your local Aging and Disability Resource Center (ADRC).

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Aging & Disability Resource, Stevens Point, WI

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EDUCATION/TECHNOLOGY CLASSES

(Continued from page 20)

These Social Activities will resume when it is deemed safe to do so:

**Bingo ; Bunco; Scrabble; Mah Jongg;
Mexican Train Dominoes;
Cards Games - Bridge, Cribbage, Pinochle**

Educational Programs

Virtual Fiction Writing

Every other Monday, Jan. 11 – Feb. 22

10 a.m. – 12 p.m.

Learn the basics of fiction writing in this interactive online class. Access the class on your internet device (computer, tablet or smartphone). Start with an idea and map out your adventure. Create vivid characters and natural dialogue to write a short story. Exchange positive feedback and necessary steps to prepare your story for publication or just have fun fictionalizing life experiences. Cost is \$7.

These additional Educational Programs will resume when its deemed safe to do so:

**Conversational Spanish; Polish;
Lincoln Center Book Discussion Group**

Online Tablet Instruction

Generations on Line provides a FREE app – Easy Tablet Help for Seniors - available on the Apple App Store, Google Play and Amazon App Store. There is no cost nor are in-app purchases required. The app is also available at: www.gol4Apple.org or www.gol4Android.org



The program teaches the basics: tapping a touchscreen; enlarging a page and shrinking; scrolling up and down; where buttons are located; how to get the keyboard to appear and disappear. Instructions include Internet safety; searching; communicating (which covers texting), video calls (Skype, Zoom, FaceTime), setting up a Gmail account and how to access it on your

tablet; how to use YouTube, camera, apps and attaching photos to email.

If you have a device, instructions to make a videocall are available by going to these app stores - Google Play, or the Apple App Store and Amazon App Store - to download (please note – does not work on Windows tablets). You can also enter www.gol4iApple.org, www.gol4android.org or www.generationsonline.org/gol4kindle to access the software.

If you don't have a tablet, a family member or friend can access an online setup guide to help prepare a tablet for you. There is also a coaching guide to assist you with using Easy Tablet Help for Seniors, whether from near or far. A guide will assist you with connecting the tablet to the WiFi at home for the first time with no other support. You can print a device-specific tip sheet for your device with some information, such as what to do if the screen goes blank. Generations on Line can give you information on low cost internet options for low income persons. To find out more, contact Katie Burke, Administrator, at 215-222-6400.

Sip & Swipe Café

Tuesday or Wednesday Mornings by Appointment

Want to learn about a tablet computer or technology in general? Learn what you can do with a tablet: access information on the Internet such as TV shows, magazines, puzzles, view on-line video tutorials, news, drug comparison sites; chat with family and friends using programs like Zoom, plus more. The program, provided by Generations on Line, is self-paced with a one-on-one coach alongside you throughout the process. You can bring your own tablet or try one out, provided by Lincoln Center. Lynne Kissner is the volunteer coach. Pre-Registration is required. Donations are welcome.

These technology classes will resume when it is deemed safe to do so:

Help with Computer Skills; Tablets and Phones; iPads and iPhones; Androids or Non-Apple Devices

INFORMATION

What Can You Do About Junk Mail?

Thieves can use junk mail to commit financial fraud and even identity theft. Often, the victim doesn't realize it until after their credit is damaged. Fraudulent credit card offers can target people who are having credit problems and have not been able to get credit elsewhere. Scammers can also use unsolicited pre-approved credit card offers to trick consumers into giving up sensitive information. The scammer uses this information to steal the victim's identity and commit additional fraud.

Tips

- Reduce as much junk mail as possible from reaching you.

- If you receive mailed offers in someone else's name, return them to the sender
- If the mailed offer is addressed to you and you do not want it, shred it.

Reduce Junk Mail

- Mailing lists – you can eliminate your name from the large mailing lists sold to direct mail marketers by registering with DMAchoice at DMAchoice.org or by writing to:

DMAchoice
Direct Marketing Association
PO Box 643
Carmel, NY 10512



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HEALTH & WELLNESS

Foot Care Clinic 1st, 3rd and 4th Thursdays 9:20 a.m. – 12:20 p.m.

Foot Care Clinic is a routine toenail cutting service at Lincoln Center provided by the Aging & Disability Resource Center (ADRC), and Down Home Nursing, LLC. Participants must have Lincoln Center's referral form signed by a physician prior to the first appointment (a one-time requirement coordinated by Lincoln Center reception staff). Cost is \$25 and advance appointments are required. No shows will be charged.

15-Minute Chair Massage 2nd and 4th Tuesday 10:30 a.m. – 1 p.m.

Chair massage, provided by Stress Relief Team, consists of massage to relax the muscles of the upper body - the neck, shoulders, arms and hands. Appointments are required; call the ADRC at Lincoln Center, 715-346-1401 or toll free 1-866-920-2525 to make an appointment. Cost is \$14.

Virtual Seniorobics Tuesdays & Thursdays 8:30 – 9:30 a.m.

This online computer class incorporates moderate aerobic exercise for cardiovascular conditioning and physical fitness. Routines include stretching, aerobics, toning, and strengthening exercises. This moderate exercise class is set to music and is lots of fun. Cost is \$17 for ten sessions or \$2 per session.



Virtual Arthritis Foundation Exercise Program (AFEX) Tuesdays, 10 – 11 a.m.

This live, online class is specifically designed for people with arthritis using gentle activities to

increase joint flexibility and range of motion to help maintain muscle strength and increase stamina. Call in advance to register for class. You can join at any time. Suggested donation is \$17 for ten classes or \$2 per class.

These Exercise Programs will resume when its deemed safe to do so:
Fun & Fit; Yoga; Exercise Class at Plover Senior Dining Site; Square Dancing; T'ai Chi



These Creative Art Programs will resume when it is deemed safe to do so:
Acrylic Painting; Ceramic Painting; Chip Carving; Crocheting; Oil Painting; Open Art Class - Painting/Drawing/Coloring; Open Knitting; Pottery; Quilting; Woodcarving



Answer to Sudoku (On Page 4)

5	6	9	8	1	3	7	4	2
1	3	7	9	4	2	6	5	8
8	2	4	5	6	7	3	1	9
4	8	5	7	9	6	2	3	1
2	1	6	3	8	5	9	7	4
9	7	3	4	2	1	5	8	6
7	4	8	6	5	9	1	2	3
3	9	2	1	7	8	4	6	5
6	5	1	2	3	4	8	9	7

PUZZLE FUN



WINTER

Find the words in the grid . When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.



W O N S L A U E G H T E B E
S S R S T O O B L I S L T T
K H L E S L U Y N C I T H A
A A T E E D R Y Y Z I R I N
T V E V D E A R Z S S C F R
E S O W V R A A W R N E I E
S H W L G U R E I E O T R B
S N I I N D A T E B W I E I
F S R A N T F R O M S H P H
R E J M E T T H E E T W L H
O U U R M A E N F C O A A C
Z E L L W W M R K E R X C B
E V R G B K N T D D M X E M
N M S K I S F E B R U A R Y



By Evelyn Johnson - www.qets.com

Blizzard
Blue
Boots
December
February
Fireplace
Frozen

Gray
Hibernate
Icicle
January
Shovel
Silvery
Skates

Skis
Sled
Snow
Snowstorm
Sweater
White
Winter

Portage County Health Care Center

Offering Nursing and Rehabilitation Care



A Skilled Nursing Facility meeting the community needs for over 100 years by providing quality of care & an excellent rehab experience with patient driven results.

**Medicare - Medicaid - Insurance
Private Pay certified**

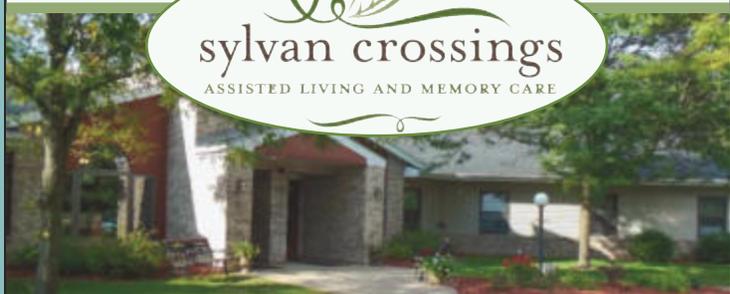
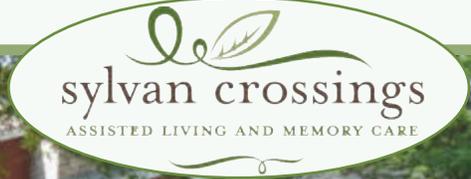
Care Services Include:

- Short Term
- Sub-Acute
- Long Term
- Respite
- Special Therapeutic Programs



**Call for more information
or come in for a tour
715-346-1375**

**825 Whiting Ave.
Stevens Point, WI 54481**



Heartfelt Compassion-based care.

Life is a journey. And no matter where it leads, we all need a place to call home. Sylvan Crossings Assisted Living and Memory Care Stevens Point provides that home when people who are most important to you need special care

We invite you to stop by and visit!

100 Green Ave. North, Stevens Point | 715-345-2304

COMFORTING CARE IS OUR TOP PRIORITY

Heartland Hospice Care
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heartlandhospice.com/StevensPoint
PROMEDICA | Heartland



**Is a wound that
won't heal keeping
you from walking
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Using our expertise and technology, including hyperbaric oxygen therapy, we can heal almost any wound - even those that haven't responded to conventional treatment.

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**Aspirus Wound & Hyperbaric Center
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aspirus.org



Stevens Point Housing Authority

Providing decent, safe, affordable housing

Hi-Rise Manor

- Features:
- 1 bedroom.
 - Wheelchair accessible apartments.
 - Affordable rent based on income.
 - Utilities included.
 - 24-hour call system for personal emergencies. Laundry facilities on-site.
 - Exterior doors secured nightly.
 - On City bus routes. Located downtown.

Madison View Apartments Scattered-Site Family Apartments

- Features:
- 1, 2, 3, 4 bedroom apartments.
 - Affordable rent based on income.
 - Utilities included; or utility allowance.
 - On City bus routes, near schools.
 - Stove, refrigerator, shades included.
 - Basement with laundry hook-ups.

1300 Briggs Court, Stevens Point, WI 54481

PHONE: 715-341-3444



ADRC

What's
Been
Happening
at the
ADRC?



Virtual Fiction Writing Class participants meet online, above.
Below: staff and participants enjoy Curbside events for Halloween, Thanksgiving, and Christmas.



January
February
Staff
Anniversaries

Thank you to these employees who serve senior citizens and adults with disabilities in the community. Congratulations for your years of service to Portage County.

- Maxine Hogan, Disability Benefit Specialist
31 Years
- Bennett Ryskoski, Administrative Associate I
20 Years
- Tracy Dorrler, Disability Benefit Specialist
18 Years
- Paul Aleven, Information & Assistance Specialist - Lead
17 Years
- Anna Mlodik, Dining Site Manager On-Call Substitute
9 Years
- Rose Williams, Administrative Associate I
5 Years
- Lindsey Holden, Elder Benefit Specialist
3 Years
- Cheryl Konopacky, Food Service Aide
2 Years



For information about the DAV (Disabled American Veterans) Transportation Program, call 608-504-1313.



Thursday, February 4



SPREAD THE WORD

A Thriving, Vibrant
Community Matters



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- Mayville*
305 South Clark St | (920) 387-0354
- Manor of Kenosha*
3100 Washington Rd | 262.658.4622
- Kenosha*
8633 32nd Ave | 262.694.8300
- Green Bay West*
1760 Shawano Ave | 920.499.5191
- Green Bay East*
600 S Webster Ave | 920.432.3213
- Fond du Lac*
115 E Arndt St | 920.923.7040

24 Hour Expert Nursing Care Long & Short Term Care



For ad info. call 1-800-950-9952 • www.4lpi.com

Aging & Disability Resource, Stevens Point, WI

G 4C 01-1420

Please note: testing dates, times and locations are subject to change per the Portage County Division of Public Health.

LOCAL COVID-19 TESTING LOCATIONS:

COVID-19 testing is FREE for anyone who is experiencing a symptom of COVID-19, or if you are a close contact.

Location	Insurance	Symptoms or close contact required	Residency required	PCR Test	Antigen Test
Portage County Community Testing Site 1519 Whiting Ave. Stevens Point WI 54481	You will not be asked to present insurance.	✓	WI residents 5 years+.	✓	
UWSP Champions Hall Fieldhouse (West Entrance)	You will not be asked to present insurance.		Accepting all individuals 5 years+.	Limited supply of PCR on site.	✓
Aspirus 1-844-568-0701 or schedule on MyAspirus app	All health insurance policies are required to provide coverage for the COVID-19 test; if you do not have insurance, a federal uninsured program will cover the cost.	✓		✓	
Ascension 1-833-981-0711		✓	Clinician order required.	✓	
Marshfield Clinic Health System 1-844-342-6276		✓		✓	

*If you need to be tested for a medical reason or with an antibody test, contact your healthcare provider.

Anyone tested MUST quarantine until they receive their results. Close contacts must complete their 14-day quarantine regardless of test results.

PORTAGE COUNTY FREE COMMUNITY TESTING SITE:

HOURS: Mondays from 9 am- 5 pm
Tuesdays from 1- 5 pm
Thursdays from 9 am- 1 pm

Pre-registration is encouraged.
Scan the QR code or visit:
register.covidconnect.wi.gov



Access testing off of Arlington Place, turn South onto Elk St and entrance will be clearly marked.

UWSP ANTIGEN TESTING:

HOURS: Wednesdays and Fridays
from 8 am- 4 pm

Appointments are **required**.
Schedule a free antigen test at:
www.doineedacovid19test.com

Park in Lot F West at Fourth Ave. and Isadore streets and enter hall through west doors.

For more community testing locations, visit:
www.dhs.wisconsin.gov/covid-19/community-testing.htm



PORTAGE COUNTY
HEALTH AND HUMAN SERVICES
Division of Public Health

WHEN IT COMES TO MEDICARE, YOU HAVE CHOICES.



find the best plan to fit your health care needs.

Are you or a loved one enrolling in Medicare this year?

Are you thinking about retiring? No matter your situation, I can help you get answers to your Medicare questions, like:

- What is Original Medicare and are there other health care options?
- What do Medicare Parts A, B, C and D mean?
- What are the differences between Medicare and other health coverage?
- Is Original Medicare enough health coverage for me?
- Are my prescriptions covered?
- How much will it cost?
- Do I have deadlines to enroll?

Contact me

and get answers to your Medicare questions today.

Tiffany Schroeder
Licensed Sales Representative
(920) 562-4470

part **A** HOSPITAL STAYS

part **B** DOCTOR VISITS

part **C** MEDICARE ADVANTAGE

part **D** PRESCRIPTION DRUGS

As your independent health care resource, I can offer you Medicare plans from several private insurance companies.

So you're guaranteed to get the plan that may be best for you.

0020A125



2021 REGISTRATION

You may complete this form and mail it or bring it to Lincoln Center (along with your check, written to "Portage County Treasurer," for class fees where applicable) at 1519 Water Street, Stevens Point, WI 54481.
Please PRINT - Complete all sections:

Name _____ Birth Date _____

Address _____

City _____ Zip _____

Email Address (if any) _____ Telephone _____

Please circle: Male Female Are you a new participant? _____

Referred by: _____

(please indicate name of medical provider, therapist, agency or other)

Doctor/Clinic _____

Emergency Contacts (please list two):

1. Name _____ Phone Number(s) _____

2. Name _____ Phone Number(s) _____

Class Title Fee (if any)

_____	\$	_____
_____	\$	_____
_____	\$	_____
_____	\$	_____
_____	\$	_____

Total (make check payable to Portage County Treasurer): \$ _____ *

* Round up your payment? Donations are accepted to help with Senior Center programming.

By registering for programs I give the Aging & Disability Resource Center of Portage County permission to use my photograph, video/voice recording or other media, and/or written material* authored by me.

(*The Aging & Disability Resource Center reserves the right to edit any written material.)

I do not agree with the statement above.

Signature _____

Trouble hearing when you're in class? If you'd like to reserve an assistive hearing device to use at Lincoln Center, contact the Senior Center Manager at 715-346-1401 or 1-866-920-2525.

If you need financial assistance to register for a program, please contact the Senior Center Manager.

If you have ideas for classes or activities you'd like to see offered at Lincoln Center, or would like to lead or teach a class or program yourself, please share your ideas with us:

For Office Use Only

_____ Date registered _____ Paid (initial and date): _____

_____ Entered _____ Waiver _____ Supplies list sent (if applicable) _____

ADRC AT LINCOLN CENTER

1519 Water Street
Stevens Point, WI 54481
Open Monday through Friday
7:30 A.M. to 4:30 P.M.
Voice: 715-346-1401 Or 1-866-920-2525
Fax: 715-346-1418
TTY: 715-346-1632
adrc@co.portage.wi.us
www.co.portage.wi.us/department/adrc



The **Adult Day Center** is state-certified and offers professional care in a supervised and stimulating environment to those who need extra care to remain living as independently as possible. Socialization, personal care, support with daily living activities and preventive care assures a positive experience for participants and peace of mind for families and caregivers who need respite. Financial assistance may be available to those who qualify.

Once the Aging & Disability Resource Center (ADRC) reopens its doors to the public, staff will be happy to schedule a tour. Call the Adult Day Care Supervisor at 715-346-1401 or toll free, 1-866-920-2525 for more information.



Lincoln Center Loan Closet
Durable medical equipment is available on loan at no charge (though donations are gratefully accepted): wheelchairs, commodes, walkers, canes, shower chairs, etc.

To reserve equipment, please call the Aging & Disability Resource Center at Lincoln Center:

**715-346-1401 or toll free,
1-866-920-2525.**



The Holly Shoppe

is currently open Mondays and Tuesdays from 10 AM to 2 PM.

The safety of our customers, crafters and volunteers requires social distancing and masks. The Holly Shoppe is a non-profit organization located at the Aging & Disability Resource Center (ADRC) at Lincoln Center, 1519 Water Street, Stevens Point.

Visit us on Facebook!

Phone: 715-346-1442

Email: thehollyshoppe1519@gmail.com