ADRC
Aging & Disability Resource Center of Portage County

The POST

March/April 2021 Newsletter

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

AmeriCorps

The New Face of Volunteering

Things certainly look different than they did a year ago. During these unprecedented times, almost every area of our lives has been impacted by the Coronavirus pandemic and that includes volunteering. Due to social distancing rules, many volunteer stations have not allowed volunteers on premise and/or are not utilizing volunteers at all. Other stations have altered the way things are done to accommodate the continuation of volunteer service.

This does not stop the desire of dedicated, caring individuals to continue to do something meaningful and to be productive citizens. Volunteering helps combat social isolation by keeping busy and contributing to something outside of oneself. Although volunteering opportunities have become more limited, the Retired & Senior Volunteer Program (RSVP) and Foster Grandparent Program (FGP) have strived to be creative in finding alternative volunteer activities for its participants.

In August, the local school systems made some very difficult decisions. For the safety of the staff, students, and volunteers, online learning became part of regular instruction and volunteers were unable to enter the schools. Fortunately, a few of the Foster Grandparents continue to work from home to support teachers and students by doing virtual reading with students and putting together instructional materials and projects. They also continue their monthly in-service trainings. Some of the Foster Grandparents have sought out RSVP volunteer activities to continue serving.

RSVP volunteers are ready, willing, and able to help their communities recover from the pandemic. Volunteers are able to meet our community's most pressing needs by providing meal deliveries, providing tax preparation, connecting through pen pal and telephone

(Continued on page 3)

Virtual Classes, Programs and Activities are listed 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/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

reassurance services, assisting at food pantries and writing cards and notes to help brighten someone's day. They can help by providing safe transportation services to veterans and community members for medical appointments, and addressing other community priorities and needs as they arise (such as crafting masks, hats, gloves, blankets, wheelchair and walker bags, etc.

In recognition of Volunteer Appreciation Month this April, THANK YOU to the 500 Retired & Senior Volunteers and Foster Grandparents who serve the people of Portage County each and every day!

The new face of volunteering might be home, online, or in the community….wearing a mask.

Volunteer Opportunities

Cutting Edge Opportunity – Assist with raising fresh produce used for the Senior Dining experience. Volunteers are sought for 1-3 hours per week to maintain our new hydroponic growing tower at Lincoln Center. Volunteers will monitor water quality, plant and transplant seedlings, clean the tower, and harvest and weigh produce. Basic gardening skills are preferred. Training and ongoing support will be provided.

Outdoor Raised Garden Beds – Contribute to the cultivation of fresh produce used for the Senior Dining experience at our outdoor raised garden beginning in April. Shifts available for casual gardeners to weed, water, weigh, and harvest produce at Lincoln Center. Several volunteers are needed. Basic gardening skills are preferred. Training and ongoing support will be provided.

Volunteer Drivers: Central Transportation is seeking volunteer drivers to provide rides to individuals who have essential business to conduct or medical appointments to attend. Trips are generally within Portage County. Volunteers must have proof of insurance, a valid driver's license, and access to their own reliable vehicle. Mileage reimbursement is available. Commitment is based upon the driver's availability.

DAV Drivers – Assist veterans by transporting them to their appointments at various VA (Veteran's Affairs) facilities while driving a DAV (Disabled American Veterans) vehicle. The driving commitment is based upon YOUR availability. Most routes are to VA Clinics located in Tomah, Madison, Wisconsin Rapids, Wausau and other VA Clinics. Some rides may require availability for the entire day as appointments aren't always on time or may be longer than expected.

For more information, or to take advantage of other volunteer opportunities, contact RSVP at 715-346-1401, toll free at 1-866-920-2525, or rsvp@co.portage.wi.us

Lincoln Center Pen Pal Program

Did you know that the simple act of writing has many positive benefits, including improved memory, reduced feeling of isolation, and greater feelings of happiness?

The Lincoln Center Pen Pal Program is a new way to meet people, stay connected and socialize, while staying safe and maintaining social distancing. You can correspond through written letters or email with someone who shares your interests and hobbies.

Sound like fun? Contact the ADRC at Lincoln Center at 715-346-1401, toll free 1-866-920-2525 or by email: mackayc@co.portage.wi.us

Congratulations to Angie Derezinski!

Angie has served with the Retired & Senior Volunteer Program (RSVP) for 33 years, making her the longest serving volunteer for RSVP in Portage County, and to the best of our knowledge, in the state! Angie began her service in 1988 when a friend suggested she accompany her to assist in the kitchen. By the time Angie left that day, she had committed herself to volunteering with the Aging & Disability Resource Center (ADRC) Nutrition Program and RSVP. She is one of the smiling faces that registers people for congregate meals at Lincoln Center.

When Angie was asked what stands out to her from her volunteer experiences with RSVP, she replied, ”One of the most rewarding things is getting to really know the people you meet. You become involved in their life experiences as they open up to you and during this period of Covid-19, I wonder how they are all doing and pray that they are okay. Keep in phone contact with some of them.”

We asked her what she would tell a friend about RSVP and she said, “volunteering is a very rewarding thing to be involved in.” We think so, too, Angie! Thank you for your dedicated service to volunteerism!

Vital Information Program

The Vital Information Program (VIP) is offered by Portage County Emergency Services and the Portage County Aging & Disability Resource Center. VIP brings an individual’s important medical information to the attention of emergency response personnel on ambulance calls.

Volunteers assist participants to complete a medical profile. The profile includes a list of current medications, allergies, medical conditions, recent surgeries and hospitalizations, physician’s name, and names and phone numbers of emergency contacts (family members or friends).

There is also a personal profile that includes information such as who has been designated to care for a dependent member of the household (child, adult with dementia, etc.) if the primary caregiver requires hospitalization. The personal profile also lists who will care for any pets, and specifies if the participant has glasses, a hearing aid or other adaptive aids that should be sent with him or her to the hospital. This profile identifies whether the participant has any advanced directives such as a living will or power of attorney for health care. Completed packets are attached to participants’ refrigerator doors where they are readily available should emergency staff be needed. Packets are updated annually.

If you or a loved one could benefit from this program or are interested in volunteering to help others enroll in the program please contact RSVP at 715-346-1401 or toll free, 1-866-920-2525.

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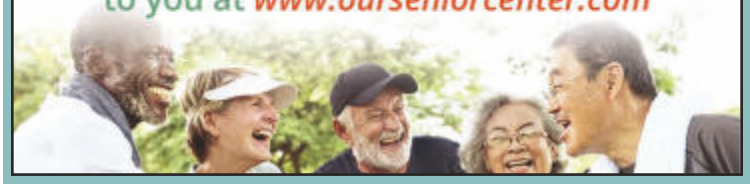

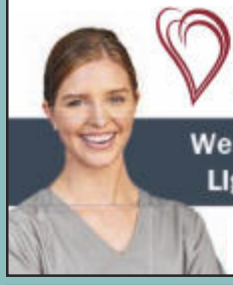

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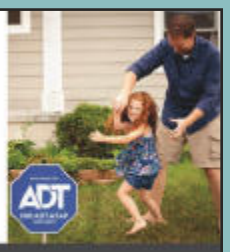

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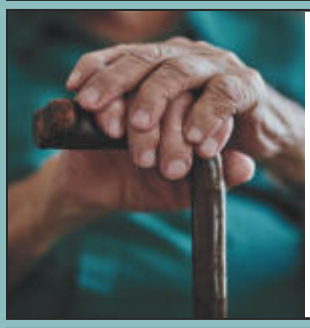

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COMMUNITY RESOURCES

Medicare 101
Virtual Classes
Mondays, Mar. 15, Apr. 12, May 10
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.

The **Elder Benefit Specialist (EBS)** program is Wisconsin's innovative strategy for connecting older adults to services and benefits. Statewide, the program serves over 50,000 adults ages 60+ each year.

Many programs and services are available to help older people, but often those who need them don't know they exist. These programs can be complex, sometimes making it difficult for older people to use them. Wisconsin's Elder Benefit Specialists (EBSs) help bridge that gap with counseling, assistance, and advocacy to people who are 60 or older about a variety of subjects including public benefits, health insurance and consumer rights. An EBS can assist with benefit questions, appeals, applications for a variety of programs including Medicare, Medicaid, Social Security, and more.

EBS staff stay current on changing guidelines and policies with support from the Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR) Benefit Specialist Supervising Attorneys (BSSAs) who provide ongoing training and support in 65 Wisconsin counties.

Portage County Elder Benefit Services are available by phone, virtual meeting, or in person as needed. Please call 715-346-1401 or toll free, 1-866-920-2525 for an appointment.

SAVE THE DATE

Welcome to Medicare
Wednesday, Apr. 7, 2 - 6 p.m.
Learn about signing up for Medicare! Visit www.shiphelp.org to learn more. This virtual Medicare fair is for people new to Medicare. Learn about Medicare – and all its parts – to assist you in your initial enrollment decisions.

Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs.

There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. There will also be experts from your state health insurance assistance program to answer your individual questions.

RESILIENCE: A HELPFUL TOOL FOR CAREGIVERS

When life takes a turn you weren't expecting and you find yourself in a place you'd rather not be, do you fall apart or face the situation with confidence and strength? There's nothing like a global pandemic to test your ability to cope. While your first reaction to these challenges might be fear and anxiety, adopting principals of resilience can help you respond more positively during hard times.

Resilience is the ability to cope when things go wrong. Some people are better at this than others, but all of us can learn to become more resilient by adopting these principles:

1.) Solve the right problems. Instead of mulling over things you are powerless to change, focus on what you can do. You can't make COVID-19 go away or somehow undo the fall your mother took. But you can find ways to add meaning to each day and add safety measures to prevent falls in the future.

2.) Find meaningful activities. As a caregiver, it is easy to lose your own individuality in the hubbub of what needs to get done, especially with the added challenges of the pandemic. However, it is vital to carve out time to do something you love; something that gives you energy and recharges your battery.

3.) Get connected. It is vital to stay connected to others and reach out for help when needed. Asking for help is not a sign of weakness but a sign of wisdom and strength. Even with COVID restrictions in place, a friend can drop off a meal or visit with you and your loved one by phone. Participating in a virtual support group or event can also connect you with others who are in a similar situation which can help you feel more positive about your situation.

4.) Remain hopeful. You can't change what has happened, but you can look positively toward the future. Set goals to focus on – both long term and everyday goals. Find a success in each day to keep you feeling optimistic and capable. Actively foster positive thoughts.

5.) Learn from experience. Reflect on how you faced hardships in the past and build on those strategies that were successful. When you do make a mistake – like losing your temper – don't dwell on it. Figure out what led to the blunder – like a lack of sleep – and fix it. Find practical and correctable reasons for mistakes rather than focus the blame inward to yourself as a "bad" person.

6.) Believe in your ability to cope. It is easy to get overwhelmed with the responsibility of caregiving added to the challenges facing the world right now. Feelings of fear and anxiety are normal and okay; validate them. Then move forward and be aware of the personal strengths and resources you have.

7.) Take pride in your accomplishments. When you find success, whether big or small, give yourself credit. Acknowledging that an achievement was the result of your hard work and effort rather than just good luck helps you feel capable to deal with the hardships and setbacks that come your way.

Caregiving can be full of challenges and difficulties, especially with all the added stressors right now. Becoming a resilient caregiver will help you adapt to these tough times and become a stronger and more confident person in all you do.

If you have questions about your caregiving experience, please call the Aging & Disability Resource Center of Portage County at 715-346-1401 or toll free, 1-866-920-2525.

Jane Mahoney
Caregiver Support Specialist Greater Wisconsin Agency on Aging Resources (GWAAR)

INFORMATION

Dementia Friendly Community Events

For more information on the following or to register, contact the Aging & Disability Resource Center at 715-346-1401 or toll free, 1-866-920-2525.

Virtual Caregiver Support Group
2nd Wednesday, 1:30 p.m.
3rd Tuesday, 4:30 p.m.
Last Wednesday, 1:30 p.m.
Join us by video or audio for our monthly Caregiver Support Group, open to all caregivers.

Virtual Powerful Tools for Caregivers Class
Thursdays, Apr. 8 – May 13, 1 – 2:30 p.m.
Powerful Tools for Caregivers is an online educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend. The suggested donation to cover the cost of materials is $30. Space is limited; register early.

United Way of Portage County Partner Program

SAGE National LGBT Elder Hotline

Members of the LGBT elder community are likely to live alone and feel isolated. Through the SAGE (Advocacy and Services for LGBT Elders) LGBT Elder Hotline, anyone with a phone can connect to an LGBT responder who is friendly, knowledgeable, and ready to listen. If you are an LGBT elder or care for one, call the free SAGE Hotline, toll-free at 877-360-LGBT (5428), available 24/7 in English or Spanish, with translation in 180 languages. The hotline is managed by United Way Worldwide, and responders:

- are certified in crisis response
- offer support without judgement
- answer questions factually and confidentially
- provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs.

Learn more about SAGE at https://www.sageusa.org
Jayne Mullins, GWAAR Older Americans Act Consultant

DAV

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

Beneficial Bites

Recipe for: Parmesan Baked Tilapia

4 oz tilapia fillet (or other white fish)
1 tablespoon reduced fat/light mayonnaise
1 ½ tablespoons grated parmesan
Salt and pepper to taste
½ tablespoon lemon juice
1 green onion, finely chopped
Dash dried basil

Preheat oven to 350 F. Place fish on a greased baking dish. Brush the top with lemon juice. Bake fish 10 to 20 minutes or until fish just starts to flake (cooking time will depend on thickness of fillet). Meanwhile combine mayo, onions, parmesan and seasonings in a bowl; mix well with fork. When fish is done cooking spread top with cheese mixture and bake an additional 5 minutes or until golden brown. Try it served with marinara sauce.

Recipe from https://gwaar.org/beneficial-bites_1

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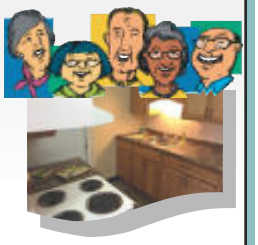

NUTRITION

Did you know that Nutrition Program meals supply one-third (1/3) of the recommended daily allowances (RDA) for nutrients to optimize your health? The Nutrition Program's registered dietitian pays close attention to food selection and preparation to ensure reduced fat, sugar, and sodium so that you can enjoy a healthy, made-from-scratch-meal that includes a variety of local foods whenever possible. Education is provided by the program to promote better health and physical fitness.

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

The Aging & Disability Resource Center (ADRC) of Portage County can deliver delicious, homemade meals to seniors age 60 and older in two ways during the COVID pandemic.

Curbside Grab and Go Wednesdays
The ADRC offers meals through the Curbside Program every Wednesday, in place of congregate dining. During March and April, our menu will include soup and salad one week, alternating with soup and a sandwich the next week. The exception will be St. Patrick's Day, March 17 with a traditional corned beef and cabbage meal.

Soup/Sandwich Wednesdays! – March 10, 24, and April 7, 21
A nice hot bowl of soup warms both the body and the soul. On the above Wednesdays we are offering soup and a sandwich as the curbside menu. See menu for details.

Soup/Salad Wednesdays! – March 3, 31, and April 14, 28
Using leafy greens from our hydroponic growing tower our kitchen team is making some amazing homemade salads in our kitchen. On the above Wednesdays we are offering soup and salad as the curbside menu. See menu for details.

Registration is required; call for a pickup time no later than Thursday of the week prior.

Home-Delivered Meals – hot meals are delivered on Monday, Tuesday, and Thursday. Options for frozen meals for the days that we do not deliver are available.

United Way of Portage County Partner Program

Top o' the Mornin'
St. Patrick's Day Celebration
Tuesday, Mar. 16 and Wednesday, Mar. 17

Corned beef, cabbage and all the fixings will be served to Home-Delivered Meals Program participants on Tuesday and will be available for Curbside pick-up on Wednesday. If you would like to receive one of these meals, contact the ADRC Nutrition Program at 715-346-1401 or toll free, 1-866-920-2525.

PERSONALIZE YOUR PLATE

March is National Nutrition Month®

Developing a healthful eating pattern is not a one-size-fits all endeavor. The key is tailoring your favorite foods to meet your individual nutrient needs. In March, the Academy of Nutrition and Dietetics focuses attention on healthful eating through National Nutrition Month®. This year's theme, Personalize Your Plate, reminds us that variety is the spice of life, and that's how people should view their meals. Spice up your menu with the foods that you enjoy, and add

(Continued on page 13)

MARCH 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 a 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

Whenever locally sourced items are featured, that day's menu background will be yellow. Whether you are dining at home or at a meal site, you can enjoy the taste of foods that come from our community. Using local sources supports our farmers and businesses, 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 Salisbury steak Mashed potatoes with gravy Carrots Banana Whole wheat roll	**2** Macaroni and cheese Kielbasa Peas Fruit crisp	**3** House chef salad with ranch dressing Wisconsin beer cheese soup Pineapple Ice cream	**4** Southwest turkey and rice Corn and black bean salsa Baked pineapple	**5**
8 BBQ pulled pork sandwich Baked beans Corn Mandarin oranges	**9** Egg bake w/ cheese and vegetables Barley lentil salad Sweet potatoes Raisin bread	**10** Chicken pesto wrap Vegetable barley soup Orange Chocolate chip cookie bar	**11** Lemon pepper chicken Parsley potatoes Spinach Chocolate chip cookie bar	**12**
15 Seasoned chicken breast Baked potato With sour cream Roasted broccoli Chocolate pudding	**16 St. Patrick's Day** Corned Beef Red Potatoes Cabbage Carrots Leprechaun salad Irish soda bread	**17 St. Patrick's Day** Corned Beef Red Potatoes Cabbage Carrots Leprechaun salad Irish soda bread	**18** Garlic ginger pork Egg noodles Glazed carrots Spiced pears Bread w/ butter	**19**
22 Meatloaf with gravy whipped potatoes Green beans Pumpkin bar Whole grain roll	**23** Chicken broccoli and rice casserole Corn Mixed fruit	**24** Roast beef and ranch sandwich Potato soup with crackers Mixed fruit Brownie	**25** Rustic twice baked potato w/ham and cheese Peas Apple slices Brownie	**26**
29 Tuna casserole Carrots Spiced pears Honey cornbread	**30** Roasted pork with apple chutney Warm potato salad Braised cabbage Banana bread	**31** Mediterranean salad Tuscan soup with kale and beans Gelatin with fruit Breadstick		

APRIL 2021 MENU

All meals include choice of milk. Suggested donation is $4.00 for people 60 or older.
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Call a site manager to learn more about this program available to all seniors in the community.

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LOCAL FOODS MARKET SQUARE

Whenever locally sourced items are featured, that day's menu background will be yellow. Whether you are dining at home or at a meal site, you can enjoy the taste of foods that come from our community. Using local sources supports our farmers and businesses, 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 Southwest egg bake Spanish rice Black bean and corn salsa Mixed fruit	**2**
5 Hearty sausage and squash Roasted root vegetable medley Apple slices with cranberries Ice cream	**6** Lemon parsley cod Mushroom rice Roasted broccoli Peaches Rye bread	**7** Tuna salad melt Pico de gallo black bean soup Mixed vegetables Cinnamon apples with ice cream	**8** Chicken stir fry with brown rice Peas Mandarin orange fruited gelatin Fortune cookie	**9**
12 Hunter stew Parsley buttered potatoes Brussel sprouts Pears Whole grain roll	**13** Zesty taco bake Lettuce, tomato, salsa & sour cream Spanish rice Pears	**14** Spinach salad Mushroom with barley soup Chef choice fruit Pumpkin bar	**15** Basil crusted chicken breast Whole wheat pasta with roasted tomato sauce Zucchini w/ corn Pumpkin bar	**16**
19 Honey Dijon chicken Buttered noodles Roasted cauliflower Gelatin with fruit	**20** Cabbage roll with tomato sauce Boiled potatoes Applesauce Ice cream	**21** Ham and cheese slider sandwich Chili with beans Red cabbage slaw Pineapple Chef choice dessert	**22** BBQ pulled pork sandwich Baked beans Sweet potatoes Brownie	**23**
26 Pasta with meat sauce Italian vegetables Baked pineapple Garlic bread	**27** Chicken pot pie Squash Spiced pears Pudding with wafers	**28** Chicken Waldorf salad sandwich Chicken noodle soup Grapes Chef choice dessert	**29** Kentucky hot brown bake Garlic green beans Oranges w/ grapes Peanut butter cake	**30**

(Continued from page 10, Herbs)

new flavors to spark excitement in your cooking.

To help spice things up - Herbs 101: herbs can be divided into two main categories; tender herbs and woody herbs. Woody herbs tend to be cooked longer than tender herbs, which are usually used as garnish. Tender herbs include basil, chives, cilantro, dill, mint, and parsley. Woody herbs include lavender, oregano, rosemary, sage, and thyme. Woody herbs are used in similar ways to tender herbs but can infuse a distinct flavor in the food through extended cooking. Some of my favorite herb and food parings are cilantro on tacos, basil on pizza, and rosemary on pan fried potatoes. This month, considering trying a new herb in a dish or even buying your own herb plant. The flavor combinations are endless!

Winter Weather May Cause Cancellations/Closures - Inclement Weather Policy

The ADRC may need to cancel services when severe weather conditions are present. Tune into local radio and TV stations for cancellation notices for "Aging and Disability Resource Center Portage County" or Aging/Disability – Portage County. The local TV channels that post our cancellation notice on WAOW Channel 9 TV and WSAW News Channel 7.
In addition, these radio stations will announce our cancellation: WIZD 100 FM, WSPT 98 FM, WSAU 99.9 FM, WYTE 106.5 FM and 1010 AM.

MID-STATE TECHNICAL COLLEGE CONTINUING EDUCATION

SOMETHING FOR EVERYONE

Looking for a new hobby or a chance to learn something new with friends?

- Painting and Drawing for Pleasure
- The Art of Acting
- Construction Fundamentals for Theatre
- Brewing Fundamentals
- Workout Wednesdays
- Photographic Composition – How to Take Better Photos
- Picture Matting and Framing

FUN AND EXCITING CLASSES

Visit **mstc.edu/continuinged** often for new class offerings!

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888.575.6782

MID-STATE TECHNICAL COLLEGE
INDEMAND

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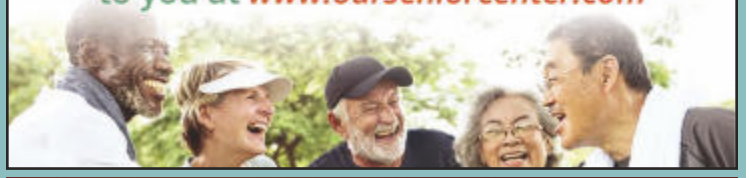

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or KSchaack@carriagehealthcare.com

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www.wellingtonplacewhiting.org

FACTS ABOUT THE FLU VACCINE AND COVID-19

The race toward more vaccines for COVID-19 continues as many clinical trials are in the end stages of testing. While waiting for the COVID-19 vaccine to be more widespread, 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 this would happen. Instead, he points out that we do have 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.

Two studies of more than 20,000 people conclude that being infected with COVID and the flu at the same time doubled the death rate. So, getting your flu vaccine is important on many levels. 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 the demand on the medical system. It decreases the anxiety that somebody is 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

COVID-19. Absolutely not. The flu vaccine can't give a person the flu. It also doesn't increase your risk of getting COVID-19. While the flu vaccine does not protect people from getting COVID-19, it is especially important to get the flu vaccine this year because the flu and COVID-19 cause similar symptoms. Flu vaccination could reduce symptoms that might be confused with those caused by COVID-19. Preventing the flu and reducing the severity of flu 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 older adults are an extremely important target group.

For a listing of where flu shots area available in our community, please contact the ADRC at 715-346-1401 or toll free, 1-866-920-2525.

VIRUS PREVENTION

All visitors entering the Aging & Disability Resource Center (ADRC) 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.

EVIDENCE-BASED HEALTH PROGRAMS

American Diabetes Association.
ALERT!DAY

American Diabetes Association Alert Day ®
Tuesday, Mar. 23
Diabetes Alert Day® is a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk. Nine out of 10 adults with prediabetes don't know they have it. We encourage you to find out if you – or someone you love – is at risk for type 2 diabetes by taking this quick and simple Diabetes Risk Test online: https://www.diabetes.org/risk-test.

National Cancer Control Month
April is National Cancer Control Month. Research shows that at least one third of all cancer cases are preventable. That means many lives can be saved with preventative measures and earlier detection.

Symptoms that should not be ignored include a change in bowel or bladder habits, a sore that does not heal, unusual bleeding or discharge, thickening or lumps in the breast or elsewhere, indigestion or difficulty swallowing, obvious change in a wart of mole, nagging cough or hoarseness, or persistent pain lasting more than one to two weeks.

Cancers can be prevented by modifying lifestyle choices including quitting smoking, limiting alcohol consumption, getting regular exercise, eating a healthy diet, knowing your family medical history, protecting yourself from too much sun exposure, and taking part in regular cancer screenings and talking to your doctor about your risks.

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. You can participate in classes online or you can sign up for telephone conference calls this spring.

Healthy Living With Diabetes
Tuesdays, Mar. 30 - May 4
9 - 11:30 a.m.
This online workshop is designed to help adults with type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence in managing their illness. 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 Heart Disease
Tuesdays,
Mar. 23 – Apr. 27
9 – 11:30 a.m.

This virtual workshop is designed to improve self-management skills for people living with chronic health issues such as diabetes, arthritis, high blood pressure, emphysema, obesity. Join other participants with heart disease and other chronic conditions for this seven-week live online workshop. Participants receive the class book Living a Healthy Life with Chronic Conditions. Suggested donation of $30 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 to learn ways to better manage your pain. Research

(Continued on page 18)

Virtual ACTIVITIES

M 3/1 StrongBodies - 10 AM
T 3/2 Seniorobics - 8:30 AM
Living Well with Chronic Conditions -9 AM
Arthritis Foundation Exercise Program (AFEX) - 10 AM
W Diabetes Support Group - 9:30 AM
StrongBodies - 10 AM
Th 3/4 Seniorobics - 8:30 AM
Arthritis Foundation Exercise Program (AFEX) - 10 AM
Living Well with Chronic Conds - 1:30 PM
F 3/5 StrongBodies - 10 AM
M 3/8 StrongBodies - 10 AM
T 3/9 Seniorobics - 8:30 AM
Living Well with Chronic Conditions 9 AM
Arthritis Foundation Exercise Program (AFEX) - 10 AM
W 3/10 StrongBodies - 10 AM
Caregiver Support Group - 1:30 PM
Th 3/11 Seniorobics - 8:30 AM
Arthritis Foundation Exercise Program (AFEX) - 10 AM
F 3/12 StrongBodies - 10 AM
M 3/15 Medicare 101 - 10 AM
StrongBodies - 10 AM
T 3/16 Seniorobics - 8:30 AM
Arthritis Foundation Exercise Program (AFEX) - 10 AM
Caregiver Support Group - 4:30 PM
W 3/17 Diabetes Support Group - 9:30 AM
StrongBodies - 10 AM
Saint Patrick's Day Curbside Celebration*
(**Not a virtual event; pre-registration required)*
Th 3/18 Seniorobics - 8:30 AM
Arthritis Foundation Exercise Program (AFEX) - 10 AM
F 3/19 StrongBodies - 10 AM
M 3/22 StrongBodies - 10 AM
T 3/23 Seniorobics - 8:30 AM
Living Well with Heart Disease - 9 AM
Arthritis Foundation Exercise Program (AFEX) - 10 AM
W 3/24 StrongBodies - 10 AM
Th 3/25 Seniorobics - 8:30 AM
Arthritis Foundation Exercise Program (AFEX) - 10 AM
F 3/26 StrongBodies - 10 AM
M 3/29 StrongBodies - 10 AM
T 3/30 Seniorobics - 8:30 AM
Healthy Living with Diabetes - 9 AM
Living Well with Heart Disease - 9 AM
Arthritis Foundation Exercise Program (AFEX) - 10 AM
W 3/31 Virtual StrongBodies - 10 AM
Virtual Caregiver Support Group -1:30 PM

Virtual ACTIVITIES

Th 4/1 Seniorobics - 8:30 AM
Arthritis Foundation Exercise Program (AFEX) 10 AM
Living Well with Chronic Cond-1:30 PM

F 4/2 Good Friday, no classes

M 4/5 StrongBodies - 10 AM

T 4/6 Seniorobics - 8:30 AM
Healthy Living with Diabetes - 9 AM
Living Well with Heart Disease - 9 AM
Arthritis Foundation Exercise Program (AFEX) 10 AM

W 4/7 Diabetes Support Group - 9:30 AM
Stepping On Falls Prevention - 9:30 AM
StrongBodies - 10 AM

Th 4/8 Seniorobics - 8:30 AM
Arthritis Foundation Exercise Program (AFEX) 10 AM
Powerful Tools for Caregivers - 1 PM

F 4/9 StrongBodies - 10 AM

M 4/12 Medicare 101 - 10 AM
StrongBodies - 10 AM

T 4/13 Seniorobics - 8:30 AM
Healthy Living with Diabetes - 9 AM
Living Well with Heart Disease - 9 AM
Arthritis Foundation Exercise Program (AFEX) 10 AM

W 4/14 Stepping On Falls Prev. - 9:30 AM
StrongBodies - 10 AM
Caregiver Support Group - 1:30 PM

Th 4/15 Seniorobics - 8:30 AM
Arthritis Foundation Exercise Program (AFEX) 10 AM
Powerful Tools for Caregivers - 1 PM

F 4/16 StrongBodies - 10 AM

M 4/19 StrongBodies - 10 AM

T 4/20 Seniorobics - 8:30 AM
Healthy Living with Diabetes - 9 AM
Living Well with Heart Disease - 9 AM
Arthritis Foundation Exercise Program (AFEX) 10 AM
Caregiver Support Group - 4:30 PM

W 4/21 Diabetes Support Group - 9:30 AM
Stepping On Falls Prevention - 9:30 AM
StrongBodies - 10 AM

Th 4/22 Seniorobics - 8:30 AM
Arthritis Foundation Exercise Program (AFEX) 10 AM
Powerful Tools for Caregivers Class - 1 PM

F 4/23 StrongBodies - 10 AM

M 4/26 StrongBodies - 10 AM

T 4/27 Seniorobics - 8:30 AM
Healthy Living with Diabetes - 9 AM
Living Well with Heart Disease - 9 AM
Arthritis Foundation Exercise Program (AFEX) 10 AM

W 4/28 Stepping On Falls Prev. - 9:30 AM
StrongBodies - 10 AM
Caregiver Support Group - 1:30 PM

Th 4/29 Seniorobics - 8:30 AM
Arthritis Foundation Exercise Program (AFEX) 10 AM
Powerful Tools for Caregivers Class - 1 PM

F 4/30 StrongBodies - 10 AM

The Aging & Disability Resource Center will close at noon on Good Friday, April 2, 2021.

(Continued from page 15, Chronic Pain)
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. You'll build your "toolbox", practice new concepts, and share your experience with others. Week by week, you'll see 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 can benefit anyone. 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.

Stepping On - Building Confidence, Reducing Falls
Wednesdays, Apr. 7 - May 26
9:30 -11:30 a.m.
This workshop will help you learn strategies and exercises to help prevent falls. Multiple guest experts share fall prevention expertise from their profession including a physical therapist, pharmacist, vision specialist, and community safety expert. Workshop includes a two-hour session, once per week for seven weeks. The suggested donation for class materials is $10.

Essential Tips for Buying Hearing Aids

Being an informed health care consumer is hard work. Sorting through the noise when buying hearing aids is no exception.

Currently, hearing aids are only sold by licensed hearing care professionals. Today, real hearing aids cannot be purchased in the U.S. without the involvement of a licensed hearing care professional. The way hearing aids are sold, however, will change in a few years due to the Over-the-Counter Hearing Aid Act of 2017, which was signed into law in August 2017. Nevertheless, the complex nature of hearing loss will not change. The safest thing consumers can do for their hearing is to seek professional hearing health care advice from the start.

The Better Hearing Institute (BHI) urges consumers with hearing loss to remain encouraged. Most people with hearing loss can benefit from custom-fitted and programmed hearing aids. In fact, 91% of people who purchased hearing aids in the last year say they are happy with their purchase,

(Continued on page 27)

Happy Saint Patrick's Day!
Wednesday, March 17

This year, many of us we will celebrate Saint Patrick's Day in the comfort and safety our homes. Here are some fun ideas to get the party started.

Make an Irish meal - don't forget the corned beef and cabbage!

Read a classic Irish book; look for writers Oscar Wilde, James Joyce, Johnathan Swift, and C.S. Lewis)

Watch an Irish movie - The Quiet Man, Waking Ned Devine and The Secret of Roan Inish.

An Irish Blessing:

May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm
upon your face;
the rains fall soft upon your fields and
until we meet again,
May God hold you in the palm
of His hand.

Sudoku

(Answers of page 24)

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

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

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DIFFICULTY: ★★☆☆

Spring is Here!

The spring equinox happens on Saturday, March 20, at 5:37 A.M. EDT. In the northern hemisphere, this date marks the start of the spring season. This year, spring brings extra hope and joy. It also brings a little more social distancing.

We've come up with some fun ideas for activities you can do to prepare for spring:

Put up a bird house (be careful not to slip on that spring snow and ice!).

Get outside and enjoy the sun on a warmer day Start some seeds in a sunny window spot.

Take a scenic drive.

Visit a garden center or nursery (don't forget your mask!).

SENIOR CENTER

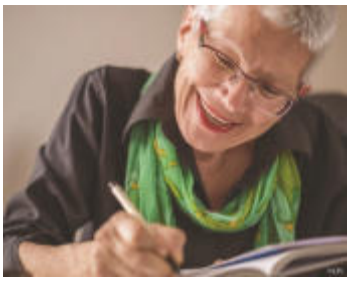
Activities and classes will resume when it is deemed safe to do so. Some classes may be offered virtually or in-person at Lincoln Center in small groups.

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.

Educational & Technology Programs

Virtual Fiction Writing
Every other Monday
Mar. 8, 22, Apr. 5, 19
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 Educational Programs will resume when its deemed safe to do so:
Conversational Spanish
Polish
Lincoln Center Book Discussion Group

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

(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.

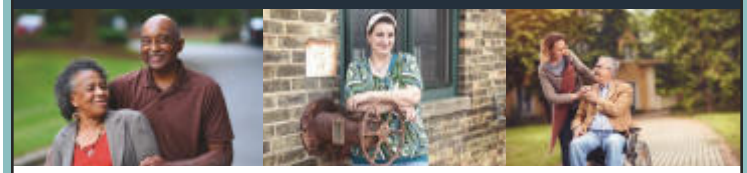
Point Plus Paratransit Service – offers bus rides for qualified individuals to Stevens Point, Whiting and Crossroads Commons shopping center in Plover.

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

715-341-4490

Central Transportation

Your local Family Care option for personal care and support



Some of the services we manage with you include:

- Care Management
- Personal Care
- Residential Care
- Medical Supplies & Equipment
- Outpatient Mental Health
- In-Home Supportive Care

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

www.lakelandcareinc.com

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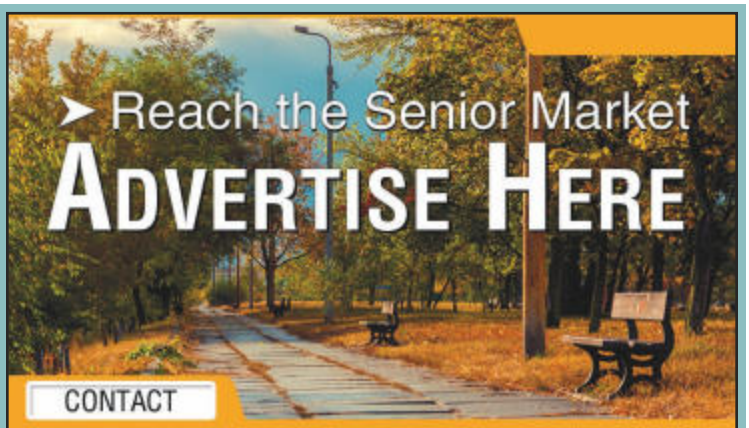

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TRANSITIONS AT HOME

TransitionsHealth.org 262-723-2700

(Continued from page 20, Technology)

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.

Generations on Line

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 before you enjoy it!

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

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

These Creative Art Programs will resume when it is deemed safe to do so:

Acrylic Painting
Ceramic Painting
Crocheting
Oil Painting
Open Art Class: Painting/Drawing/ Coloring
Acrylic Painting
Open Knitting
Chip Carving
Pottery
Quilting
Woodcarving

INFORMATION

Disposing Unused or Expired Prescriptions

Do you have unused or expired prescription or over-the-counter medications in your home? Individuals may drop off prescription and over-the-counter medicines such as pills, liquids, and creams, pet medicine and vitamins. Leave the medicine in the original container keeping the name of the medication for easier identification. Please remove your personal information (name, address, and phone number) from the bottles.

Bring these unwanted medications in their original containers in a sealable bag to the following Drop Box locations in Portage County:

Stevens Point Police Department, 933 Michigan Avenue

Plover Police Department, 2420 Post Road, Plover
Monday through Friday, 7:30 AM to 5 PM. Use the 2420 Post Road entrance; the receptacle is on the Lobby wall.

For more information on collection of these items, contact the Portage County Solid Waste Department at 715-345-5969 or 715-344-8198 or go to www.co.portage.wi.us/solidwaste.

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HEALTH AND 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.

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

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

Answer to Sudoku **(Page 19)**

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

COVID-19 INFORMATION

The COVID-19 shot is free, yet some Wisconsinites have gotten scam calls indicating that they need to make a payment to receive their vaccine.

"Wisconsin consumers should know that their vaccine will be available to them at no cost," said Insurance Commissioner Mark Afable. "Regardless of health insurance coverage, Wisconsin residents can be assured that they will not be charged to get the COVID-19 vaccine." Some providers may charge for injecting the shot into the arm, but they cannot charge for the vaccine. Ask before scheduling.

Consumers should be cautious if they receive robocalls or unsolicited calls from individuals requesting personal or financial information.

"Scammers continue to find new ways to steal your personal information," added Department of Agriculture, Trade and Consumer Protection Secretary Randy Romanski.

Legitimate providers who will contact you won't ask for your social security number or payment information when scheduling your appointment,

Scam victims can file a complaint by contacting the State of Wisconsin Department of Agriculture, Trade and Consumer Protection Hotline at 800-422-7128, or online at https://datcp.wi.gov/Pages/Homepage.aspx.

United Way's 2-1-1™
Get Connected. Get Answers.
United Way of Portage County

Nutrition and COVID-19 Immunity

As Americans prepare to receive COVID-19 vaccines, it is a good time to reinforce the importance of nutrition. Good nutrition is critical for immunity. It supports the body's ability to respond to an immune challenge, whether that challenge is exposure to a new virus or a new vaccine.

Vaccines may be less effective in stimulating an immune response in those who are undernourished, including older adults. Nutrition is one of the factors potentially impacting immunosenescence, which is the gradual decline of immunity with age. Older adults are disproportionately affected by malnutrition and COVID 19 has likely further compounded their malnutrition risk.

Priority nutrients for good immune health are protein, vitamins (particularly Vitamins A, D, C, E) and minerals (particularly zinc). Older adults with poor food intake or who have compromised health may need additional support to meet their nutrition needs. Oral nutritional supplements (ONS) can provide protein, vitamins, and minerals to help maintain immune health.

More information is available on COVID-19 and nutrition through Abbott and its Abbott Nutrition Health Institute, https://anhi.org/search/result#q=covid-19&sort=relevancy.

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- 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

What's Happening at the ADRC

The Nutrition Program is growing! Seeds for the program's new Hydroponic Growing Tower (HGT) were planted and once sprouted, the HGT was powered up, and the seedlings were planted into it to grow. The HGT is located in the Lincoln Center Dining Room. The greens will be used for the Curbside Meal Program when they are ready, sometime in March. Pictured from left are: Cindy Swan, Nutrition Program Assistant, Jeannie Glodowski, Lead Cook and Steve Tyink with from Fork Farms.

These festive fortune cookies were made by Retired & Senior Volunteer Program (RSVP) participant Vicki Nowak to include with home-delivered meals on February 11.

(Continued from page 18, Hearing Aids)
and 90% say they would recommend getting hearing aids to family members and friends, BHI research shows.

Hearing care professionals — audiologists, hearing aid specialists, and ENTs (Ear, Nose and Throat doctors or doctors of otology and otolaryngology) — are best suited to help consumers with hearing loss. Audiologists and hearing aid specialists are expressly trained in all aspects of hearing aids and amplification, and they are state-licensed. Many work in practices with ENT doctors. They have the most appropriate and accurate equipment to give a precise read of an individual's current hearing level. Involving a hearing health care professional also means the consumer gets maximum benefit from their hearing aids.

For information on types of hearing loss, visit http://www.betterhearing.org/news/heres-what-you-need-know-about-different-types-hearing-loss.
(Adapted from an article courtesy of BPT) *©LPi*

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.

Val Stanenas Wacker, On-Call Substitute Administrative Associate I, 4 Years

Char Woyak, On-Call Substitute Administrative Associate I/Dining Site Manager - 3 Years

Janet Mertes, Administrative Associate I - 2 Years

Mary Lutz, Lincoln Center Dining Site Manager 2 Years

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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8633 32nd Ave | 262.694.8300
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INFORMATION

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
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, 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, 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

The Portage County Transportation Coordinating Committee has two vacancies to fill. Residents interested in serving on the committee must complete the application to be considered for appointment. A link to the application can be found on the Portage County website at https://www.co.portage.wi.us/home. Paper applications are also available in the County Clerk's Office at 1516 Church Street, Stevens Point.

The current vacancies require candidates to meet **one** of the criteria as specified below:

One citizen member with low income (defined as 150% or less of the federal poverty level amount)

One citizen member with a disability (defined as someone who self-reports a physical or mental impairment that substantially limits one or more major life activity)

The structure and responsibilities of the committee can be viewed in Portage County Ordinance 3.1.25 here: https://www.co.portage.wi.us/government/code-of-ordinances Questions regarding the application or appointment can be directed to the County Clerk's Office at 715-346-1351 or countyclerk@co.portage.wi.us

Applications must be submitted to the County Clerk's Office no later than **March 15, 2021** to be considered for appointment.

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- How much will it cost?
- Do I have deadlines to enroll?

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part B DOCTOR VISITS

part C MEDICARE ADVANTAGE

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REGISTRATION FORM

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	**Starting Date**	**Fee (if any)**
Example: Living Well with Chronic Conditions	***Feb. 2, 2021***	$ ***14.00***
		$
		$
		$
		$

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_____ Paid $_____ Cash or Check # _____ Date Entered_____
Waiver needed/received: yes/no Supply list needed/disbursed: yes/no Received by (initials)_____

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

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.

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 will 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.

Daylight Saving Time Begins Sunday, March 14. Set your clock forward one hour at bedtime the night before. While you're at it, remember to change the batteries in your smoke alarms.