



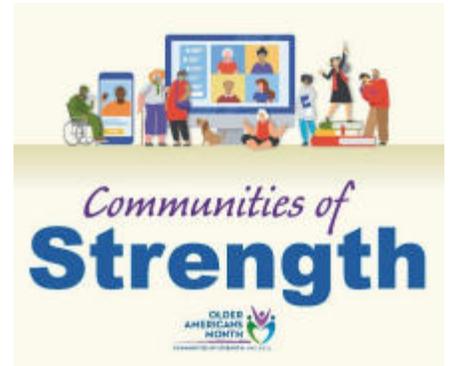
The POST

May/June 2021 Newsletter

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

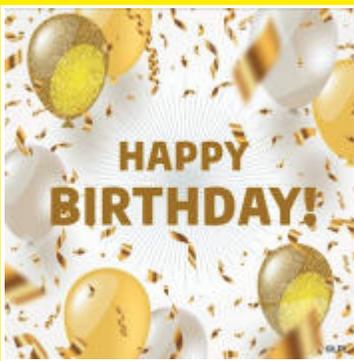
May is Older Americans Month!

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."



Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This Older Americans Month, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.



Happy Birthday Portage County Residents Age 90+

In honor of Older Americans month, the Gay 90's luncheon is usually held in May. Unfortunately, for safety reasons, the luncheon is cancelled this year. Please join the ADRC at Lincoln Center in wishing any Portage County resident age 90 and over a very happy birthday!



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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

NEWS

Masking at the ADRC

The staff at the Aging and Disability Resource Center of Portage County is happy to announce that we will begin reopening our building and programs in May. Not all programs will return at once, and our reopening will be a gradual process. By fall, we anticipate that most activities will resume.

At this time, the ADRC will require people to wear masks in the building and practice social distancing as much as practical in the building. Many people who use the ADRC are vulnerable because of health conditions they have. While many of our participants and staff have been vaccinated against COVID-19, not everyone is vaccinated.

As with many policies, there are exceptions to our mask policy. For example, if all participants in a class or activity are vaccinated and present proof of vaccination, group members may remove their masks while in the room where the activity takes place. People who are not vaccinated or who do not provide proof of vaccination may not participate in any activity that involves close contact and social distancing is not possible (card playing or dancing are examples). However, those individuals may participate in activities where social distancing is possible.

Please remember that the ADRC closed its doors in response to the pandemic to keep its participants and staff safe and healthy, not because of a mask mandate or a safer at home order. We continue to have the pandemic and public safety in mind as we reopen. If you have questions, please contact Cindy Piotrowski, ADRC Director at 715-346-1401 or toll free, 1-866-920-2525.

Adult Day Center Reopening

The Adult Day Center will reopen starting May 3rd for limited days to accommodate current participants of the program. Days of operation will include Monday, Wednesday and Thursday initially and will increase as participation grows. Hours of operation will be 8 a.m. until 4 p.m. and will include a lunch prepared by the Nutrition Program at 11:30 a.m. Screening, social distancing, wearing a mask and frequent hand hygiene will allow us to operate safely as we welcome back current participants, caregivers and newcomers to the program.



Located inside Lincoln Center, the Adult Day Center provides supervised programming for those who need extra care to remain living in the community as independently as possible. We coordinate services with families, social service agencies, home health providers and medical providers to assist individuals to meet their social needs, follow medication schedules and carry out therapeutic objectives.

Adult Day Center participants benefit by continuing to live a life full of dignity and respect in a warm and caring atmosphere. The Adult Day Center is an environment specially designed to provide stimulating opportunities to maintain and improve their physical and mental abilities. Participants socialize and maintain friendships, enjoy music, games and crafts as well as exercise and range of



motion activities. The Adult Day Center is certified by the State of Wisconsin and is a member of the Wisconsin Day Services Association and the National Adult services Association. For more information, contact the Adult day Center Supervisor at 715-346-1401 or toll free, 1-866-920-2525.

DEMENTIA FRIENDLY COMMUNITY EVENTS



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. For more information or to register, please contact the Aging & Disability Resource Center at 715-346-1401.

Dementia Awareness Week

The Loss of the Living: A Caregivers Grief Virtual Presentation

Wednesday, May 19, 11 a.m. – 12:30 p.m.

Please join Dr. Brian Weiland, a Licensed Clinical Psychologist at the Behavioral Health Clinic in Central Wisconsin, on Wednesday, May 19 as he discusses the relationship changes and grieving process that caregivers and families may experience while caring for their loved one.

Learning, Coping, and Surviving as an Alzheimer's Caregiver Virtual Presentation

Thursday, May 20, 10 – 11 a.m.

Former Wisconsin Governor Martin Schreiber talks about Alzheimer's disease and taking on the role of caregiver for his wife, Elaine. Martin will share his challenges and highlight how compassion and humor provide comfort to both the caregiver and the care receiver. With patience, emphasizing the joys, Martin shows how love continues for his second Elaine.

Save the Date – Summer Memory Café Series

2nd Wednesdays, June 9, July 14, Aug. 11, 10 – 11:30 a.m.

The Aging & Disability Resource Center (ADRC) of Portage County will be offering monthly Memory Café's this summer in partnership with Cycling Without Age Portage County. Weather permitting; please call ahead to confirm. Space is limited.



To register for these programs, or for more information, call the Dementia Care Specialist at the Aging & Disability Resource Center (ADRC) of Portage County At 715-346-1401 or toll free, 1-866-920-2525.

ADRC Support Groups

Support groups offer a helping hand for people coping with grief, physical limitations, or the care of a family member. For more information on any of these groups or to register call 715-346-1401 or 1-866-920-2525.

Diabetes Support Group

First Wednesday, 10 a.m.

The next monthly topics are: May - Stress Management; June – Eating Patterns and the Science of Behavior Change

Visually Impaired Persons Support Group

2nd Wednesday,
1 p.m.

Caregiver Support Group

Second Wednesday, 1:30 p.m.

3rd Tuesday, 4:30 p.m.

4th Wednesday, 1:30 p.m.

Parkinsons' Support Group

4th Tuesday, 1 p.m.



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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.lpicommunities.com Aging & Disability Resource, Stevens Point, WI A 4C 01-1420

2022-2024 ADRC AGING PLAN SURVEY

The Aging & Disability Resource Center (ADRC) is seeking public input prior to preparing the next three-year Aging Plan for Portage County. Please complete the survey below and drop off or mail to: Aging & Disability Resource Center/Lincoln Center, 1519 Water Street, Stevens Point, WI 54481.

Please check yes or no.

1. Do you provide care for a family member, friend or neighbor on a regular basis? Yes No
2. A Dementia Care Specialist coordinates services between people with dementias, their physician, their families, and others who may be involved in their care. Are you aware that there is a Dementia Care Specialist at the Aging & Disability Resource Center of Portage County?
Yes No
3. Are you aware that the ADRC has Elder Benefit Specialists that can assist with applying for Social Security Income, Social Security Disability Insurance, all parts of Medicare including billing and appeals, fair housing appeals, and assessments for public and private benefits? Yes No
4. Are you aware that the ADRC has information & Assistance specialists that can provide options that respect your wishes and help you or your loved ones stay as independent as possible?
Yes No
5. Are you aware the ADRC offers classes on Healthy Aging like Falls Prevention? Yes No
Do you think falls prevention is important? Yes No
6. In 20, more than 500 adults 55 and older served over 56,000 hours in Portage County through the Retired & Senior Volunteer Program (RSVP). Do you volunteer on a regular basis? Yes No
7. The Foster Grandparent Program (FGP) provides a small, tax-exempt stipend and reimburses transportation costs to income eligible seniors. Each Foster Grandparents serve in local elementary schools and Head Start. If you qualified, would you be interested in becoming a Foster Grandparent? Yes No
8. Did you know that attending senior meal sites (various locations throughout Portage County) provides access to healthy food, various program and services, and helps individuals remain in, and stay involved in their community? Yes No
9. Portage County residents have the option to receive home-delivered meals (if eligible) on a short or long-term basis. This enables individuals to stay in their own home and community and provides a weekday safety check. Have you or a senior you know used this program? Yes No
10. Are you able to use the internet? Yes No
11. Are there other concerns that you would like the ADRC to focus on? Yes No

I live in the **City Village Township** of: _____

AGING ADVOCACY

Attend Aging Advocacy Online Events!

Are you interested in issues affecting older adults? Join members of the Wisconsin Aging Advocacy Network (WAAN) and others to help educate state legislators about priority issues impacting Wisconsin's aging population via this year's virtual events.

No experience is necessary. You'll get the training and support you need to hold effective meetings with state lawmakers in a two-hour statewide online training Monday, May 10. Then put your training to use as a local host leads you and other local constituents in short virtual meetings with your state legislators on Wednesday, May 12. Your group will present WAAN's 2021 priorities and share related personal stories. Your experiences are important and help policymakers understand how specific policy issues and proposals impact older constituents.

Wisconsin Aging Advocacy Online (WIAAO) Schedule

Monday, May 10, 1:00 p.m. — 3:00 p.m.

Advocacy training

Wednesday, May 12, 1:00 p.m. — 2:00 p.m.

Meet with legislators

Your voice can make a difference!

Aging Advocacy Online 2021 activities focus on connecting aging advocates with their legislators to advocate for this year's WAAN key focus issues:

- **Aging and Disability Resource Center Reinvestment** – includes funding to support the Elder Benefit Specialist program and to expand Dementia Care Specialist services, caregiver support and programs, health promotion services, care transition services, and Tribal Aging and Disability Resources
- **Family Caregiver Support** – includes caregiver tax credit, Family and Medical Leave Act amendments, and expansion of the Alzheimer's Family and Caregiver Support Program

- **Infrastructure Expansion** – includes transportation support, high-speed internet access, and housing affordability
- **Lowering Health Care Cost** – includes falls reduction funding, prescription drug cost affordability

The key focus issues are subject to change.

For more information visit <https://gwaar.org/aging-advocacy-online-2021>.

Questions may be directed to:

Janet Zander, Advocacy & Public Policy Coordinator, Greater WI Agency on Aging Resources, Inc.;

(715) 677-6723 or janet.zander@gwaar.org.

#WIAgingAdvocacyOnline



ADRC staff and senior advocates at Aging Advocacy Day in 2019 at the State Capitol.

COMMUNITY RESOURCES



Medicare 101 Virtual Class Monday, May 10, 10 a.m. - 12 p.m.

The Aging & Disability Resource Center's Elder Benefit Specialists (EBS) will offer a virtual Medicare class 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.

Class is 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.

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15th to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse.

Elder abuse is any act that causes harm to an older person and is carried out by someone they know and trust, such as a family member or friend. The abuse may be physical, social, financial, psychological, or sexual and can include mistreatment and neglect.

In many parts of the world, elder abuse occurs with little

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 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.

recognition or response. It is a global social issue that affects the health, well-being, independence, and human rights of millions of older people worldwide and an issue that deserves the attention of all in the community.

Although the extent of elder mistreatment is unknown, its social and moral significance is obvious. Individuals, communities, municipalities, and organizations will come together across the globe to hold events on June 15th that raise awareness of elder abuse.

Incidents of abuse can be reported by calling the GWAAR Elder Abuse Hotline: 1-833-586-0107 or on the Elder Abuse Hotline website at www.reportelderabusewi.org

Adapted from articles at <https://worldelderabuseawareness.com/> and <https://gwaar.org/elder-abuse-hotline>



NUTRITION

2021 Senior Farmers Market Nutrition Program

The Senior Farmers Market Nutrition Program (SFMNP) will be back in 2021. The SFMNP offers eligible person(s) one set of vouchers to buy locally grown fresh produce (fruits, vegetables, and herbs) at approved local farmers markets or road stands. Vouchers must be used by October 31, 2021. Call the ADRC at 715-346-1401 or toll free at 1(866)920-2525 to find out more details.



June is National Dairy Month

Celebrated since the 1930's, National Dairy Month began as a program to promote drinking milk but has evolved into an annual celebration recognizing the contributions of dairy producers, farm families and others involved in the industry. Wisconsin's dairy farmers are committed to delivering fresh, wholesome nutrition to dairy lovers all over the world using sustainable farming practices. In 2017, they reached a milestone achievement by reducing the environmental impact of producing a gallon of milk by involving 31 percent less water, 21 percent less land, a 20 percent smaller carbon footprint and 21 percent less manure than in 2007.



Dairy products are rich in calcium, protein, potassium, and phosphorus and can provide a good source of the recommended daily allowance (RDA) for nutrients. Check out the June menu to see some "MOO-velous" dairy choices scattered throughout the month.

(Adapted from Dairy Farmers of Wisconsin 5/19/2020 press release)

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NUTRITION

Nutrition Program Basics 101

What you eat impacts your health, which affects your life each and every day. Among other benefits, healthy eating contributes to better brain health, physical health and more energy. All meals prepared by the ADRC Nutrition Program are carefully planned to include a variety of foods, locally grown when possible, that provide at least a third of the recommended dietary allowance (RDA) of nutrients for older adults. The Nutrition Program's registered dietitian gives special attention to food selection and preparation to reduce fat, sugar and sodium so that you can enjoy a healthy made-from-scratch meal without the worry of figuring out if it is healthy.



ADRC of Portage County has several ways for seniors age 60 and older to get a delicious meal from our kitchen:

Curbside Grab and Go Wednesday – in place of congregate dining we continue to offer the curbside program every Wednesday. See the menu for details of what is offered each Wednesday. Registration is required; call to register for a pickup time no later than Thursday of the week before.

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.

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 participants will be denied a meal based on the ability to

Mother's Day Wednesday, May 12 Lincoln Center

It's time for our annual Mother's Day meal! This year, our traditional sit down celebration with our moms isn't possible but we'll offer a meal distributed through our Curbside Pickup Program. The menu is Mediterranean salmon, rice, asparagus, peaches, carrot cake with cream cheese frosting. Home delivered recipients will receive the meal on Thursday, May 13. Call to register for a pick-up time no later than Tuesday, May 4.



Father's Day Wednesday, June 16 Lincoln Center

Celebrate fathers on their special day with the Curbside Pick-up Program. The menu is a bratwurst on a whole grain bun, baked beans, cucumber salad, seasonal fresh fruit, and ice cream. Call to register for a pick-up time no later than Thursday, June 10.

You can start your summer by enjoying music by the Potocki Family Band. Park your car and roll down the windows to listen to music or bring a lawn chair and sit outside, while you kick back and enjoy a variety of music. Outside of your car, masks are required and social distancing must be practiced.

Volunteers Drivers Needed

The Aging & Disability Resource Center (ADRC) Nutrition Program staff are reviewing volunteer home-delivered meal routes as we begin to plan for more days of hot meal delivery.

Becoming a volunteer driver provides a hot meal and a safety check to seniors. You might be the only person that a meal recipient sees that day. Think about how your warm smile and a pleasant greeting like, "Good afternoon, your meal is here. How are you doing today?" would enrich your life and theirs. Routes are available throughout the County in Almond, Plover, Junction City, Amherst, and Stevens Point areas. Reimbursement for mileage is available. To learn more, call the Nutrition Program at 715-346-1401 or 1-866-920-2525.

May 2021 MENU

All meals include a 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



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
3 Lemon butter cod <i>Parsley buttered red potatoes</i> Cauliflower Coleslaw Rye roll w/ butter Pears	4 Hearty squash stew Mushroom brown rice <i>Corn</i> Mandarin oranges	5 Cilantro lime taco <i>salad</i> Vanilla pudding with raspberries	6 Roast pork with mustard sauce <i>Rustic potato bake</i> Carrots Applesauce Chocolate chip bar	7 Menu subject to change
10 <i>Bratwurst</i> on a whole grain bun with kraut Baked beans Cucumber salad Fresh or mixed canned fruit	11 Grilled chicken Tomato basil spaghetti Corn and zucchini salad Warm apple slices Ice cream	12 Mediterranean salmon Rice Asparagus Peaches Carrot cake with cream cheese frosting	13 Mediterranean salmon Rice Asparagus Peaches Carrot cake with cream cheese frosting	14
17 Roast pork apple glaze Baked potato Green beans Roll with butter Applesauce	18 <i>Honey Point Beer braised</i> chicken breast Buttered noodles Italian blend Broccoli Peaches Chocolate peanut bar	19 Pasta with meat <i>sauce</i> Peas California blend Mixed fruit Garlic focaccia	20 Slice turkey <i>Mashed potatoes & gravy</i> Mixed vegetables Roll with butter Apple <i>cranberry</i> crisp	21
24 Oven roasted chicken Buttered noodles Italian blend Broccoli <i>Honey</i> cornbread	25 Lemon pepper fish <i>Parsley buttered red potatoes</i> Cauliflower Coleslaw Rye roll w/ butter Pears	26 Chicken poppy seed <i>salad</i> Fresh fruit Cottage cheese Whole grain dinner roll	27 Hamburger on a whole grain bun <i>Roasted peppers and onions</i> Baked beans Cucumber salad Fresh fruit	28
31 Memorial Day Closed				

June 2021 MENU

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Call and talk to site manager to learn more about this program available to all seniors in the community.
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Home-Delivered	Home-Delivered	CURBSIDE	Home-Delivered	NO SERVICE
Menu Subject to Change	1 Broccoli rotini bake Braided red cabbage Garlic focaccia Pineapple Sherbet	2 House chef <i>salad</i> with ranch dressing Broccoli cheese soup Fresh fruit Sherbet	3 Sloppy joes on a whole grain bun Baked beans Marinated spring vegetable salad Fresh fruit	4
	7 Ham, cheese and vegetable wrap with ranch dressing Split pea soup Three bean salad Choice fruit	8 Meatloaf <i>Parsley buttered potatoes</i> Mixed vegetables Cauliflower Dinner roll w/ butter Pears	9 Spinach <i>salad</i> with strawberry basil balsamic vinaigrette Wisconsin <i>Point Beer</i> cheese soup Mandarin oranges	10 Honey Dijon chicken breast Buttered noodles Italian blend Broccoli Peaches Chocolate pudding
14 Chicken Pot Pie Peas California blend Mixed fruit <i>Honey</i> cornbread	15 Sliced ham Mashed potatoes & gravy Glazed carrots Roll with butter Fruit salad	16 Bratwurst on a whole grain bun with kraut Baked beans Cucumber salad Fresh fruit, Ice cream	17 Bratwurst on a whole grain bun with kraut Baked beans Cucumber salad Fresh fruit, Ice cream	18
21 Tuna macaroni sal- ad <i>Cheese stick</i> Pickled beets Pineapple Brownie	22 Roast pork <i>Baked potato</i> with sour cream Green beans Carrots Whole grain bread Applesauce	23 Meatloaf sandwich w/ horseradish mayo Split pea soup with crackers Pickled beets Pineapple	24 Honey Dijon chicken breast Buttered noodles Italian blend Broccoli Peaches	25
28 Pork and sauerkraut Noodles Glazed Carrots Green beans Applesauce	29 Taco bake w/salsa, lettuce & sour cream Seasoned rice Corn and black bean salsa Mandarin oranges Vanilla pudding	30 Cilantro Lime Taco Salad Vanilla pudding with raspberries		

ADRC

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!

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 Retired and Senior Volunteer Program (RSVP) at the ADRC at Lincoln Center, 715-346-1401, toll free 1-866-920-2525 or by email: mackayc@co.portage.wi.us.



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INFORMATION



Myth: It's dangerous to ask a depressed person whether they're considering suicide.

You may be afraid of raising the subject of suicide with a vulnerable person, for fear that even mentioning it could inspire them to harm themselves. But the reality is that those struggling with depression may be relieved to have the opportunity to share their disturbing thoughts, including the ones about suicide, with someone else.

If you suspect a loved one is considering taking his or her own life, be proactive in trying to get them help. Local Resources:

Peace of Mind Portage County: This Web site is a resource for individuals, families and agencies concerned with mental wellness. It provides information about mental wellness services, laws, and related news, as well as communication tools and other features.

Visit www.peaceofmindportagecounty.org

Mental Health Navigation is a free and confidential program established in response to the need for mental health care and navigating the often-complicated system of resources and services. The program aims to help residents of Portage County to improve their mental wellness and functioning by connecting them to local mental health and community resources. Mental Health Navigation attempts to remove barriers to services that enhance resiliency and self-advocacy which in turn supports well-being. **To set up an appointment please call the CAP Services Mental Health Navigator Line at 715-343-7104.**



The Portage County Transportation Coordinating Committee (TCC) 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 **May 15, 2021** to be considered for appointment.

EVIDENCE-BASED HEALTH PROGRAMS

Arthritis is one of the most widespread health conditions in the United States. It affects about one in four adults overall. That's over 54 million men and women. To recognize this toll on Americans' health, the Centers for Disease Control and Prevention (CDC), the Arthritis Foundation and the Aging & Disability Resource Center of Portage County observe Arthritis Awareness Month in May.

Walking has been shown to improve arthritis pain, fatigue, function, and quality of life. There is no better time to begin a walking program or recommit yourself to a walking routine than during Arthritis Awareness Month. Walking is a great way for people with arthritis who live in rural areas to be physically active. For those uncertain about walking, proven programs such as Walk With Ease help people get started. Contact the ADRC at Lincoln Center for more information about this and other programs for arthritis.

Masks, social distancing, and screenings are required.



Walk With Ease
Monday, Wednesday and Friday
May 17 - June 25, 3 - 4 p.m.

In Person Workshop, preregistration required.
Class limited to 10 participants.

Walk With Ease is an evidence-based program designed to help people living with arthritis to better manage their pain. It's also ideal for

people without arthritis who want to make walking a regular habit. Sessions consist of group discussion and walking. Walk With Ease is shown to reduce the pain and discomfort of arthritis, increase balance, build your confidence to be physically active, and improve overall health. Walk With Ease groups meet for one hour, three times a week, for six weeks. A certified leader provides information, support, and the tools you need to help you set and reach your goals. The suggested donation for the workshop and workbook is \$30.

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.

Fun & Fit (AFEX)
Tuesdays & Thursdays, Beginning Tuesday,
Beginning May 18
10 – 10:45 a.m.

In Person Workshop, preregistration required.
Class size limited to 10 participants.

This fitness program will help increase flexibility and strength through a series of slow, deliberate exercises combining sitting and standing, with an emphasis on standing and arthritis relief. Participants should wear comfortable clothes and shoes. Santha Bickford is an Arthritis Foundation certified leader. Classes will be held at Lincoln Center. Suggested donation is \$17 for ten classes or \$2 per class.

Arthritis Foundation Exercise Program
(AFEX)

Tuesdays and Thursdays, Beginning
Tuesday, Beginning May 18
11:15 a.m. – 12 Noon

In Person Workshop, preregistration required.

(Continued on page 18)

M	5/3	Resistance Chair Exercise - 9 a.m. StrongBodies - 10 a.m. - VIRTUAL	F	5/14	StrongBodies - 10 a.m. - VIRTUAL
T	5/4	Seniorobics - 8:30 a.m. - VIRTUAL Sip & Swipe - 9 a.m. (By appointment) Healthy Living with Diabetes - 9 a.m. - VIRTUAL Arthritis Foundation Exercise Program (AFEX) - 10 a.m. - VIRTUAL Fun & Fit - 10 a.m. Open Art - 1 p.m.	M	5/17	Resistance Chair Exercise - 9 a.m. StrongBodies - 10 a.m. - VIRTUAL Walk with Ease - 3 p.m.
W	5/5	Sip & Swipe - 9 a.m. (By appointment) Diabetes Support Group - 10 a.m. StrongBodies - 10 a.m.	T	5/18	Seniorobics - 8:30 a.m. - VIRTUAL Sip & Swipe - 9 a.m. (By appointment) Fun & Fit - 10 a.m. AFEX - 11:15 a.m. Open Art - 1 p.m. Caregiver Support Group - 4:30 p.m.
Th	5/6	Seniorobics - 8:30 a.m. AFEX - 10 a.m. Stepping On - 10 a.m. - VIRTUAL Fun & Fit - 10 a.m. Living Well with Chronic Conditions - 1:30 p.m. - VIRTUAL	W	5/19	Sip & Swipe - 9 a.m. (By appointment) Diabetes Support Group - 9:30 a.m. StrongBodies - 10 a.m. - VIRTUAL Oil Painting - 10 a.m. Walk with Ease - 3 p.m.
F	5/7	StrongBodies - 10 a.m. - VIRTUAL	Th	5/20	Seniorobics - 8:30 a.m. - VIRTUAL Stepping On - 10 a.m. - VIRTUAL Fun & Fit - 10 a.m. AFEX - 11:15 a.m.
M	5/10	Resistance Chair Exercise - 9 a.m. Qigong—9 a.m. Medicare 101 - 10 a.m. StrongBodies - 10 a.m. - VIRTUAL	F	5/21	StrongBodies - 10 a.m. - VIRTUAL Walk with Ease - 3 p.m.
T	5/11	Seniorobics - 8:30 a.m. - VIRTUAL Sip & Swipe - 9 a.m. (By appointment) Fun & Fit - 10 a.m. AFEX - 10 a.m. - VIRTUAL Oil Painting - 10 a.m. Open Art - 1 p.m.	M	5/24	Resistance Chair Exercise - 9 a.m. StrongBodies - 10 a.m. - VIRTUAL Walk with Ease - 3 p.m.
W	5/12	Sip & Swipe - 9 a.m. (By appointment) StrongBodies - 10 a.m. - VIRTUAL Oil Painting - 10 a.m. Mother's Day Luncheon - curbside pickup Visually Impaired Persons Support Group (VIP) - 1 p.m. Caregiver Support Group - 1:30 p.m.	T	5/25	Seniorobics - 8:30 a.m. - VIRTUAL Sip & Swipe - 9 a.m. (By appointment) Fun & Fit - 10 a.m. AFEX Program (AFEX) - 11:15 a.m. Open Art - 1 p.m. Parkinson's Support Group - 1 p.m.
Th	5/13	Seniorobics - 8:30 a.m. - VIRTUAL Stepping On - 10 a.m. - VIRTUAL AFEX - 10 a.m. - VIRTUAL Fun & Fit - 10 a.m.	W	5/26	Sip & Swipe - 9 a.m. (By appointment) StrongBodies - 10 a.m. - VIRTUAL Oil Painting - 10 a.m. Caregiver Support Group - 1:30 p.m. Walk with Ease - 3 p.m.
			Th	5/27	Seniorobics - 8:30 a.m. - VIRTUAL Stepping On—10 a.m. - VIRTUAL Fun & Fit - 10 a.m. AFEX Program (AFEX) - 11:15 a.m.
			F	5/28	StrongBodies - 10 a.m. - VIRTUAL Walk with Ease - 3 p.m.

ACTIVITIES

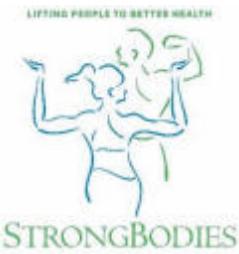
JUNE

T	6/1	Seniorobics - 8:30 a.m. - VIRTUAL Sip & Swipe - 9 a.m. (By Appointment) Fun & Fit - 10 a.m. Arthritis Foundation Exercise Program (AFEX) -11:15 a.m. Open Art - 1 p.m.	W	6/16	Fun & Fit - 10 a.m. AFEX - 11:15 a.m. Open Art - 1 p.m. Caregiver Support Group - 4:30 PM Sip & Swipe - 9 a.m. (By Appt.) Oil Painting - 10 a.m.
W	6/2	Sip & Swipe - 9 a.m. (By Appt.) Diabetes Support Group - 10 a.m. Oil Painting - 10 a.m. StrongBodies - 10 a.m. - VIRTUAL Walk with Ease - 3 p.m.	Th	6/17	Seniorobics - 8:30 a.m. - VIRTUAL Knitting - 9:30 a.m. Stepping On - 10 a.m. - VIRTUAL Fun & Fit - 10 a.m. AFEX 11:15 a.m. Pottery - 1 p.m.
Th	6/3	Seniorobics - 8:30 a.m. - VIRTUAL Knitting - 9:30 a.m. Stepping On - 10 a.m. - VIRTUAL Fun & Fit - 10 a.m. AFEX - 11:15 a.m. Pottery - 1 p.m. Living Well with Chronic Conditions 1:30 p.m. - VIRTUAL	F	6/18	StrongBodies - 10 a.m. - VIRTUAL Walk with Ease - 3 p.m.
F	6/4	StrongBodies - 10 a.m. - VIRTUAL Walk with Ease - 3 p.m.	M	6/21	Resistance Chair Exercise - 9:30 a.m. Fiction Writing - 10 a.m. StrongBodies - 10 a.m. - VIRTUAL Walk with Ease - 3 p.m.
M	6/7	Resistance Chair Exercise 9:30 a.m. StrongBodies - 10 a.m. - VIRTUAL Walk with Ease - 3 p.m.	T	6/22	Seniorobics - 8:30 a.m. - VIRTUAL Sip & Swipe - 9 a.m. (By Appt.) Fun & Fit - 10 a.m. AFEX - 11:15 a.m. Open Art - 1 p.m.
T	6/8	Seniorobics - 8:30 a.m. - VIRTUAL Sip & Swipe - 9 a.m. (By Appt.) Fun & Fit - 10 a.m. AFEX 11:15 a.m. Open Art - 1 p.m.	W	6/23	Parkinson's Support Group - 1 p.m. Sip & Swipe - 9 a.m. (By Appt.) Oil Painting - 10 a.m. StrongBodies - 10 a.m. - VIRTUAL Polish - 12:30 p.m. Walk with Ease - 3 p.m.
W	6/9	Sip & Swipe - 9 a.m. (By Appt.) Oil Painting - 10 a.m. StrongBodies - 10 a.m. - VIRTUAL Polish - 12:30 p.m. Visually Impaired Persons Group (VIP) -1 p.m. Caregiver Support Group - 1:30 PM Walk with Ease - 3 p.m.	Th	6/24	Seniorobics - 8:30 a.m. - VIRTUAL Knitting - 9:30 a.m. Fun & Fit - 10 a.m. AFEX)11:15 a.m. Pottery - 1 p.m.
Th	6/10	Seniorobics - 8:30 a.m. - VIRTUAL Knitting - 9:30 a.m. Stepping On - 10 a.m. - VIRTUAL Fun & Fit - 10 a.m. AFEX- 11:15 a.m. Pottery - 1 p.m.	F	6/25	StrongBodies - 10 a.m. - VIRTUAL Walk with Ease - 3 p.m.
F	6/11	StrongBodies - 10 a.m. - VIRTUAL Movie - 1 p.m. Walk with Ease - 3 p.m.	M	6/28	Resistance Chair Exercise - 9:30 a.m. StrongBodies - 10 a.m. - VIRTUAL
M	6/14	Qigong - 9 a.m. Resistance Chair Exercise - 9:30 a.m. StrongBodies - 10 a.m. - VIRTUAL Walk with Ease - 3 p.m.	T	6/29	Seniorobics - 8:30 a.m. - VIRTUAL Sip & Swipe - 9 a.m. (By Appt.) Fun & Fit - 10 a.m. AFEX - 11:15 a.m. Open Art - 1 p.m.
T	6/15	Seniorobics - 8:30 a.m. - VIRTUAL Sip & Swipe - 9 a.m. (By Appt.)	W	6/30	Sip & Swipe - 9 a.m. (By Appt.) StrongBodies - 10 a.m. - VIRTUAL Polish - 12:30 p.m. Caregiver Support Group - 1:30 p.m.

(Continued from page 15, Evidence-Based Classes)

Class limited to 10 participants.

This in person and 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. Classes will be held at the ADRC at Lincoln Center. Masks, social distancing, and screening is required. Suggested donation is \$17 for ten classes or \$2 per class.



VIRTUAL CLASSES

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. This virtual workshop requires preregistration and access to a computer, tablet, or smart phone with internet service. Hand and ankle weights are available on loan to borrow; donations are appreciated.



**Stepping On - Building Confidence,
Reducing Falls
Thursdays, May 6 – June 17
10 a.m. - Noon**

Like many people, you may not realize that you are at risk for being injured by a fall, You might think that falls only happen to frail, older adults, or that falls are a normal part of aging. Don't let these myths keep you from facing your fears and learning to prevent falls. Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. You'll learn: to identify, remove and avoid fall hazards in your

home and outside; how vision, hearing, medication and footwear affect your risk of falling; strength and balance exercises you can adapt to your individual level, and how to get back up on your feet the right way if you do fall. The suggested donation is \$10 for the seven-week program. To participate in this virtual class, you must have access to a computer or tablet with internet, audio and camera. The program coordinator will be available to answer set up questions.

Volunteer Opportunities

Evidence-based programs are effective because of volunteer facilitators. Evidence shows that participation in these programs can prevent disease and improve health. Consider becoming a class leader. Training is provided free of charge and travel expenses are covered.

Walk with Ease Volunteer Leader: If you love to walk and want to help others enjoy the physical and mental health benefits of walking, consider become a leader for the Arthritis Foundation's Walk with Ease program. This workshop is designed to help people living with arthritis to better manage their pain and get out walking. Participants meet for one hour, three times a week, for six weeks and are guided by a certified volunteer. Leaders give a brief talk, discuss topics from the class book, then lead participants in stretching and walking that increases to 30 minutes. Leader training is provided and is available online, anytime.

If you are interested in registering for any of these Evidence-Based Health Programs or in becoming a leader, please call 715-346-1401 or toll free, 1-866-920-2525.



SENIOR CENTER

Due to circumstances surrounding the COVID-19 pandemic, activities and classes will resume slowly as it is deemed safe to do so. Currently, some classes may be offered virtually or in-person at Lincoln Center in small groups of ten or less. Due to the class size limitations, registrations will be taken on a first-come, first-served basis.

All individuals at Lincoln Center 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. But must follow safety protocols.. 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.

Technology Information

Lincoln Center Computer Use

Lincoln Center Computer Lab located on the first floor in the Knowledge Nook, is open for public use during Lincoln Center regular business hours. The computers have Internet access. All participants must follow posted rules and register for use of the public computers each time. Computer use is limited to one hour at a time. Printing costs 25 cents per page. Donations are welcome for computer upkeep.

Wi-Fi

Wi-Fi is available on both floors of Lincoln Center. Portage County Guest is the open network. Users agree to terms of use. Donations are welcome.

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;

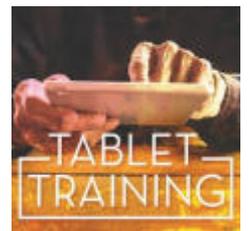
communicating (which covers texting), video calls (Skype, Zoom, FaceTime), setting up a Gmail account and how to access it on your tablet; how to use YouTube, camera, apps and attaching photos to email.

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: 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.



SENIOR CENTER



Virtual Fiction Writing

Mondays, 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.

In-Person Classes Beginning in June **Fiction Writing**

3rd Mondays, June - Aug., 10 a.m. – Noon

Join this class in-person at the ADRC at Lincoln Center or ask about joining it virtually. Learn the basics of fiction writing. 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

Polish

2nd Wednesday, June – Aug., 12:30 - 3 p.m.

This is an open session to practice your Polish skills through informal conversation with or without an instructor. Beginners to advanced learners are welcome. Registration is required. Donations are appreciated.



Laughter with Qi Gong

2nd Mondays, June 14, July 12, Aug. 9

includes. Qi Gong is a Chinese system of physical exercises, gentle laughter and breathing control that is related to T'ai Chi. Qi Gong is a centuries-old system of coordinated body-posture and movement, deep breathing, and meditation used to help with balance, coordination, and stress

reduction). You can participate from a sitting or standing position. The leader, Judi Olson, is a certified Laughter Leader and Qi Gong Group Practice Leader. No special clothing or equipment is required. Cost is \$10 for three classes or \$4 per walk-in.

If you are interested in online laughter instruction, follow this link: <https://www.facebook.com/LaughWithSarah/> for daily laughter yoga

Resistance Chair Exercise Program **Mondays, 9 – 11 a.m. by Appointment**

Resistance chair exercise allows you to do a full body workout from a safe and comfortable seated position. Because you remain seated you maintain balance and stability as you exercise arms, chest, shoulders, abdomen, back and legs. The workout uses pulleys of varying resistance to strengthen the whole body, helping to increase strength, endurance, balance and flexibility. Lincoln Center has three resistance chairs and different instructional DVDs to use with them. Chairs are available by reservation. Must register and call to make an appointment for the first use. Donations are appreciated.

Call ADRC at Lincoln Center, 715-346-1401 or toll free, 1-866-920-2525 to make your appointment for these two health programs.

15-Minute Chair Massage

2nd & 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. Cost is \$13.

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

(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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- Outpatient Mental Health
- Residential Care
- 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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HEALTH & WELLNESS/RECREATION

(Continued from page 20, Foot Care Clinic) 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.



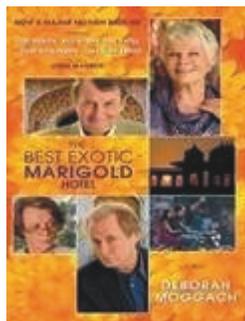
Cycling Without Age (CWA) Portage County
You have the right to wind in your hair! Trishaw Rides are scheduled by appointment. If you or a loved one would enjoy a ride on a trishaw, or if you would like to become a volunteer pilot, contact Tori Jennings by email at cwa.stevenspoint@gmail.com or by phone, 715-326-0641.



Movies
2nd Friday
June – August, 1 p.m.

Friday, June 11 - The Best Exotic Marigold Hotel

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. Directed by John Madden. With Judi Dench, Bill Nighy, Maggie Smith, Tom Wilkinson.



Friday, July 9 - Julie and Julia
Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book.

Directed by Nora Ephron. With Amy Adams, Meryl Streep, Chris Messina, Stanley Tucci.

Friday, Aug. 13 - Akeelah and the Bee

Responding to a threat by her school's principal, Akeelah participates in a spelling bee to avoid detention for her many absences. Much to her surprise and embarrassment, she wins.



Summer Concert

Live Concert by the Potocki Family Band
Wednesdays, June 16 & July 14
11 a.m. – 12 Noon

ADRC at Lincoln Center Parking Lot

Start up your summer with some live music by the Potocki Family Band. Park your car and roll down the windows to listen to music or bring a lawn chair and sit outside, while you kick back and enjoy a variety of music. Masks are required, and social distancing must be practiced while outside of your vehicle.

A Curbside pickup meal from the Nutrition Program is available that day; an appointment time is required. After you pick-up your meal, stay and enjoy the entertainment, while you eat your lunch. Anyone age 60 years or older is eligible to participate in the Nutrition Program. The suggested donation for people age 60 and older is \$4, however, no eligible participant will be denied a meal based on ability to contribute towards the cost. The cost of the meal is \$8.25 for persons under age 60. Call to reserve your meal at 715-346-1401 or toll free, 1-866-920-2525.

CREATIVE ARTS

**Creative Arts
Open Knitting
Thursdays, June - Aug.
9:30 – 11:30 a.m.**

Knitters will help each other with problem-solving, reading patterns, and other knitting questions. Individuals work on their own projects. Knitters of any skill level including beginners are welcome. Cost is \$11; you provide your own supplies.



coiling, slab rolling, throwing and molds. Cost is \$8 (clay, glazes and firing are extra).

**Oil Painting
Wednesdays, May 12 - June 23
10a.m. – 12:30 p.m.**

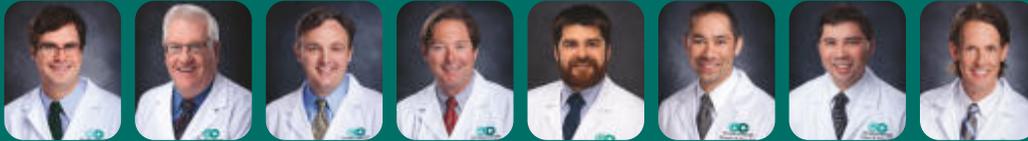
Deann De La Ronde teaches basic oil painting techniques to further individual development in creativity and originality. Minimum of five students to offer this class. Cost is \$42 (supplies are extra).

**Pottery
Thursdays, June – Aug.
1 - 4 p.m.**

Those wanting to learn or enhance their pottery skills are invited to get together to work on projects and share ideas and tips. Participants use hand building techniques such as pinching,

**Open Art Class: Painting/Drawing/Coloring
Tuesdays, May – Aug.
1 – 3:30 p.m.**

Individuals will work on their own art projects (painting, coloring, etc.) at their own pace and can join at any time. Participants of any skill level are welcome. Cost is \$11 (supplies are extra).



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ON THE SQUARE



VOLUNTEER



Senior Center

We are recruiting volunteers for the following opportunities.

Contact the Senior Center Manager at 715-346-1401, toll free 1-866-920-2525.

Gallery Volunteer

Help coordinate and schedule the monthly art exhibits at Lincoln Center.

Seniorobics Leader

Help lead this fun moderate exercise class. Keep attendance records and help participants with stretching, aerobics, toning, and strengthening exercises. Class is held Tuesday and Thursday mornings from 8:30 - 9:30 a.m.

Create a Program or Class

Use your expertise and skills to teach a class or activity that seniors or adults with disabilities might enjoy or want to learn.

Retired and Senior Volunteer Program (RSVP)

Volunteers are needed for the following opportunities:

Volunteer Driver Program – Provide rides for individuals to medical appointments and to conduct other essential business.

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 the volunteer's 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.

ADRC Adult Day Center (ADC) Volunteer - Join in the fun at the ADC! Volunteers are needed to converse with and assist participants through lunch, with craft projects, playing games, and engaging participants in activities. Volunteers are encouraged to bring and share their own talents (musical, creativity, theatrical, writing....) to the center.

A weekly or biweekly commitment of 1 ½ - 3 hours on Mondays, Wednesdays or Thursdays is appreciated.



Thank You. 

A huge thank you goes out to Theresa Hintz for her dedication in serving 19 years with the Foster Grandparent Program (FGP). She is an inspiration to us all and will be missed by everybody involved in the program. She truly made a difference!

FGP provides opportunities for persons age 55+ who are willing to share their experience, abilities, and skills by serving children and youth in their community. Foster Grandparents are role models, mentors and friends to children with special and/or exceptional needs, or who are in circumstances that limit their academic, social or emotional development. For more information, contact the Foster Grandparent Program Coordinator at the Aging & Disability Resource Center, 715-346-1401 or toll free, 1-866-920-2525.

MAY IS ARTHRITIS AWARENESS MONTH

EAT WELL, AGE WELL.—Arthritis Awareness

Arthritis affects people of all ages, sexes and races. In fact, about 53 million adults are diagnosed with arthritis, it is the #1 cause of disability. There are many types of arthritis however, common symptoms include joint pain, stiffness, swelling, and decreased range of motion.

So, you might be wondering, what can I do to help cope with the symptoms? One answer lies in your diet. There are six components to the diet that can help reduce inflammation and thus decrease symptoms of arthritis. First, you need some anti-inflammatory fatty acids also known as omega-3 fatty acids. Add these by increasing your intake of fish. The best sources include salmon, tuna, sardines, herring, anchovies, scallops, and other cold-water fish. Nuts and seeds are another component, a handful of walnuts, pine nuts, pistachios or almonds would be a good option. You should also increase your antioxidant intake by eating plenty of fruits and vegetables; about 9 servings per day. A serving of fruits and vegetables is about ½ to 1 cup. Use olive oil while cooking or add it to a salad, keep in mind that extra virgin olive oil is best because it undergoes less processing.

Fiber is also important for lowering C-reactive protein (CRP) which is an indicator of inflammation. Add more fiber to your diet by increasing your intake of beans each week, about two cups a week will do. You can also increase your intake of fiber by switching to whole grains. Some fiber filled whole grain options are oatmeal, brown rice, and quinoa! Don't forget to make half of your grains whole grains each day!



Greek Salad Dressing

Ingredients:

- 1 Fresh Lemon
- ¼ cup Extra Virgin Olive Oil
- 1 Clove Garlic
- 2 tsp Dried Oregano
- ½ tsp Salt (optional)
- 1 tsp Black Pepper

Directions

1. Squeeze the juice of one lemon into a small mixing bowl
2. Mince garlic and place into bowl
3. Wisk olive oil, garlic, and oregano
4. Add salt and pepper to taste
5. Toss on your salad & enjoy!

Adapted from source:

<https://www.primalpalate.com/paleo-recipe/greek-salad-dressing/>



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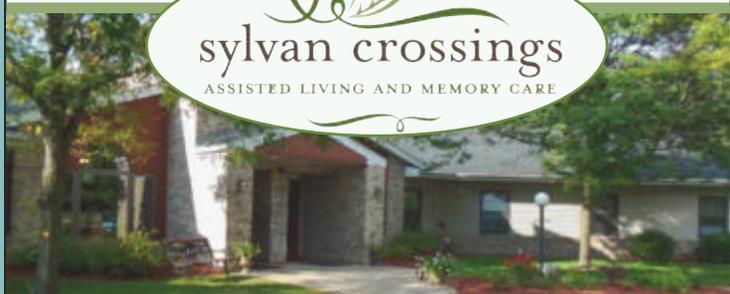
Care Services Include:

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



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or come in for a tour
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Phone: (715) 341-3444 • Website: www.spha-wi.org

Office hours: Mon-Thurs: 8am – 4pm and Fri: 8am –



COVID-19

Across the country, the **COVID-19** pandemic has resulted in devastating effects. Here in Portage County, we have felt the pain and loss of loved ones to the virus in our own community. We support those families who have been affected and mourn those they have lost.

While the pandemic has kept us apart, there is new hope—vaccines are available. They will help us move closer to ending the pandemic.

We want everyone in our community to be safe and get back to hugging our families and friends and shaking hands with our neighbors. Getting the COVID-19 vaccine adds one more layer of protection for you, your family, and your loved ones. Here are some key points about the COVID-19 vaccine:

- All COVID-19 vaccines currently available in the United States are very effective at preventing the disease.
- The most common side effects are pain in the arm where you got the shot, feeling tired, headache, body aches, chills, and fever.
- Stopping a pandemic requires using all the tools we have available—wearing masks, staying at least 6 feet apart from people who don't live with you, avoiding crowds and poorly ventilated spaces, washing your hands frequently, and **getting vaccinated**.
- We all play a part in this effort, and you are key. Please get your COVID-19 vaccine when it is your turn, so we can get back to the things we've all missed this past year.

For more information about vaccines, including a list of local vaccinators, visit the Vaccination Information link found in the spotlight on the Portage County homepage at:

www.co.portage.wi.us



Books and Puzzle Exchange

Monday through Friday
8 a.m. – 4 p.m.

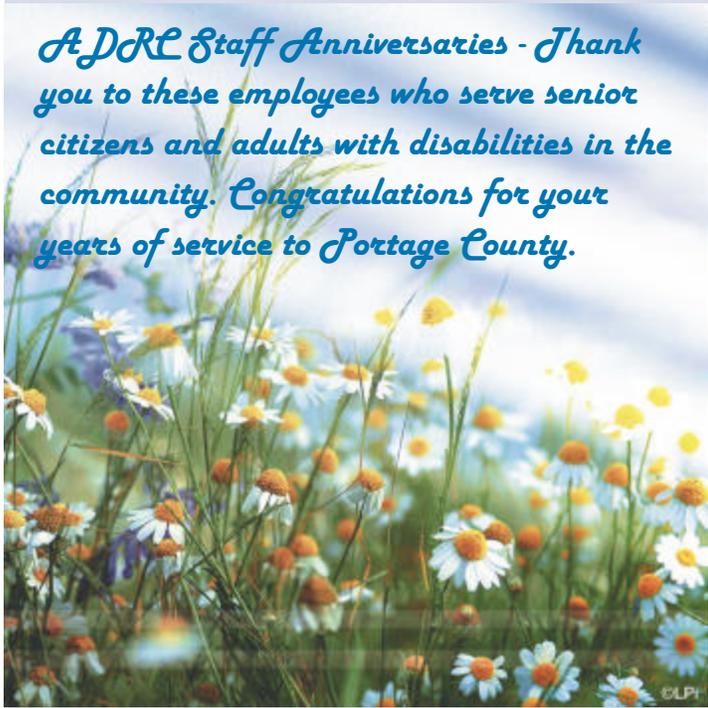
Looking for something to do? Stop at Lincoln Center for some new reads - paperback books, magazines - and jigsaw puzzles for exchange. Puzzles are available on a first- come, first-served basis.

Lincoln Center Gallery

Take a moment while at Lincoln Center to enjoy the monthly exhibits of art and collections of residents in the gallery. If you are interested in displaying your art or your collection contact the Senior Center Manager at 715-346-1401 or toll free, 1-866-920-2525.



Flag Day
Tuesday, June 14



A DRC 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.

27 Years

Donna Calhoun, Senior Center Manager

15 Years

Maria Meyer, Elder Benefit Specialist

9 Years

Anna Mlodik, Dining Site Manager On-Call Substitute -

7 Years

Cathy MacKay, RSVP Assistant

6 Years

Cheryl Wachowiak, Administrative Associate I On-Call Sub.

4 Years

Kate Giblin, Health Promotion Coordinator

3 Years

Juliana Goska, Information & Assistance Specialist RN

2 Years

Maureen (Reena) Miller, Adult Day Care Aide

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Milwaukee
3216 West Highland Blvd
414.344.6515

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

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600 S Webster Ave | 920.432.3213

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COVID-19 Vaccine Comparison:



PORTAGE COUNTY
HEALTH AND HUMAN SERVICES
Division of Public Health

Source:
astho.org

	Moderna	Pfizer-BioNTech	Johnson&Johnson
Vaccine Type	 mRNA Vaccine COVID-19 mRNA vaccines give instructions for our cells to make a <u>harmless</u> piece of what is called the "spike protein," which is found on the surface of the virus that causes COVID-19.	 mRNA Vaccine COVID-19 mRNA vaccines give instructions for our cells to make a <u>harmless</u> piece of what is called the "spike protein," which is found on the surface of the virus that causes COVID-19.	 Viral Vector Vaccine Viral vector vaccines use a modified version of a different virus (the vector) to deliver important instructions to our cells.
Age	18+	16+	18+
Doses	 2 Dose 2nd dose given 28 days later <i>*must receive same brand for 2nd dose</i>	 2 Dose 2nd dose given 21 days later <i>*must receive same brand for 2nd dose</i>	 1 Dose
Common Side Effects	<ul style="list-style-type: none"> -Injection site pain -Fatigue -Headache -Muscle pain -Joint pain -Fever 	<ul style="list-style-type: none"> -Injection site pain -Fatigue -Headache -Muscle pain -Joint pain -Fever 	<ul style="list-style-type: none"> -Pain, swelling, redness at injection site -Headache -Fatigue -Muscle pain -Nausea -Fever
	<p><i>*These side effects usually start within a day or 2 of getting vaccine and show that your immune system is responding to the vaccine.</i></p>		
Infection	94.1% effective at protecting against any symptomatic infection	95% effective at protecting against any symptomatic infection	85% effective at protecting against severe/critical illness after 28 days

*Pregnant/lactating people should discuss the risks and benefits with their provider.

People are encouraged to get whichever vaccine is available to them. All 3 vaccines are highly effective in preventing illness and death from COVID-19.

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- What are the differences between Medicare and other health coverage?
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- Are my prescriptions covered?
- How much will it cost?
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0020A125



2021 REGISTRATION FORM

You may complete this form and mail it or bring it to Lincoln Center (along with you 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? Yes / No

ARE YOU FULLY VACCINATED FOR COVID-19? YES / NO

You may mail in a copy of proof of vaccination or provide it on the first day of class.

Emergency Contacts (please list two):

1. Name _____

2. Name _____

Doctor/Clinic _____

Referred by: _____

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

Class Title	Starting Date	Fee (if any)
<i>Example: Arthritis Foundation Exercise Program (AFEX)</i>	<i>May 18, 2021</i>	<i>\$ \$17.00</i>
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

Total (make your 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 _____ Date _____

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

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

If you have an idea 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 Proof of Vaccine yes / no (initials) _____

Date _____ Paid \$ _____ Cash or Check # _____ Date Entered _____

Waiver needed/received: yes / no Supply list needed/dispensed: 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



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



**The ADRC at Lincoln Center will
be closed on Monday, May 31,
Memorial Day.**



The Holly Shoppe is currently open Mondays,
Tuesdays and Fridays 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

Please note: due to Covid-19, The Holly
Shoppe will not be holding a spring/summer
rummage sale and is not accepting donated
items at this time.



Lincoln Center Loan Closet
Durable medical equipment is
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accepted): wheelchairs, commodes,
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To reserve equipment, please call
the Aging & Disability Resource
Center at Lincoln Center:

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