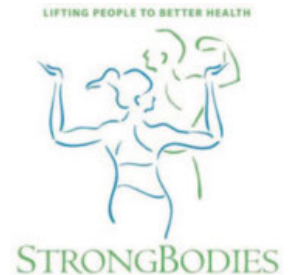




## A New Year's Program to Start 2022 the Right Way – Strong Bodies

Many people think that losing muscle mass, falling, or breaking a hip are a natural part of aging. That's not true! As they say, if you don't use it, you lose it.

StrongBodies is an evidence based strength training program designed to help older adults become or stay strong, fit, and healthy. StrongBodies includes progressive resistance training, balance training, and flexibility exercises. It is proven to prevent osteoporosis, build muscle, improve balance, as well as decrease depression and arthritis symptoms.



Joining a strength training exercise class is a great way to make sure you do the exercises you know you should. The exercises are safe and effective for all ages, including those who are not in perfect health. Joining a class can help you be accountable and more likely to meet your goals.

The ADRC will offer StrongBodies, beginning January 4, 2022. The 12 week class will meet Tuesdays and Thursdays at 8 am at Brookside Apartments in Whitehall. The suggested donation is \$30.

Prior registration is required and participants must complete paperwork, including a Physician Authorization form. If you would like to join StrongBodies, contact Shelly Rue at 715-538-2001, Option #4 to register and for paperwork. Paperwork may also be found online at [co.trempealeau.wi.us/adrc](http://co.trempealeau.wi.us/adrc) and additional information on StrongBodies may be found online at [www.healthyliving.extension.wisc.edu/programs/strongbodies](http://www.healthyliving.extension.wisc.edu/programs/strongbodies)

Would you like to get fit in the comfort of your own home? The ADRC has StrongBodies DVD's and equipment available to loan out for use at home at no cost! Please contact the ADRC at 715-538-2001!



## Meet your StrongBodies Instructors



Nancy Lyngen (left) and Amanda Hegge (right)



# The Staff of the ADRC of Trempealeau County

## Transportation & Nutrition Program Coordinator: Ashley Brekke

- Responsible for the successful management of the Senior Nutrition Program, including Home Delivered Meals and Senior Dining. The purpose of the Senior Nutrition Program is to reduce hunger and food insecurity and promote socialization, health, and well-being among older adults.
- Responsible for the successful management of the Transportation Program, including Local Van Service, Bus Service and Volunteer Driver Program. The purpose of the Senior Transportation Program is to provide non-emergency medical transportation and assist seniors and persons with disabilities to maintain independence and stay connected within their community.

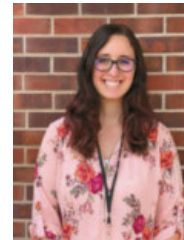
**Ashley can be reached by calling (715)538-2001, Option #1**



## Information & Assistance Specialists (I&A): Laura Boyer (left), Michelle Brown (middle), Heather Turnmire (right)

- Provide information about services, programs, and resources that can assist the elderly and persons with disabilities experience daily life with dignity and to maximize their opportunities for self-sufficiency and choice.
- Determine functional and financial eligibility for long-term support programs including Family Care and IRIS.
- Provide options counseling to persons who may not qualify financially or functionally for Long-Term Care Programming.
- Discuss the enrollment and disenrollment processes with persons currently enrolled in or considering enrollment into a long-term care program.
- Provide information to persons <17 with disabilities as they transition into the adult long-term care system.

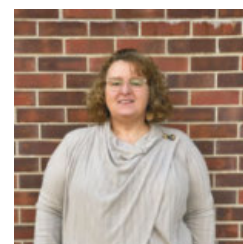
**I & A staff can be reached by calling (715)538-2001, Option #2**



## Elder Benefit Specialists (EBS): Rita Skroch

- Assists persons 60+ with answering questions or helping with the complicated paperwork that comes along with Medicare A, B, C, and D, Medicare Supplement Policies, Medical Assistance & Social Security, Consumer Problems, and other legal and benefit problems.
- Available to provide accurate and current information on your benefits.
- Suggests alternative actions to secure benefits or appeal denials of benefits.

**Rita can be reached at (715)538-2001, Option #3**



## Disability Benefit Specialist (DBS) & Caregiver Support Specialist: Shelly Rue

- Assists persons age 18-59 with physical, developmental, and mental illness disabilities.
- Provides information and assistance with public and private benefit programs and helps persons apply for and/or appeal the denial of benefits.
- Some areas and programs that the DBS can assist with: Medicaid (Medical Assistance), Supplemental Security Income (SSI), Social Security Disability (SSDI), Medicare, including Part D.
- Oversight of Caregiver Support programs including the National Family Caregiver Support Program (NFCSP) and Wisconsin Alzheimer's Family and Caregiver Support Program (AFCSP).

**Shelly can be reached by calling (715)538-2001, Option #4**



# Continued to Meet the Staff

## Guardianship & Adult Protection Social Worker: Dana Conrad

- Oversight of all protective placement and guardianships.
- Investigates cases of abuse, neglect or exploitation of vulnerable adults.

Dana can be reached by calling (715)538-2001, Option #5



## Dementia Care Specialist: Becky Woodke

- Supports people with dementia and their caregivers to ensure the highest quality of life possible while living at home.
- Helps develop Dementia Friendly communities where people with dementia can remain active and safe, and caregivers can feel supported.
- Provides Dementia Friendly training to businesses, organizations and county and municipal offices.
- Offers resources to the community such as caregiver support groups, Memory Cafés, memory screens and evidence-based prevention programs.

Becky can be reached by calling (715)538-2001, Option #6



## ADRC of Trempealeau County Supervisor: Melissa Youngbauer

- Responsible for the operation and management of the ADRC. This includes ensuring the ADRC provides quality services to meet the needs of our consumers.

Melissa can be reached by calling (715)538-2001, Option #7



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# Caregiver Corner

The life of a caregiver can be incredibly busy. When your loved one needs help with daily living tasks such as dressing, grooming, walking and eating, a lot of time and energy is consumed on these tasks alone. Add to that doctor's appointments, medication management, housekeeping, grocery shopping, cooking and laundry and you wonder how to get it all done. And it's nice to share some quality time with your loved one, not to mention taking care of your own needs!

When there are so many things to do, assistance of any kind makes the day go smoother. Asking friends, relatives and neighbors for help is one great solution, but with social distancing in place, this may not be a great option. Another way of making your caregiving tasks more manageable is using Assistive Technology.

Assistive technology is an item, piece of equipment, or product that helps a person do an activity that they might not otherwise be able to do. One example is using a weighted fork for a person with tremors. When using regular silverware, the person might need to be fed, but the weighted fork reduces the tremors allowing them to eat on their own. Not only can assistive technology make completing tasks easier for the caregiver but also allows the person being cared for to do things more independently. Which can be important to the person's mental health.

There are many assistive devices that can help people complete daily living tasks independently. Some things are as simple as sticky-backed foam dots marking the wash cycle on the washing machine knob. Others are larger pieces of equipment like a raised toilet seat.

Helping people become aware of the assistive technology devices that are available is a challenge. Some are common items, like a long-handled reacher, back scratcher and a jar opener. But there are a lot of very innovative products that you have likely never heard of. Here are a few examples of assistive technology that can help with different areas of need:

**MOBILITY/TRANSFERRING:** Swivel seat cushion, Furniture riser, Ceiling mounted pole

**GENERAL SAFETY:** 3-prong plug with helper, Non-skid tape

**WANDERING PREVENTION:** Door posters, Door alarms, Adaptive doorknobs

**RECREATION:** Lighted magnifying glass, Extra-large playing cards, card holder, and Pocket talker

**COOKING:** Suction cup brushes, Rocking T knife

**EATING:** Plate guard, Weighted silverware, Silverware with grips

**BATHING/DRESSING:** Sock aid, Shampoo trays

**MEDICATION MANAGEMENT:** Talking pill bottle

**Pictured: Weighted fork and fork with grips and Rocking T Knife.**



Assistive technology may be just the thing you need to make your role as a caregiver a little easier. The National Family Caregiver Support Program (NFCSP) and Wisconsin Alzheimer's Family and Caregiver Support Program (AFCSP) can provide funds for assistive technology. If you are interested in exploring how assistive technology might help you, or you would like to explore funding that may be available to you, contact Shelly Rue at 715-538-2001, Option #4.

Article by: Jane Mahoney, OAA Consultant, Greater Wisconsin Agency on Aging Resources

# Brain Health

## Virtual Support Groups:

Join two Dementia Care Specialists along with other caregivers virtually for relaxed open conversations about caring for someone living with dementia. We share stories, struggles, and successes during our scheduled time. We respect your valuable time and will stick to the one hour time slot.

**Circle of Support:** First Monday of every month from 10:00am-11:00am, meetings will be held on Zoom.

**Thursday Evening Conversations:** Every Thursday from 7:30pm -8:30pm, meetings will be held on Zoom.

If interested, please call Becky Woodke, Dementia Care Specialist at 715-538-2001, Option #6 to register.

## Powerful Tools for Caregivers:

Powerful Tools for Caregivers is a six-week program designed to provide family caregivers with the tools to take care of themselves while caring for a loved one. Learn to: reduce stress, boost self-confidence, communicate better, increase your ability to make tough decisions, deal with your emotions, identify resources, and share ideas with other family caregivers. Classes will start Monday, January 24 from 1:30pm to 3pm, meetings will be held on Zoom.



If you are a Trempealeau County resident and don't have internet access or access to a computer, tablet, or Smartphone, or are unsure of how to use your device, call to find out how the ADRC can help equip you for virtual offerings at 715-538-2001.

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 <p><b>ADVERTISE HERE</b> to reach your community</p> <p><b>Call (800) 950-9952</b></p>	 <p><b>Coulee Region Cremation Group</b></p> <p><b>Caring &amp; Affordable Services</b></p> <p>133 Mason Street, Onalaska, WI • 608.788.2188</p>	<p>The Housing Authority of Trempealeau County has affordable apartments in Arcadia, Galesville, Independence, Pigeon Falls and Whitehall. The Housing Authority also administers Housing Choice Vouchers that provide assistance in paying rent anywhere in Trempealeau County.</p>  <p><b>Housing Authority of Trempealeau County</b> <b>715-538-2274</b> <a href="http://www.tremhousing.com">www.tremhousing.com</a></p> <p><small>"This institution is an equal opportunity provider and employer."</small></p> 	



# Tips to stay safe this Winter

As you age you lose body heat at a faster pace than when you were younger, unfortunately. Changes in your body that come with aging can make it harder for you to be aware or notice when you are getting cold. Getting chilled to the bone can turn into a dangerous problem before you are aware it's even happening. This dangerous problem is called Hypothermia. Hypothermia is what happens when your body temperature gets dangerously low. For an older person, a body temperature of 95F or lower can cause many health problems, such as heart attack, kidney problems, liver damage, or worse. Make sure if you have to go outside that you're wearing layers, letting someone know your going outside and taking your cell phone with you just in case you need help. Living in a cold house or apartment can cause hypothermia as well if rooms are not kept warm enough.



Winter Wonderland

Tips for keeping warm while you're inside:

- Set your heat to at least 68-70F. To save on heating bills, close off rooms you are not using, close the vents, and shut the doors in these rooms. Place a towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping.
- Dress in layers, use a blanket over your legs, wear socks and slippers.
- Make sure you are eating enough to maintain your weight. Body fat helps you stay warm.

If you are having a hard time paying your heating bills, there are resources that might help. Contact the ADRC for more information.

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# Nutrition

## Eating For Eye Health

Many people wait to take action for their eye health until their eyesight starts to deteriorate. It is better to start protecting your eyes as early as possible. Try to have 5 to 9 servings of fruits and vegetables per day. Some foods that are especially beneficial for eye health are leafy green vegetables. Research shows that eggs are also good for the eyes because they contain lutein like the vegetables do. Even though they have less of the antioxidants, they are more readily used by our bodies making them more effective! Foods rich in vitamin C provide protection from damage of UV light. Some examples are red bell peppers, strawberries, broccoli, brussels sprouts, and citrus fruits.

Many foods have the nutrients that can help prevent cataracts, macular degeneration, glaucoma and other eye diseases and disorders. Nutrients from food are a much better way to boost health than supplements. Many different foods can work together to allow your body to absorb the nutrients that are good for eye health. Foods such as kale, sweet potatoes, strawberries, salmon, and green tea can boost eye health.

When people think about food and eye health they tend to think about carrots. It's true, carrots and other yellow/orange produce can assist in eye health by slowing macular degeneration and preventing night blindness. Other foods are just as helpful!

- Vitamin C - Found in various fruits and veggies and is an antioxidant good for preventing cataracts
- Omega-3 Fatty Acids - This heart healthy fat is helpful against dry eyes. They can be found in walnuts, flax and chia seeds, and fish like salmon and tuna
- Dark Green Vegetables - Like their yellow/orange relatives, these are good sources of vitamin A and carry the same benefits, along with vitamin E (another antioxidant!). Examples are spinach, collard greens, and kale
- Zinc - Many legumes (beans) contain this mineral that aids in retinal health and protects eyes.

**Try out this recipe to enjoy and benefit your eye health! Broccoli Strawberry Orzo Salad (Serves 3)**

### Ingredients

- 1 cup fresh broccoli (chopped)
- 1/3 cup orzo pasta (uncooked)
- • 2 Tbsp sunflower seeds
- • 1 cup fresh strawberries
- • 1 1/2 tsp lemon juice (fresh or bottled)
- • 1 Tbsp apple cider vinegar
- • 1 Tbsp olive oil • 1/2 tsp sugar (or honey) • Poppy seeds (optional)



Directions 1. Cook orzo pasta according to directions 2. Drain and rinse with cold water 3. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds. Drizzle with lemon poppy seed vinaigrette and toss to combine. 4. Chill in refrigerator until ready to serve.

Nutrition Information 1 cup Calories 26 Total Fat 1 g Saturated Fat 0 g Sodium 5 mg Fiber 0 g Total Sugars 1 g Protein 1 g.

Information above used from Greater Wisconsin Agency on Aging Resource. Recipe and photo adapted from: [choosemyplate.gov](http://choosemyplate.gov)

# Transportation

**ADRC Bus.** Did you know you can ride the **ADRC Bus** to run your errands, do your shopping or dine out? Our 8 – 9 passenger bus has a wheelchair lift and travels monthly to Eau Claire, La Crosse and Black River Falls. The bus requires a minimum of 3 passengers to operate. The cost is \$4.00 round trip.

**Upcoming ADRC Bus Schedule:** The bus is scheduled for the following: **La Crosse** on 1/12/22 and 2/9/22, **Eau Claire** on 1/19/22 and 2/16/22, and **Black River Falls** on 1/26/22 and 2/23/22.

**Did you know, it is possible to visit Ho-Chunk Gaming on our bus trips to Black River Falls?**

**Volunteer Driver Program and Local Van Service.** Are you in need of a ride to a medical appointment, grocery shopping or for running errands? The ADRC offers two programs for local transportation:

- Our **Volunteer Driver Program** utilizes volunteers, using personal vehicles, to provide transportation exclusively to medical appointments. The cost is \$0.28 per mile. Miles are billed from the driver's home, to the appointment, back to the driver's home. The ADRC does its best to schedule the closest available driver; however that is not always possible due to driver availability and small pool of volunteer drivers.
- Our **Local Van Service** is available for local medical appointments, grocery shopping and errands. The cost is \$1.50 round trip. Appointment availability depends on driver availability.

The ADRC would love to be able to accommodate all ride requests, but due to the high need for rides and small pool of drivers, we do our best though are unable to meet all needs. We are so thankful for our Volunteer Drivers, as we would not be able to offer the services we provide without them.

Contact Ashley at 1-800-273-2001, Option #1 for more information or to schedule a ride or bus trip. Please call as soon as possible, as capacity and schedules are limited.



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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.



# Community News

- Thank you Mayo Clinic Health Systems for your generous donation to the ADRC Senior Meals and Home Delivered Meal programs.
- Thank you French Creek Lutheran W-ELCA for your generous donation to the ADRC.



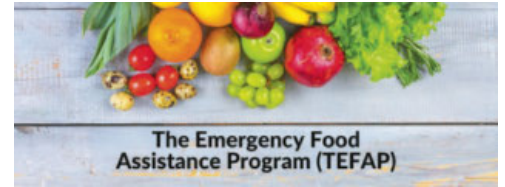
## Trempealeau County Food Pantries

Food pantries may be found in nearly all our communities. A current listing of Trempealeau County Food Pantries may be found on the Trempealeau County website: <https://co.trempealeau.wi.us/community/services/index.php>.

## The Emergency Food Assistance Program

In addition, The Emergency Food Assistance Program (TEFAP) is a federal program that provides USDA food commodities. The TEFAP Trempealeau County Food Pantry is held at the Trempealeau County Care Center in Whitehall the 3<sup>rd</sup> Saturday of each month. Information about TEFAP, including eligibility and income guidelines may be found at:

<https://www.dhs.wisconsin.gov/nutrition/tefap/index.htm>.



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# Congregate Meal Sites

## SENIOR DINING/CONGREGATE MEAL SITES:

Current Meal Sites include:

- Wanek Senior Dining in Arcadia, Wednesday & Friday, 11:30am-12:30 pm. (Reservations required at 608-409-2470). **Meal from Wanek Senior Dining**
- Rainbow Restaurant in Blair, Monday-Friday, 11am-1pm.
- Sacred Heart Church in Pine Creek, Tuesday & Thursday at noon (Reservations required: 608-539-5391).
- Boondocks Locker Room in Galesville, Monday-Friday, 11am-noon. (Reservations required: 608-582-4401).



**Meal from the Rainbow Restaurant**

The suggested donation is \$4 per meal.

Contact the ADRC at 1-800-273-2001, Option #1 for more information regarding Senior Dining.

## Menu Changes & Item Substitutions

Due to the ongoing pandemic and supply chain disruption, food product availability is becoming difficult for some of our meal providers. Ordered items are not always arriving as planned, causing the need for occasional last minute menu changes or item substitutions. We apologize in advance for any inconveniences this may cause.

## Home Delivered Meals

**Friendly Reminder: You need to be home to accept your meal.** If you will not be home for the meal delivery, you must cancel your meal according to the cancellation policy stated below, or make proper arrangements for someone to receive your meal and properly handle and store your meal. **If you are not home to receive your meal, the driver will NOT leave the meal, and the Nutrition Program will implement its safety and wellness check procedures to determine that you are safe.** We will communicate with the emergency contacts you have provided, or other service agencies including law enforcement, if necessary. By letting us know you will not be home when meals are delivered and making other arrangements for your meal, we can avoid this situation.

**To cancel one or more days or to discontinue services, call Ashley at 715-538-2001, Option #1 with a 24 hour notice.** If you can't give a 24 hour notice we would still like to know if you will not be home so we know that you are safe. **In the event that your meal was not cancelled with the 24 hour notice, the Nutrition Program still has to pay for the meal and you will be asked to contribute toward the cost of the meal.** Exceptions can be made in emergency situations.

Thank you to Annette Blanchard for the beautiful quilted placemats she donated to our Home Delivered Meal recipients!



## Planning helps you SAVE TIME, MONEY, and EAT HEALTHIER

- Make a list and stick to it. Lists help you avoid impulse buys that are usually unhealthy and expensive.
- Shop mostly the perimeter of the store. Spend most of your grocery budget on natural foods found around the outside of the store like fruits, vegetables, dairy, and protein foods that are good for your body. Limit your shopping in the middle aisles to staples like pasta, canned tuna, and nut butter, avoiding other expensive processed, and often unhealthy, packaged foods.
- Shop when you are NOT hungry or stressed. People who shop when hungry or stressed tend to not only buy MORE food, but also healthier food.
- Compare unit prices. Bigger is not always better! Use the unit price to compare similar products and make sure you're getting the best deal. The unit price is the cost per a standard unit (like ounce or pound) and is usually found on a sticker on the shelf beneath the product.
- Weigh the cost of convenience. If food tends to rot in your fridge before you prepare it, then you could actually save money by purchasing fresh fruits and veggies that have been washed and chopped for you.
- Try frozen and canned. Canned and frozen produce keeps for a long time and may be cheaper per serving than fresh. For frozen, make sure you look for items with no added sauces or sugar. For canned, choose fruit canned in 100% juice and vegetables that are labeled either "low sodium" or "no added salt."
- Use store flyers to plan your menu. Save money by planning your menu around fruits, vegetables and other items that are on sale each week. Save time by already knowing what you are going to make for dinner each night.
- Try store brands. Store brands on average are cheaper by about 26% to 28% and their quality usually at least meets, and often surpasses, that of name brand products.
- Shop in season. Buying fruits and vegetables in season generally means your food not only tastes better, but is more nutritious and affordable.



Compiled by: April Duval, FoodWise Coordinator for Jackson and Trempealeau Counties

# NEVER MISS A NEWSLETTER!

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# Happy New Year 2022!

## Four Signs That It's a Scam

1. Scammers **PRETEND** to be from an organization you know. Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the Social Security Administration, the IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations. They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.
2. Scammers say there's a **PROBLEM** or a **PRIZE**. They might say you're in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there's a virus on your computer. Some scammers say there's a problem with one of your accounts and that you need to verify some information. Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.
3. Scammers **PRESSURE** you to act immediately. Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story. They might threaten to arrest you, sue you, take away your driver's or business license, or report you. They might say your computer is about to be corrupted.
4. Scammers tell you to **PAY** in a specific way. They often insist that you pay by sending money through a money transfer company or by putting money on a gift card and then giving them the number on the back. Some will send you a check (that will later turn out to be fake), tell you to deposit it, and then send them money.

Article from : <https://www.consumer.ftc.gov/articles/how-avoid-scam>

## January

- National Blood Donor Month
- National Soup Month
- National Get Organized Month
- National Glaucoma Awareness Month
- Radon Awareness Month

## FEBRUARY

- Valentine's Day
- American Heart Month
- Black History Month
- National Bird Feeding Month
- Library Lovers Month
- Random Acts of Kindness Week

## Let it snow!

BLIZZARD  
COAT  
COLD  
DECEMBER  
EARMUFFS  
FEBRUARY  
FIREPLACE  
FLURRIES  
FROZEN  
GLOVES  
HOT CHOCOLATE  
ICE  
ICE SKATES  
ICICLE  
JANUARY  
MITTENS  
SCARF  
SHOVEL  
SLED  
SLUSH  
SNOWBALL  
SNOWFLAKE  
SNOWMAN  
SWEATER  
WINTER

