



# Aging and Disability Resource Center of Trempealeau County

## Newsletter Issue: May and June 2022

### **The Remember Project Special Event Comes to Arcadia**

Trempealeau County ADRC will host The Remember Project's play "Fortune Cookies" on Tuesday, June 14, 2022 at Arcadia High School, located at 756 Raider Drive in Arcadia. Doors will open at 11:00 am. A free meal will be served, followed by the play and community conversation. There is no charge for admission, though you must register for this event (seating is limited; details below).

The Remember Project began in 2015 in the St. Croix Valley with a mission to increase awareness about dementia and reduce fear, stigma, and isolation. Dedicated to the art of talking about difficult things, The Remember Project delivers a unique approach to the topic of memory loss: audiences watch a play together and join in a conversation to share their reactions and stories.

Trempealeau County is part of a northwest Wisconsin regional tour of nine events, taking place in early June. For this tour, The Remember Project is performing the play "Fortune Cookies," written by Bonnie Dudovitz of Minneapolis. "Fortune Cookies" features the story of Mona, a high-energy entrepreneur who always has a project on the front burner. She is the life of the party, and her enthusiasm is both funny and charming. Though at age 80 Mona's memory is sharp, she fears the idea of memory loss and has seen too much of it among friends and neighbors. With Mona as the guide in this brisk 20-minute play, we learn that she has a plan to counter the effects of future memory loss, and she is willing to go to great lengths to do so! As the audience gets to know Mona and her son, David, they find themselves with an opportunity to consider one of the biggest hurdles to creating a truly dementia-friendly Wisconsin: the need to understand how knowledge and compassion are essential to keeping families out of crisis.

Trempealeau County ADRC has joined forces with the ADRCs in the following counties to welcome The Remember Project and its unique approach to building awareness, sharing information, and inviting authentic community conversation around memory loss: Burnett, Chippewa, Eau Claire, Barron, Rusk, Washburn, Pierce, St. Croix, and The St. Croix Tribal Nation. This Remember Project event is sponsored in part by Mayo Clinic and more possible sponsors to come.

To register for this event, visit:  
<https://NWWI-fortune2022.eventbrite.com> or call Trempealeau County ADRC at (715) 538-2001. You can learn more about The Remember Project at [www.rememberproject.org](http://www.rememberproject.org).

Please call the ADRC at 715-538-2001 to reserve your transportation, space is limited.



36250 MAIN STREET | WHITEHALL, WISCONSIN 54773 | 715.538.2001 |  
[WWW.CO.TREMPEALEAU.WI.US/ADRC](http://WWW.CO.TREMPEALEAU.WI.US/ADRC)

# Get to know the ADRC

## What Services Do We Provide?

### Information, Assistance and Long Term Care Options

**Counseling** Information on resources and services available to support community members including information about long term care programs. Call and select Option #2

**Family Caregiver Support** Assistance locating caregiver resources such as respite, support groups, education, National Family Caregiver Support Program and adaptive equipment. Call and select Option #4

**Dementia Care Specialist** Supports for people living with dementia and their care partners in order to ensure the highest quality of life possible while living at home. Call and select Option #6

**Elder and Disability Benefits Counseling** Accurate, current information on private and public benefits and programs, Medicare, Medicare Part D, supplemental insurance, and Social Security. Call and select Option # 3 for Elder Benefits for those 60 and older, select Option #4 for Disability Benefits for those 59 and younger.

**Health Promotion and Prevention** Evidence based programs including Strong Bodies and Powerful Tools for Caregivers. Call and select Option #2

**Nutrition and Transportation Services** such as Home Delivered Meals, Senior Dining Sites, Local Van Ride Services and Bus Services. Call and select Option #1

**Volunteer Opportunities** Home Delivered Meal Drivers, Volunteer Driver Program, Congregate Meal Sites, assist with Brain Health Classes and Memory Café. Call and select Option #1

**Youth in Transition** Information to persons with disabilities under 17 years of age as they transition into the adult long-term system. Call and select Option #2

## ADRC CONTACTS:

(715) 538- 2001

(800) 273-2001

### Option #1

Nutrition & Transportation - Ashley

### Option #2

Social Workers - Intake  
Laura, Michelle and Heather  
are ready to assist you

### Option #3

Elder Benefits Specialist - Rita

### Option #4

Disability Benefits Specialist &  
Caregiver Support Specialist - Shelly

### Option #5

Guardianship & Adult Protection  
Dana

### Option #6

Dementia Care Specialist - Becky

### Option #7

Supervisor of ADRC - Melissa

### Option #8

Administrative Specialist &  
Transportation - Sami

MY MOTHER USED TO SAY, 'THE OLDER YOU GET,  
THE BETTER YOU GET ... UNLESS YOU'RE A BANANA.'

BETTY WHITE



## Brain Health Check-Up Normal Aging or Something Else?

A brain health check-up is a wellness tool that helps identify possible changes in memory and cognition. We get preventative screens for other things, why not your memory too?

The tool creates a baseline of where a person is at so that future changes can be monitored. It's free, confidential, and only takes 10 minutes!

Call today to schedule! Appointments can be scheduled in your home, by phone or virtually.  
Call us at 715-538-2001, select Option #6.

# Community

## **Senior Americans Day Returns with a New Name: Academy for Lifelong Learners!**

June 7, 2022, Online or In-Person at UW-Eau Claire Campus: W.R. Davies Center, 77 Roosevelt Avenue, Eau Claire, WI 54701

This “positively ageless” program will once again provide a fun day of education, resources, and social interaction. Enjoy a keynote address presented by Dr. Zorba Paster, host of the Wisconsin Public Radio program Zorba Paster on Your Health. Both in-person and online attendees can choose three workshops from a wide variety of subjects. In-Person: Take advantage of free health screenings and have a free photo taken in the photo booth for a fun keepsake. Attend workshops, peruse dozens of exhibit booths, pick up valuable information, and register to win the Get-Away Prize Package. Enjoy a continental breakfast and lunch with your friends.

Online: New this year, portions of Academy for Lifelong Learners will be livestreamed. Join us live online for the opening session and keynote address, three live online workshops, and enjoy closing entertainment provided by Stand in the Light Memory Choir.

More information, the agenda, and registration details can be found at <https://ce.uwec.edu/programs/academy-lifelong-learners>. Registration deadline is May 24th.

### **COVID-19 HOMEBOUND VACCINES AVAILABLE**

Are you homebound but still need or want a COVID vaccine? Contact the ADRC of Trempealeau County to get connected to receive a vaccination at home.

## SUPPORT OUR ADVERTISERS!



### **Kolve's Auto & Truck Repair**

FULL AUTO & TRUCK REPAIR SERVICE

24/7 Towing & Winch Service  
A/C Service

Modern Diagnostic Equipment

*Dannon Kolve*

Phone: 715-984-2342

Cell: 715-797-0529

W15708 State Hwy. 121, Northfield



### **INDEPENDENCE STATE BANK**

23942 Senty Drive

Independence

715-985-3197



Continuous Banking Services

Since 1897



[www.independencestatebank.com](http://www.independencestatebank.com)



Proudly serving La Crosse and Southern Trempealeau Counties.

Phone 608-783-9777

[www.fossumfuneralhome.com](http://www.fossumfuneralhome.com)

*Knowing your Loved one is safe 24/7 with FIRSTCALL is a great feeling! With a touch of a Button – help will be sent their way. Call us to have one installed today.*



### **Clark Electric Appliance & Satellite Inc.**

1209 W. Dall-Berg Road PO Box 220  
Greenwood, WI 54437

1-866-279-6544 or 715-267-6544



Your Touchstone Energy® Partner



# World Elder Abuse Awareness Day June 15th

WEAAD Factsheet FAQs <https://eldermistreatment.usc.edu/weaad-home/>

## What Is Elder Abuse?

Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to an older person. Elder abuse takes many forms, including:

- Neglect or Isolation
- Physical abuse
- Sexual abuse
- Financial abuse and exploitation
- Emotional or psychological abuse (including verbal abuse and threats)

Each state defines elder abuse differently. (You may wish to look up your state's statutes to see how elder abuse is defined. For assistance, contact the NCEA.) There is some debate over whether mistreatment by strangers, rather than by a person in a trust relationship to the older person such as spouse, child, or friend, also constitutes elder abuse, neglect, or exploitation.

## Why Should We Care About Elder Abuse?

Caring about elder abuse is caring about justice for all. As a country, we are committed to ensuring the just treatment of all people, but elder abuse violates this value. The costs of elder abuse are high for the affected individuals and society alike. Their losses can be tangible (homes and life savings) and intangible (dignity, independence, and possibly their lives). For society, elder abuse is both a social and economic issue: it creates health care and legal costs, which are often shouldered by public programs like Medicare and Medicaid, and isolates them from the community. It's in everyone's interest to care about and prevent elder abuse.

## What Causes Elder Abuse?

Our policies and practices make it hard to stay involved with and connected to our communities as we age. As a result, older people are more likely to experience social isolation, which increases the likelihood of abuse and neglect. Elder abuse affects older people across all socioeconomic groups, cultures, and races and can occur anywhere when they are disconnected from social supports:

- In a person's own home
- In nursing homes, assisted living facilities, and other institutional settings
- In hospitals

While any older person is potentially at risk of elder abuse, some are more susceptible to experience abuse or neglect than others. Based on available information, women and people 80 and older are more likely to experience abuse. Factors such as dementia or poor physical health can increase older people's isolation, which in turn puts people at greater risk of experiencing abuse or neglect.

SOME COMMON RISK FACTORS:

- Dementia
- Mental health or substance abuse issues of an older person and/or a perpetrator
- Social isolation
- Poor physical health

## How Can We Report Elder Abuse?

It is up to everyone to prevent and address elder abuse. Report suspected mistreatment to your local adult protective services, long-term care ombudsman or law enforcement agency who can investigate the situation. Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help.

For reporting numbers, contact Eldercare Locator at 1-800-677-1116 ([eldercare.gov](http://eldercare.gov)). If you believe that an older person is in a life-threatening situation, contact 911 or the local police or sheriff's department. Learn more about the issue. Visit the National Center on Elder Abuse website at <https://ncea.acl.gov>.



# 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 and Third Monday of every month from 10:00am-11:00am, meetings will be held on Zoom.

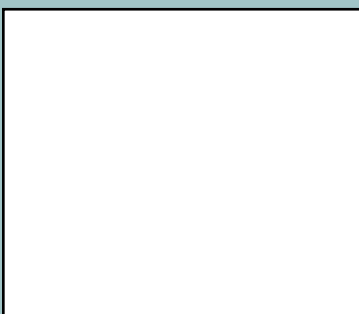
**-Thursday Evening Conversations:** Every Thursday from 7:30pm-8:30pm, meetings will be held on Zoom. If interested, please call Becky Woodke, Dementia Care Specialist at 715-538-2001, select Option #6 to register or email Becky at [rebecca.woodke@co.trempealeau.wi.us](mailto:rebecca.woodke@co.trempealeau.wi.us).

## Virtual Powerful Tools for Caregiver Class

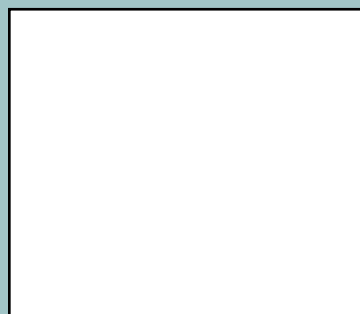
Powerful Tools for Caregivers is a six-week program designed to provide family caregivers with the tools to take care of themselves while caring for a loved one. Learn to: reduce stress, boost self-confidence, communicate better, increase your ability to make tough decisions, deal with your emotions, identify re-sources, and share ideas with other family caregivers. Classes will start Tuesday, April 26th from 5:30pm to 7:00pm, 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, select Option #6.



  
Services and Supplies  
For all of your home medical needs  
715-284-3662  
311 County Highway A  
Black River Falls



  
When they can't be with you  
let them be with someone who cares!  
565 Braund St., Onalaska, WI  
608-519-2306  
[www.couleeregionadultdaycenter.com](http://www.couleeregionadultdaycenter.com)



**ADVERTISE  
HERE** to reach your  
community



Call (800) 950-9952

  
Coulee Region  
Cremation Group  
Caring & Affordable  
Services  
133 Mason Street, Onalaska, WI • 608.788.2188

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.

  
Housing Authority of Trempealeau County  
715-538-2274  
[www.tremhousing.com](http://www.tremhousing.com)  
"This institution is an equal opportunity provider and employer." 

# Community

## Wisconsin Senior Farmer's Market Nutrition Program (SFMNP)

\$25 Farmer's Market Vouchers are available from the ADRC June 1st – September 30th. To obtain vouchers, stop in to the ADRC to complete an application or call and an application can be mailed to you.

### Who is eligible? Voucher recipients must:

- ☐ Be 60 years of age (55 if Native American) or older,
- ☐ Be a Trempealeau County resident,
- ☐ Have an income at or below 185% of the federal poverty income guideline.



## Free Fun Weekend in Wisconsin - June 4th-5th

Wisconsin is home to 49 state parks, 15 state forests, 44 state trails, 84,000 miles of rivers and streams, roughly 15,000 lakes and so much more. Enjoy free fishing, free admission to state parks and trails, and free ATV riding on public trails.

Check out local greenhouses in Trempealeau County for your flowers and garden needs.



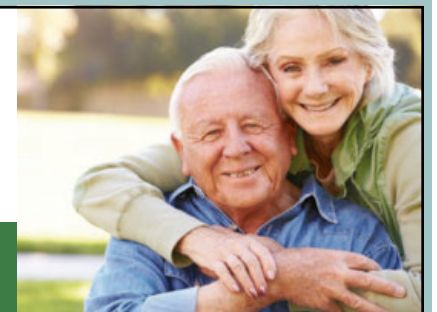
## Where the care of the soul is the soul of care.

A Christian Living Environment.

ST. MICHAEL'S ASSISTED LIVING  
A MINISTRY OF THE LUTHERAN  
HOME ASSOCIATION



[www.mystmichaels.org](http://www.mystmichaels.org)  
(608) 468-6380



[www.coopcu.com](http://www.coopcu.com)  
800-258-0023



**Black River Falls:** 100 E Main St  
**Fall Creek:** 326 E Lincoln Ave  
**Galesville:** 17578 N Main St

**Melrose:** 409 N Washington St  
**Onalaska:** 100 French Rd  
**Strum:** 134 Fifth Ave N

**GROW YOUR BUSINESS  
BY PLACING AN AD HERE!**

**CONTACT US!**

Contact Alex Nicholas to place an ad today!  
[anicholas@lpicomunities.com](mailto:anicholas@lpicomunities.com)  
or (800) 950-9952 x2538



## Where families find trusted care solutions

**Senior Living Services  
in Whitehall**  
(715) 538-2403

**GUNDERSEN**  
TRI-COUNTY  
CARE CENTER



# Nutrition

## May is National Egg Month - Eggs: The Perfect Protein

*Beneficial Bites - Brent Haugle, UW-Stout Dietetic Intern 02/2013*

**So versatile, so affordable, so amazing. So what DO eggs have to offer?**

- Offer 13 vitamins and minerals and 6 grams of protein at a mere 70 calories
- Eggs are a complete protein
- Anti-oxidant properties
- Contain vitamin D, folic acid, selenium and choline
- Help eat less throughout the day while maintaining energy and preserving muscle mass

### Egg Knowledge

- Nutritionally, brown and white eggs are pretty much the same. Egg color depends on the hens laying them.
- When buying eggs, if there's a 7 cent or less increase per dozen, then the larger size is the better deal because you get more egg for your money.

Here is a quick and easy bit of egg goodness:

### Coffee Cup Scramble

- 1-2 Eggs
- 2 Tbls milk
- 2 Tbls shredded cheese
- 1 Tbls ground flax (if desired)
- 1/3 clove garlic, minced (if desired)
- 1/4 c. ripe tomato, chopped (if desired)
- Salt and pepper to taste



Coat a 12-ounce microwave-safe coffee mug with cooking spray. Add eggs milk and 'if desired' items; beat until blended. Microwave 45 seconds at high power; stir. Microwave 30 to 45 seconds more, or until eggs are almost set. Sprinkle cheese on top and enjoy!!

## June is Dairy Month - The Trempealeau County Dairy Breakfast is June 18th at The Brian Hovey Farm, Located on County Road P, Blair.

ADRC Bus Service will be available. Please call the ADRC at (715) 538-2001 Option #1 to reserve your seat, space is limited.

### Ricotta and Fruit Graham Cracker Snack

- 4 graham cracker squares
- 1/2 cup Clock Shadow Creamery Ricotta cheese
- 1 cup quartered fresh strawberries, blueberries, raspberries and/or blackberries
- 1/4 cup chopped pistachios
- 2 tablespoons honey
- Ground cinnamon



Top each graham cracker square with the ricotta, berries and pistachios. Drizzle with honey; dust with cinnamon. Cheesemonger Tip: Ricotta cheese not only adds a creamy texture to this snack, but it also packs a protein punch. <https://www.wisconsincheese.com/recipes/3187/ricotta-and-fruit-graham-cracker-snacks>

PROUDLY WISCONSIN - Dairy Facts -  
In Wisconsin, we've been dairy farming and obsessively making cheese since before we were even a state. Check out the facts below to see why Wisconsin is recognized nationally and globally as a leader in the dairy industry and dairy is such an important industry for the state.

95% of Wisconsin dairy farms are family owned

THE WISCONSIN DAIRY INDUSTRY GENERATES \$45.6 BILLION  
This is more than the combined value of Florida citrus and Idaho potatoes.

WISCONSIN DAIRY FARMS HELP FUEL THE STATE'S ECONOMY AT THE RATE OF MORE THAN \$86,000 PER MINUTE

23% of the total dairy farms in the U.S. are in Wisconsin  
No. 1 DAIRY FARM STATE!

48% of all specialty cheese made in the U.S. comes from Wisconsin

FARMERS USE 90% LESS LAND per gallon than they used to thanks to dairy innovation

Learn more at [WisconsinDairy.org](http://WisconsinDairy.org)

# Transportation

•**ADRC Bus:** You can ride the ADRC Bus to run errands, shop and dine out. Our 8 – 9 person passenger bus has a wheelchair lift and travels monthly to Eau Claire, La Crosse and Black River Falls. The cost is \$4.00 round trip.

## Upcoming ADRC Bus Schedule:

La Crosse on 5/11/22, 5/23/22 and 6/08/22

Eau Claire on 5/18/22 and 6/15/22, 6/27/22

Black River Falls on 5/25/22 and 6/22/22.

•**ADRC Volunteer Driver Program** utilizes volunteers, using personal vehicles, to provide transportation exclusively to medical appointments. The cost is \$0.30 per mile. Miles are billed from the driver's home, to the appointment, back to the driver's home.

•**ADRC Local Van Service** is available for local medical appointments, grocery shopping and errands. The cost is \$1.50 round trip.

Did you know, it is possible to get transportation to food pantries including the TEFAP Food Pantry in Whitehall on the 3rd Saturday of each month?

Contact Sami at 715-538-2001, select Option #8 to schedule a ride or bus trip. Please call as soon as possible to reserve your ride as capacity and schedules are limited.



## Bluffview Memory Care

Assisted Living Dedicated to Alheimers and Dementia Care

2101 Bluffview Court Holmen, WI 54636

[www.bluffviewmemorycare.com](http://www.bluffviewmemorycare.com)

@bluffviewmemorycare Find us on

**Schedule a Tour Today! 608-526-5864**

### COLBY PHARMACY

36363 MAIN ST.  
WHITEHALL, WI  
715-538-4947

### GALESVILLE PHARMACY

16812 S. MAIN ST.  
GALESVILLE, WI  
608-582-2446

#### *We can help you with ALL of your needs!*

- Convenience Packaging such as planners
- Rx Consulting
- Wellness Products
- Local Delivery
- Med Sync - one pickup saves time
- Flu Shots & Other Immunizations
- Medicare Part D Plans - we can help you choose



**Visit Your Local Full Service Pharmacy**

[www.hometownpharmacyrx.com](http://www.hometownpharmacyrx.com)

## Concerned about Medicare fraud? Give us a call...

**PROTECT** your personal information

**DETECT** suspected fraud, abuse, or errors

**REPORT** suspicious claims or activities

### Toll-free Helpline:

**888-818-2611**

Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)

[www.smpwi.org](http://www.smpwi.org)

WisconsinSeniorMedicarePatrol



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](http://www.lpicommunities.com)

Aging Disability Resource Ctr. of Trempleau, Whitehall, WI

D 4C 01-2048



# Advocacy – Aging Advocacy Day 2022

Greater Wisconsin Agency on Aging - Janet Zander

Wednesday, May 11th, Training: 1:00 p.m. – 2:30 p.m., Calls to our state legislators between 2:30 p.m.–4:00 p.m.

Register here: <https://gwaar.wufoo.com/forms/wisconsin-aging-advocacy-day-2022>

Due to the ongoing uncertainty surrounding the COVID-19 pandemic (especially as we began our planning last fall), this year's event will again be held virtually; we will be gathering on Zoom.

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 training and one-to-one personal phone calls. No experience is necessary. You'll get the training and support you need to hold effective meetings with state lawmakers in a 90-minute online training. Then put your training to use by placing a call to your State Senator and State Representative. You'll present WAAN's 2022 priorities and share related personal stories. Your experiences are important and help policymakers understand how specific policy issues and proposals impact older constituents and family caregivers.

Wisconsin Aging Advocacy Day 2022 (#WisAgingAdvocacy2022)

Wednesday, May 11th

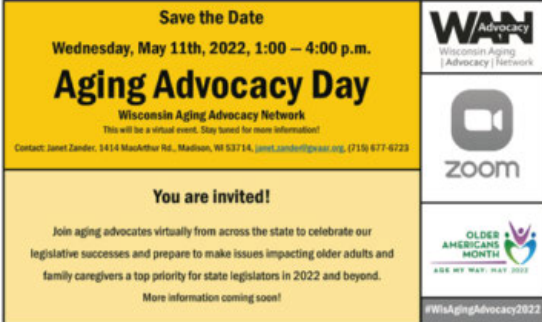
1:00 p.m. — 2:30 p.m.: Advocacy training online

(Zoom link will be sent prior to event)

2:30 p.m. — 4:00 p.m.: Make personal phone calls to

your two state legislators

Your voice can make a difference!



Save the Date  
Wednesday, May 11th, 2022, 1:00 – 4:00 p.m.  
**Aging Advocacy Day**  
Wisconsin Aging Advocacy Network  
This will be a virtual event. Stay tuned for more information!  
Contact: Janet Zander, 1414 MacArthur Rd., Madison, WI 53714, [janet.zander@gwaar.org](mailto:janet.zander@gwaar.org), (715) 677-6722

**You are invited!**  
Join aging advocates virtually from across the state to celebrate our legislative successes and prepare to make issues impacting older adults and family caregivers a top priority for state legislators in 2022 and beyond.  
More information coming soon!

WAAN  
Wisconsin Aging  
Advocacy Network

zoom

OLDER  
AMERICANS  
MONTHS  
AGE MY WAY MAY 2022

#WisAgingAdvocacy2022



**NEVER MISS A NEWSLETTER!**  
Sign up to have our newsletter emailed to you at  
[www.mycommunityonline.com](http://www.mycommunityonline.com)



**ADT-Monitored Home Security**  
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | 1-855-225-4251



**my choice WISCONSIN**  
My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021



**"It's my life and they respect that."**  
Local long-term care supports and services delivered with a focus on Life. Defined by you.

**INCLUSA**  
Life. Defined by you.

[inclusa.org](http://inclusa.org) | 877-376-6113



**RE/MAX RESULTS**  
16859 South 1st St., Galesville, WI 54630  
**Sheryl Reedy**  
REALTOR®, Broker Associate, GRI, CRS  
**608-582-3338**

**Free Home Value Analysis!**



## First StrongBodies Class Concludes in Whitehall

StrongBodies is an evidence-based, community exercise class proven to improve strength, balance, social connectedness and confidence in the ability to complete daily activities.

Trempealeau County ADRC offered the 12 week class in Whitehall, January 4th – March 29th, 2022. The class was led by Nancy Lyngen and Amanda Hegge and met twice per week. The participants enjoyed the opportunity to exercise and socialize and indicated they gained strength and mobility. Nine participants completed the class!



Are you interested in becoming trained as a StrongBodies leader? A leader training will be held in La Crosse in July. Find out more by calling Melissa Youngbauer at 715-538-2001, Select Option # 7. (Strong Bodies Participants shown in photos)

## Home Delivered Meals

Our Home Delivered Meal Program is available to older adults who are homebound, unable to shop and prepare meals for themselves or do not have assistance in preparing meals. Home Delivered Meals are delivered Monday through Friday. Frozen weekend meals are also available. The suggested contribution is \$4 per meal. To determine eligibility, call the ADRC and select Option #1.

## Senior Dining/Congregate Meal Sites

### **Current Meal Sites include:**

- Wanek Senior Dining in Arcadia, Wednesday & Friday, 11:30am–12:30pm.

730 Raider Dr, Arcadia, WI 54612

(Reservations required 24 hours in advance at 608-409-2470).

- Rainbow Restaurant in Blair, Monday-Friday, 11:00am–1:00pm.

N30798 US-53, Blair, WI 54616

- Sacred Heart Church in Pine Creek, Tuesday & Thursday at noon.

N20555 Co Rd G, Dodge, WI 54625

(Reservations required 24 hours in advance at 608-539-5391).

- Boondocks Locker Room in Galesville, Monday-Friday, 11:00am–noon.

N14433 Co Rd M, Galesville, WI 54630

(Reservations required 24 hours in advance at 608-582-4401). Effective July 1, 2022 change of dining days to Monday, Wednesday and Friday only.

The suggested donation is \$4 per meal, which is given at the meal site.

Contact the ADRC at 1-800-273-2001, select Option #1 to speak with Ashley for more information regarding Senior Dining and Home Delivered Meals.

Our Senior Dining & Home Delivered Meal Menus may be found on our website:

[www.co.trempealeau.wi.us/adrc](http://www.co.trempealeau.wi.us/adrc)

# From The Trempealeau County Veteran's Office

## Recreation Opportunities for Disabled Veterans

Steve Young

With spring knocking on our doors, everyone is thinking about how they want to spend the summer days outside. The state of WI as we all know is a great place to do just that. The Wisconsin Department of Natural Resources has a few great opportunities for disabled veterans to participate in. A few of those programs consist of discounted hunting and fishing licenses, recreation cards, and state park admission and trail passes for qualifying disabled veterans (eligibility found below.) Also available from The National Park Service, "Gold Star Families and US military veterans are eligible to receive free lifetime access to more than 2,000 federal recreation areas, including national parks, wildlife refuges, and forests."

To find out more about potential benefits through the Department of Veterans Affairs, and to complete the application for the disabled veteran free state park/forest/trail pass application, please contact the Trempealeau County Veterans Office at 715-538-2311. Ext 217.

<https://dnr.wisconsin.gov/permits/veterans.html>

<https://www.nps.gov/playourvisit/veterans-and-gold-star-families-free-access.htm>



Names	Wisconsin Resident Disabled Veteran Spring Turkey Harvest Authorization	Wisconsin Resident Disabled Veteran Recreation Card	Wisconsin Resident Disabled Veteran Fishing License	Wisconsin Resident Disabled Veteran or Former POW Park Admission Card
Eligibility	Receiving disability compensation benefits due to a disability rating of 50% or greater for a service-connected disability or is individually unemployable.	Receiving disability compensation benefits due to a disability rating of at least 50% or greater for a service-related disability or is individually unemployable.	Receiving disability compensation benefits due to a disability rating of at least 70% or greater for a service-related disability, is individually unemployable or is receiving non-service related VA pension benefits.	At least 70% disabled, service related OR former POW
Privileges	Spring Turkey turkey harvest authorization available. Turkey stamp and spring turkey license required in addition to the harvest authorization.	Fishing, Small Game, Park admission and Trail pass	Fishing only	Park admission and Trail pass

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



# Thank You!

□ Thank you to Royal Credit Union in Whitehall for the generous financial donation to our Home Delivered Meal program!

□ Thank you to JoAnne DeVries and family for the generous financial donation to our Home Delivered Meal program.

□ Thank you to Betsy Peterson & Chastity Huisman and 4K students and Cathy Wozney and the Arcadia After School Program. The students are making cards each month which are delivered to all our meal recipients. These Small Acts of Kindness help brighten our Seniors' day. (Samples of student artwork)



## Traveling Tips for Caregivers

Summer is a great time to get out and do things. Traveling out of town gives you something to look forward to and can be a very rewarding and fun experience. If you are a caregiver for a loved one you may wonder if you should just stay home, but with careful planning you can still get away. You just need to be a little more prepared for the unexpected. Nancy Abrahamson, Caregiver Support Coordinator from the St. Croix County ADRC, gives these tips to consider when planning a trip.

- Gather important documents: insurance cards, passports, physician's phone numbers, medication list, a recent photo and a summary of medical records. Carry them with you. Do not check them with your luggage in the event it doesn't arrive with you because the information is private
- Gather medications noting if refills will be needed on any of them during the trip. Ask for refills in advance. Never travel with just enough as you may be delayed if flights or other transportation schedules change.
- Carry a list of emergency contacts. You may want to purchase a wallet on a string to hold information so your loved one can wear it.
- Purchase an identity bracelet or necklace for your loved one with his or her name on it. Safe Return provides excellent tracking should someone wander away. This will help even with international travel.
- Ask your physician to write a letter for use with hotel or airlines should an emergency cause a sudden change in plans. Consider travel insurance should you need to change tickets or accommodations.
- Make up several cards with the name, address, and phone number of where you are staying each night. Place one of these in the pocket of your loved one daily.
- Never leave your loved one alone in a car, restaurant booth, etc., as wandering may become a problem in a strange location.
- Carry an "OCCUPIED" sign for the bathroom door as the process sometimes takes extra time. You may need to bring your care receiver into the bathroom with you even if he or she is of the opposite sex.
- Stop every two hours when driving to take a loved one to the bathroom. Carry a change of clothes in your bag or car.
- When possible, bring someone along to help manage things when you need to be away from your loved one.
- When flying, notify the attendants of your loved one's dementia diagnosis and plan plenty of time between connecting flights.
- Plan frequent stops when driving to stretch legs and reduce anxiety.
- Try to maintain a schedule close to what you did at home to minimize disruption for your loved one.
- Leave an itinerary with family members and keep a copy with you at all times.