



THE SILVER THREAD

L. E. Phillips Senior Center 1616 Bellinger Street Eau Claire, WI 54703
Newsletter February 2022 Volume 25 Issue 2 715-839-4909

OUR MISSION STATEMENT

L. E. Phillips Senior Center is a gathering place for individuals 50+ who reside in the City or County of Eau Claire, to maintain independence through access to programming, which develops skills to enhance their social, emotional and physical well-being.

OPEN HOURS:

Monday, Tuesday, Wednesday,
Thursday, Friday 8am-4pm
Saturday 8-11am

Office Hours:
Monday-Friday
8:30am-3pm



MARQUART MOTORS

\$5,000 was donated to the
LEPSC from
Marquart Gives Back, 2021
The LEPSC Staff and
members are so happy you
value our wonderful facility!
Thank-you!

SCHEELS

We are excited to
announce a
donation of \$4,500 to the
LEPSC from
Scheels of Eau Claire, WI
Thank-you, we appreciate
your generosity!



Indoor Farmer's Market
at the LEPSC Saturday,
February 12, 2022 8am-1pm



Tax Preparation returns to the Senior Center

For 2021 Tax Returns, the AARP tax service will be using a drop-off method. This method requires you to leave your tax information with the tax service when you come in for your appointment. Your tax return will be completed within a few days and you will receive a call to return to the Senior Center to pick-up your taxes.

Phone appointments can be made starting Tuesday, Feb. 1, 2022.

Call 715-839-4909 **EXT. #106**

Tax Appointment days and times will be

Tuesdays, Wednesdays & Thursdays 8am-2:30pm

Please do not call and leave a message, they are not returning calls.

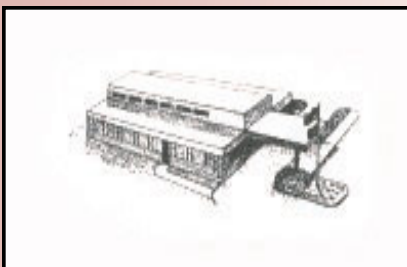
AARP Tax Aide Free Tax Preparation is best suited for seniors and low income people.

L. E. Phillips Senior Center 1616 Bellinger Street
Eau Claire, WI 54703

"ACTIVELY AGING" BEGINS AT THE L. E. PHILLIPS SENIOR CENTER, YOUR PLACE FOR SOCIAL ACTIVITIES, EDUCATION, WELLNESS, HEALTH AND FITNESS PROGRAMS. FOR THE "50 plus" POPULATION. Recognizing the value of older adults!

BOARD OF DIRECTORS

Jim Deignan, *President*
 Pieter Graaskamp, *V. President*
 Jerilyn Kinderman, *Treasurer*
 Bill Milne, *Secretary*
 Henrietta Dickerson,
 Deanna Mahler Egan,
 John Leary, Judy Proett Bell,
 Larry Zorn, Jim Kreilich,
 Steve Anderson, Bryan Bessa,
 Jerry Barton, Jim Bunkelman,
 Doug Mell



L. E. Phillips Senior Center values:

- **Compassion** for all individuals who come to the Center, regardless of knowledge, skills, cultural heritage, ethnicity, gender, disability, financial status and religious affiliation,
- **Respect** for each other in every interaction,
- **Independence** as a means by which we strive to help others maintain,
- **A safe environment** for all to feel welcome and secure.

Staff

Executive Director: Mary Pica-Anderson
 Phone Ext. 101, marypa@lephillipsseniorcenter.com
Communications Coordinator: Mary Beth Ingrouille
 Phone Ext. 102, marybeth@lephillipsseniorcenter.com
Program Coordinator: Liz Anderson
 Phone Ext. 103, liza@lephillipsseniorcenter.com
Office Receptionist: Deb Kragness MaryAnn Stickler Phone Ext. 100
Fitness Coordinator: Marilyn Russo
Maintenance: John Rush **Housekeeping:** Aaron Devney



Dear Members,
 February is Heart Healthy Month and with this comes the awareness that Heart Disease is the #1 killer for both men and women, so it up to us to not become a statistic. The good news is heart disease is preventable in most cases by making lifestyle changes. Here are a few that here at the Center we can help you address:

*Stay Active – Regular physical activity can help you lose excess body weight, improve physical fitness and well-being. By taking a brisk walk on a treadmill or riding an exercise bike, anything that gets you up and moving will support a healthy heart.

*Minimize unnecessary stress. Studies show that higher stress levels can trigger a heart attack or angina. Chronic stress can affect your memory, learning and add to depression. Social time spent with friends here at the Center is a great way to release stress. So coffee talk around the table is a plus for all.

*Most importantly, take the time to

understand your risk of heart disease and the symptoms so that you can seek medical attention immediately.

Thank-You,
 Executive Director,
 Mary Pica-Anderson

INSIDE AT A GLANCE

	<u>Page:</u>
Special Events	1
Board of Directors & Staff	2
Program Updates & Personal Care Services, Wish List	3
Friends, Donors	4
Friends In Memory of Donors	6
*Class Information	7
**Opportunities Information	8
Reminders	10
New, Sust. Members & Cards	11
Social Groups	12
Health and Wellness	13
February Calendar	14 & 15
Membership Application Form	16



Vision Statement

L. E. Phillips Senior Center aspires to be the leader in active living programming for our community's current and future generations of older adults. We will accomplish this through continually strengthening and expanding programs and services, while promoting healthy lifestyles as a bridge for individuals' social, emotional and physical needs.

Program Updates and Events

College Students want to help YOU for one-on-one learning:

for your I-Pad, Lap-top, Cell or i-Phone. Limited space. Call the Center for appointments 45 min. exclusive sessions.

Financial Coffee Club:

Bring your financial questions and have a cup of coffee with Kylee Zalewski, Edward Jones. For February, please call the Center to check if this opportunity will be available.



Wishlist

Dry creamer, Wrapped candy, Styrofoam coffee cups, Coffee Regular & Decaf.



Senior Dining Meals

Tuesdays, Feb., 8 & 22 5pm

We are offering served meals at our meal sites, or you may choose to stay with the Grab and Go meals. We have limited seating & following current CDC guidelines. Reservations can be made no later than 1pm the day prior to the meal. If you need more information or want to reserve your meal, please call Sr. Dining at ADRC 715-839-4886



PERSONAL CARE SERVICES

Call 715-839-4909 for appointments.

***Beauty shop**—basic hair cuts twice a month to **members only**. Must have clean hair. \$5

***Tips-N-Toes**—Services provided by certified nail tech. 30 min. appt. Pedicure \$25m/\$27nm Manicure \$15m/\$17nm

***Massage by Sindy Shi**—15 years of experience, rejuvenate your body. M W 9:30-10:30am 15 min. \$15m/\$17nm Higher charge for longer appt. times when available.

***Healing Feet**—trim, file & thin thickening nails, corns & calluses, minor ingrown nails can be removed. Services provided by RN \$35m/\$37nm

LEPSC will no longer be making these appointments.

Please make appointments at:

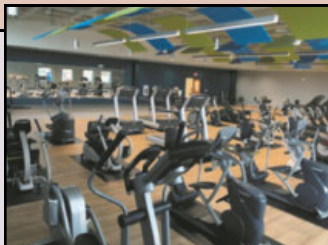
*Helen Bell RN CFCS

715-575-8246 Sole Comfort



Book Club

The first meeting for Book Club will be Tuesday, March 8 1pm. Come share your ideas for the format for this newly formed group. We will meet monthly. Linda Aaseng will lead the group. We hope to see you there and that you will bring your ideas for books to explore.



Fitness Fee Increase 2022

\$10 per month or \$100 for the full year—one payment for members. \$20 a month for non-members.



Reminder:

When the Eau Claire Area Schools are closed for inclement weather, the L. E. Phillips Senior Center is also closed. Check with TV13 and 18 in the mornings for updated closure postings.

All Insurance MEMBERS

If you have changed insurance providers, please let us know. We need to update our information any time your information changes. Thank-you.

FRIENDS OF THE CENTER Thank-you!

The L. E. Phillips Senior Center is a 501(c) 3 organization, which means all of your contributions are tax deductible. It appreciatively receives donations of any size which are used to finance ongoing programs and to assist in the development of new ones. Donations are the primary source of program funds.



OUR THANKS FOR YOUR GENEROSITY!

Cascades Paper Company, Panera Bread, Scheels, Marquart Motors

Area of Greatest Need, as of Dec. 31, 2021:

Terri Eslinger, Sherry & John Sprague, Jerry Whalen, Ronald Decker, Sherry Macaul, Virginia Wright, Wed. Party Bridge, Jennifer Schieffer, Marilyn & Terrance Sullivan, Bruce & Rhoda Saatela, Joneen Dexter, Lisa Blazek & Robert Lee, Frank & Heather Garber, Catherine Laventure, Der-Fa Lu & Stephen Heywood, Ann Godlewski, June Sieg, Barbara Geurink, Judith Kupersmith, James & Marjorie Hanegraaf, Claran Ramsdell, Mary & Ronald Marianna Greenlee, Sue Huebner, Dixie Frase, Mary Bement, Janet Bauer, Caroline Majak, Paulette Peterson, Gene & Marilyn Lokken, Carolyn Sell, Rosemary Lynch, Guy Habeck, James & Mary Kreilich, Diane & Mark Lund, Marianne Krause, John & Pam Roffler, Susan Webb, Renate Kumferman, Leon Salander, Louis & Jan Frase, Susan McNally, Karen & Joseph Dolan, Don & Betty Sobotta, Mary Rosolack, Mary Husebo, Everett & Diane Tillung, Glen & Beverly Tamke, Richard Prestin, Gladys Webb, Joan Englert, Robert & RuthAnn Kein, Carol Parsons, Judy Proett Bell, Larry & Pat Griffin, Mike Enerson, Richard Mitchell, Sandra McRoberts, Jonathan & Diane Case, Betty Cowley, Marlene Arntson, Jane Wagener, Alice Kissinger, Barbara Field, Robert & Susan Thompson, Steven & Suzanne Waldusky, Irene & David Kemp, Shirley Sells, Mary Luft, Richard & Mary Hazelton, Lee & Nancy Marek, Bonnie & Craig Gibson, Carol Benning, Keith & Sally Carlson, Alice & Thomas Piercy, J P Dallam, Catherine & Richard James, Winifred & Mark Morse, Gerald Ehlinger, Nancy Olsen, Nancy Foubert

In Honor of as of Dec. 31, 2021:

John Rush, Steve Olson, Carol Lendl, Shirley Stein,
Pam Herrick & J P Dallam by Gladys Webb
Kathleen Welsh by Ann V. Coolidge
All Veterans at the Senior Center by John & Zoila Drost
Teresa Stabel by Connie Heath
Dale & Jacquie Staebell by Alison Marie Drost


Memorials

Remember your Senior Center as a potential recipient if you wish to make a contribution to a worthy cause. Several avenues to contribute to the Center are:

- A monetary gift in memory of a family member or friend.
- Request that memorials be given in your name to the Center.
- A charitable bequest to the Center in your will.
- An annual tax-deductible gift to the Friends of the Center Campaign.

Thank you to the following for allowing us to place our publication in their business:

***Festival Foods,
Down to Earth, ADRC,
Coffee Grounds, Randy's***

This is a reminder to all that may be paying for services at the Senior Center. We do not accept credit cards for classes, events or trips at the Center at this time. We can only accept cash or check. Thank you. 

We love to recognize those who give to the L. E. Phillips Sr. Center, but sometimes we slip up! If we happen to miss your donation, please forgive us and stop by the office to correct our records. We will be happy to correct that in the next newsletter.

"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.org | 877-376-6113

Edina Realty
a Berkshire Hathaway affiliate

DIANE HINKE
REALTOR® Associate



ABR SRES
DianeHinke@edinarealty.com
c: 715-450-0778
1903 Keith St.
Suite 6
Eau Claire, WI 54701

Preserving a lifetime of savings and protecting one's dignity requires a solid understanding of complex state and federal laws.
Our elder law attorneys can help.



Attorney Aric Burch Attorney Jessica Merkel Attorney Mark Munson

Ruder Ware
Wausau | Eau Claire | Green Bay
www.ruderware.com | Visit our blogs at blueinklaw.com

SUPPORT OUR ADVERTISERS!



Lenmark-Gomsrud-Linn
FUNERAL & CREMATION SERVICES
www.lenmarkfh.com
814 First Ave., Eau Claire, WI 54703
715-832-8301
1405 N. Clairemont Ave., Eau Claire, WI 715-834-4456

Recover Quickly. Return Home Successfully.
24/7 Skilled Nursing Care
Expert Physical Therapy
Assisted Living



Eau Claire Locations:
Mall Drive 715-552-1035 | Truax Blvd 715-552-1030

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at
www.mycommunityonline.com



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
1-800-963-0035

For more information on your long-term care options, contact your local ADCRC.
DHS Approved 4/22/2021

FREE AD DESIGN
WITH PURCHASE OF THIS SPACE



CALL 800.950.9952

Reliable REAL ESTATE LLC

GAYLE M. KRECKLOW
Broker/Owner | GRI, CRS, SRES
Where Service Comes First
Seniors Real Estate Specialist
20+ Years Licensed Broker



715.797.0211 ReliableRealEstate@charter.net

Assisted Living Apartments & Suites & Respite Stays

MILESTONE SENIOR LIVING
www.MilestoneSL.com



Make Milestone Moments Throughout the Seasons

Call the Community Director today at 715-874-4250

5512 Renne Drive
Eau Claire, WI 54703

"Specializing in Senior Living & Memory Care"

Thrive Locally

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **David PETFALSKI** to place an ad today!
dpetfalski@lpicommunities.com
or (262) 785-1188 x2675

Owen Rust Apartments

300 William St.
Eau Claire, WI 54703

HUD Subsidized Rent for Persons with Low Income 55 or Over OR Persons with Disabilities

Tours Available
Call for an Appointment
715-839-8602

For Applications, Contact the Housing Authority of the City of Eau Claire
(715) 839-4943

- Income Based Rent / No Asset Limit
- One-Bedroom Apts. -- Some Handicapped Accessible
- Pets Allowed With Restrictions
- Secured Building / Security Entrance
- Emergency Call System
- Coin Operated Laundry Facilities
- Community Room
- Cable Ready Outlets
- Air Conditioners Provided
- Garbage & Water Included
- On-Site Maintenance
- Elevator Service
- Off Street Private Parking



heatherwoodal.com 4510 Gateway Drive, Eau Claire, WI

2021 BEST OF SENIOR LIVING

HeatherWood
Assisted Living and Memory Care



Independent & Assisted Living • Memory Care for Seniors 55+

All-Inclusive Apartments • Lifetime Promise™ - No Rent or Care Increases-EVER
Guided by goodness, loyalty, faith, and fun
Call today to schedule a tour 715-552-5511



In Memory Of: as of Dec. 31, 2021:



In Memory of:

George Voll by Jane Voll
Olga & Eddie Voss by Connie Stafford
Rhoda Phillips by Bonnie Lenz Clark
Truman & Kathleen House by Rita Campbell
Don & Mary Jo Amundson & Elger Cramer by Kari Cramer
Tess Kulbeck by Elizabeth Anderson
William Wolf by Betty Wolf
Alex & Josephine Gabrys by Margaret Gabrys
Yvonne Hillestad by Stanley Hillestad
Audrey Gallagher by Dan & Jean Binczak
Don Rose by Faye Rose
Adam Bors, Joye DeSonia & Bill Roeming by Phyllis Skinner
Sally LaRose by Marilyn Kay Tompkins
Edsel Grams by Jerry Harper, Darrel & Pat Gardow, Johanna Warloski, Kenneth & Mary Mueller,
Valerie Henrich, Judith Snudden, Dan & Jean Binczak, Robert & Constance Matson,
Jim & Ginny LaBarre, Jan Etnier, Kathryn & Michael Wilson
Barb Fredrickson by Steve & Judy Hawkes, Barbara & James Johnson
Ronald Spehle by Nancy Spehle
Mary Buskovitz by Eleanor Walter
Twin Brother, Mike by Fred Walker
Wayne Nelson by Vicki Nelson
Catherine Fredrickson by Jerry & Stephanie Fredrickson
Donald Bushbeck by Elizabeth Bushbeck
James Biegel by Eileen Biegel
Russell & Vivian Larson by Roland Larson

AmazonSmile is a way for customers to support their favorite charitable organization. Every time you shop with Amazon, you will find the same Amazon you know and love. The added bonus is that Amazon will donate a portion of the price of eligible purchases to the charity of your choice. Make it LEPSC, please! Signing up is easy!

Here's how to shop AmazonSmile:

1. Visit smile.amazon.com
2. Sign in with your Amazon.com password.
3. Choose LEPSC to receive donations.
4. Select LEPSC as your charity.
5. Start shopping!
6. Add a bookmark for smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Your Unique charity link: <https://smile.amazon.com/ch/39-1408723>



February Senior **Class Information

**Sign-up
For Classes at
the Center or
by calling:
715-839-4909**

Please sign up in advance as soon as possible. Some classes may be canceled due to lack of interest. Also, they may have pre-requisite information and supply lists.

Payment is required upon sign-up for class. If signing-up by phone, payment must be received in 1 week.

Fees are non-refundable unless the Center is able to fill your spot, or the Class has been canceled.



Membership fees for Classes and Services apply ONLY to members with updated membership at LEPSC.

****Valentine's Charcuterie Board Class** Join a Registered Dietitian for a Valentine's themed class filled with good-for-you sweets and treats. You will make pomegranate bark and several other treats that you will incorporate into your very own Valentine's charcuterie board (snack board) to take home. Your family and friends will enjoy your beautiful tray with an array of foods from the MIND diet that are naturally sweet and support brain health! Cost includes board and foods. Reminder: please remember you must register with your payment prior to the class to secure your spot. Class size is limited, deadline is 1/26/22. Picture is a portrayal.



Wed., Feb. 2 11am \$25m/\$30nm

Presenter: Katelin Maidment, Registered Dietitian - Eternal Wellness

****Free Computer Classes** We are collaborating with Chippewa Valley Technical College (CVTC) to help computer users of all levels (beginner to advanced) to learn computer skills at your own pace, on your own computer. An array of classes is available to you at no charge. In this meeting Instructors from the Dept. of Adult Education and College Prep (AECF) from CVTC will:



*Provide you with a preview of the free online/self-paced/interactive computer literacy courses available. A total of 22 classes are offered from Computer Basics to Intermediate instruction in classes such as Keyboarding, Windows 7 & 10, Web File Management, Internet Explorer, Spreadsheets, Presentations and Google Calendars to name a few. Mon., Feb. 7th 1pm at the LEPSC Computer Lab Presenter: CVTC Tech

****How to Shop & Bank Safely on the Internet** Learn how to shop and bank on line while keeping your information secure. You will learn to use Pay Pal, Apple Pay, Credit Card, Debit Card, Coupons, Rewards and more. Also, learn how to set up/access your bank account, check the balance/pay bills, etc. on line. Please bring your "smart" device to make the most of this hands-on class (cell phone, tablet, iPad or computer).



2 classes-Mondays, Feb., 14 & 21 1-3pm

Presenter: Elaine Welin \$12m/14nm

****Spanish Class** We hope you can join us for this opportunity to learn or broaden your Spanish speaking skills. Spanish Classes are for students of all levels. This is a 10 class course.



Tuesdays, Feb. 15-April 19 10-11:30am \$20m/\$30nm

Presenter: Tom Reiter

Something New!!

In an effort to program the new lower level the Center has added on a few more options for our participants:

1. Two Pool Tables are available for use all day long.
2. Walkers can use the new lower level to walk indoors versus on the snow and ice. Walking the perimeter 22 times around makes one mile. Two areas have been turned into pickle ball courts. Current rules and regulations for the use of the courts will be posted for all users.

FREE February Senior *Opportunities

FREE Senior *Opportunities—MUST Sign-up for as soon as possible. Call the Office 715-839-4909.

Programs are approximately an hour in length and are **FREE** of charge. Pre-registration is **REQUIRED** so we can inform the speaker of the number of persons attending.

Presentation may be canceled if there is not sufficient interest, so please sign-up early.

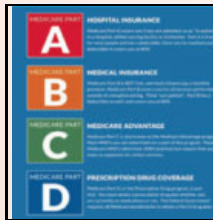
Seating is limited you must sign-up to secure a spot.

*ABC's & D's of Medicare

The ABC's & D's of Medicare provides a foundational understanding of the four elements of Medicare; Part A-Hospital, Part B-Medical, Part C-Medicare Advantage & Part D-Prescription. Information provided on initial enrollment and additional enrollment periods pertaining to Part C options.

Tues., Feb. 8 10:30am

Presenter: Jeff Sauter, Mediquest



*Boost Your Brain and Memory

This is a unique program that takes on a holistic approach to improving brain health in older adults. Participants will learn new habits to maintain cognitive health while also practicing new skills for better memory performance.

Mondays, Feb. 14-March 28 10:30am

Presenter: Lisa Wells, Dementia Care Specialist, ADRC

*Medicare Supplement Comparisons

Are you unsure of which plan to choose & experiencing premium increases? Learn about how coverages and premiums may differ between similar plans and different premium structures.

Mon., Feb. 14 2pm

Presenter: Kia Xiong-Yang

Feature	A	B	C	D	F	G	K	L	M	N
Yearly Premium	Low	Low	Low	Low	Low	Low	Low	Low	Low	Low
Out-of-Pocket Limit	None	None	None	None	None	None	None	None	None	None
First-dollar Coverage	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Excess Health Care	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Foreign Travel	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Emergency Medical Services	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Skilled Nursing Facility	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Private Dues	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Long-Term Care	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Overseas Care	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Overseas Medical Evacuation	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

*Essential Oils-Shed Weight and Live Empowered

Nutrition, Release Toxins, Support & Self Care.

Wed., Feb. 16 2-3:30pm

Presenter: Sandy Pocerlich, doTERRA



*Exercise Your Faith

Along with exercising our bodies and minds, it is also important to exercise one's faith. Learn how to exercise your faith and share your ideas and practices. In this day of unrest and confusion, let's look into the Word of God together and learn how to live in the middle of this "new normal." Not only for ourselves, but to be a light, a help and a blessing to those around us, regardless of your faith.

Tues., Feb. 22 1-2pm

This group will meet the last Tues. of each month.

Presenter: Nancy Persons



*Medicare 101

Confused about Medicare? Join me for a streamlined presentation explaining the A, B, C, Ds of Medicare and differences between Medicare Advantage and Medicare Supplement plans. Get the education you need to help you make an informed decision and have peace of mind during this important transition in your life.

Thurs., Feb. 24 2pm

Presenter: Bliia Yang

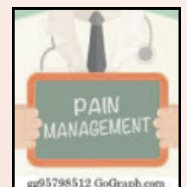


*Pain Management

Pain does not have to be a normal part of aging. Untreated chronic pain can lead to multiple health consequences such as depression, social isolation and more. Explore ways to manage chronic pain.

Mon., Feb. 28 1pm

Physical Therapy Staff of Greenfield Rehabilitation



CONNECTIONS IRIS Consultant Agency (ICA)
 Call toll-free: 844-520-1712 | Email: connections@lsswis.org

We believe in the INFINITE POSSIBILITIES of every person.
 We support you to live your best life at home, in your community and at work.

LET'S GET STARTED!
 First, contact your county Aging and Disability Resource Center (ADRC).
 FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

Park Tower Apartments

901 S. Farwell St
 Eau Claire, WI 54701

HUD Subsidized Rent for Persons with Low Income 55 or Over OR Persons with Disabilities

Tours Available
 Call for an Appointment (715) 839-8602

For Applications, Contact the Housing Authority of the City of Eau Claire
 715-839-4943

- Income Based Rent / No Asset Limit
- One-Bedroom Apts. - Some Handicapped Accessible
- On-Site Maintenance & Manager
- Pets Allowed With Restrictions
- Secured Building / Security Entrance / Card Access Security Entrances
- Coin Operated Laundry Facilities
- Beauty Shop
- Community Room w/ Complete Kitchen
- Sun Room / Atrium
- Gazebo & Patio
- Air Conditioners Provided
- Heat, Garbage, and Water/Sewer Included
- Elevator Service
- Cable Ready
- Outlets
- Emergency Pull Stations in Every Apartment with Direct Link to City Fire & Ambulance
- Off Street Private Parking

Providing quality independent living for Seniors 62 and over since 1986.

Open House every Tuesday 2 - 4 pm

Call 715-834-1338 for a brochure and/or tour.

St. Francis Apartments
 851 University Dr. • Eau Claire
saintfrancisapartments.com

Lifetime Memorials
 A Lasting Tribute To Life

Monuments | Markers | Engraving | Cemetery Work

715-830-5099
 2228 East Ridge Center
www.lifetime Memorials-ec.com

CHIPPEWA VALLEY EYE CLINIC

- cataracts
- corneal disease
- diabetic retinopathy
- glaucoma
- macular degeneration
- senior eye care

715.834.8471 | www.cveclinic.com
 seeing the future.

HAVING SURGERY?
 Get here. Get healed. Get home.

PRAIRIE POINTE SHORT-TERM REHABILITATION SUITES

Transitional care community with state-of-the-art therapy gym

gracelutherancommunities.com
 (715) 598-7800

grace LUTHERAN COMMUNITIES

Landmark COMPANY

Luther Lakeside Apartments

1412 Whipple Street

www.landmark-company.com
 (715) 834-3411

- 1 bedroom HUD subsidized units for persons 62+
- Rent is 30% gross income w/utility allowance
- Elevator & coin laundry on-site
- Emergency pull stations in each apartment
- Across from Mayo Hospital
- Near Senior Center

Celebration of Life Center
 CHIPPewa VALLEY CREMATION SERVICES

Cremation Services from \$1495
 Privately Owned Crematory
 On Site Catering
www.chippewavalleycremation.com
 (715) 835-3333

Serving the Chippewa Valley Since 2010

Confused about Medicare?

- Open Enrollment
- Rights and Options
- Medicare Plans
- Call Today!

Blia Yabg
 Retirement Professional
 (715)-379-3435 | bliyang.ins@gmail.com
 Not affiliated with any government agency. No cost or obligation.

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.950.9952

SUPPORT OUR ADVERTISERS!

Thrive Locally

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

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

ADT Authorized Provider | SafeStreets

1-855-225-4251

Chippewa Manor

Your Choice for Quality

- ▶ Assisted Living
- ▶ Senior Apartments
- ▶ Nursing & Rehab

(715) 723-4437
www.chippewamanor.com

AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!

Contact **David Petfalski** to place an ad today!
dpetfalski@lpicommunities.com
 or (262) 785-1188 x2675

support our ADVERTISERS

Landmark COMPANY

Colony Park Apartments

West Mac Arthur & Stein Blvd.
 HUD Section 8 Subsidized units for low income persons elderly and/or disabled

www.landmark-company.com
 (715) 834-3411 ext. 112

- All utilities included
- 1 bedroom, 1 bath
- Rent is 30% gross income
- Near clinics, hospital, bus line

Chippewa Manor

Your Choice for Quality

- ▶ Assisted Living
- ▶ Senior Apartments
- ▶ Nursing & Rehab

(715) 723-4437
www.chippewamanor.com

Medicare. Simplified.

I am experienced in conducting Medicare-compliant telephone and internet appointments as well as home appointments. Call me or visit our website.

Jeff Sauter
 715-577-2641
 888-880-5505 ext 32

mediqwest.com

Mediqwest
 Medicare Simplified

Reminders



VEHICLE MODIFICATION GRANT: *Funds available*

Do you have a vehicle that needs modifications for *accessibility*?

The Vehicle Modification Grant has money available, up to \$10,000, to make a vehicle accessible for caregivers, adults over the age of 60 or adults (18-59) that have a disability. This may also help with the purchase of a new or used modified vehicle. Applications are reviewed and granted based on funding availability. You must be an Eau Claire County Resident to qualify.

Contact the ADRC for more information or to start your application process.

Contact the ADRC at 715-839-4735, we may be able to help pay for those modifications.



The Senior Center is a Certified Facility Provider for One Pass, Healthway's Silver Sneakers, Optum Fitness Advantage and Silver & Fit exercise programs. This means that you, as a participant, have free access to the Open Fitness Area and for some fitness classes, as well as a **FREE LEPS** annual membership. If you are enrolled in any of these programs through your insurance, you can use the L. E. Phillips Senior Center as your fitness provider. Stop in & sign-up at the Front Desk. Provide your full name and date of birth. Once you have signed up with us, scan your card each time you use the fitness center. Silver Sneakers, Optum Fitness Advantage and Silver & Fit and One Pass exercise programs require the Senior Center to provide documentation of your fitness participation for reimbursement. **Scanning your Senior Center card each time is extremely important.** If you are unable to scan into your fitness class, the staff can do that. If you aren't sure your insurance carries one of these plans, we can help you find out that information as well.

SUPPORT OUR ADVERTISERS!



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com

WE'RE HIRING

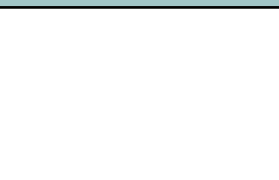
AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



Contact us at: careers@4pi.com | www.4pi.com/careers



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **David Petfalski** to place an ad today! dpetfalski@lpicommunities.com or (262) 785-1188 x2675



NEW MEMBERS & CARDS



Welcome New Members!

As of: Dec. 31, 2021

Glenna Jones, Paul Billmeyer, Benjamin Case, Sam Chapman, Chris Clark, Craig DeMoe, Lani Elder, Steven Ellis, Kathleen Goodman, Rosemary Higgins, Jane Kragness, Sherrie Lewis, Kathy Litscher, Dan Lyksett, Jackie Minor, Rhonda Nelson, Kathy Patrow, Barb Prochnow, Jack Schneider, Daniel Severson, Stephen Strassman, Eileen Taylor, Jackie Young, Martin Zens, Julie Zimmerman

Sustaining Members

As of: Dec. 31, 2021

Marion Reali, Ann Asselin

OPEN AT THIS TIME

- Mon., Tues., Wed., Thurs., Fri., 8am-4pm
- Sat., 8-11am
- No treats, please bring your own.



Cell Phone Recycling Fundraiser

SmartphoneRecycling.com

Bring in your used cell phones, I-pads, I-pods and drop them in the box at the Office. They will be environmentally disposed. Proceeds benefit the LEPSC. To date, we have raised over \$1,885 through Cell Phone Recycling! We appreciate your efforts towards this fundraiser. Thank-you!

**Classes and *Opportunities to consider:

Coming Up in March

- *Essential Oils For Cooking,
- *Academy for Lifelong Learners (LLL), Book Club

Card Game Days, times, locations & leaders



Monday

Duplicate Bridge	12:15-3:30pm	Dining room B/C	Leader-George Bleskachek
Pinochle	12:30-4pm	Back of Dining Room A	
500	12:50-3:30pm	Great Room	Leader-Dick Hazelton

Tuesday

Euchre	9am-12noon	Dining Room B/C	
Mah-Jongg	9:30-11:30am	Great Room	
Bridge	12:30-3:30pm	Great Room	

Wednesday

Sheepshead	9-11:30am	Great Room	Leader-Ron Herkowski
Cribbage	1-3:30pm	Great Room	

Thursday

Schmier	9:30-11:30am	Great Room	
Duplicate Bridge	12:15-3:30pm	Great Room	Leader-George Bleskachek
Bridge	12:30-3:30pm	Great Room	
Hand & Foot	12:30-3:30pm	Dining Room B/C	Leader-Rosie

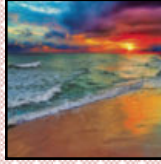
Friday

500	12:50-3:30pm	Great Room	Leader-Dick Hazelton
Mah-Jongg	12:30pm	Dining Room	

Social Groups

Creative Artists—Acrylic or watercolor painting with other creative people in a welcoming space. Bring your supplies and enjoy the company of others.

Mondays 9-Noon \$1m/\$1.50nm



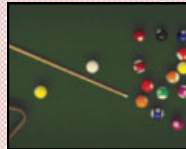
Rubber Stamping—Open Stamping in the Dining Room. Bring your projects, share ideas and learn new trends. A demonstrator will be here on all Thursdays, excluding the 4th Thursday, of the month.

1-3pm \$1.25 per card



Pool Tables—Play in the Center's lower level. Pool cues & supplies needed to play are provided, but you may bring your own.

Open Monday-Friday 8am-4pm
\$1m/\$1.50nm



Blue Grass Jam—Do you play the guitar, banjo, mandolin, violin, harmonica or bass (all levels) and like to have a little fun jamming with like-minded people? Join your senior friends for a fun afternoon.

1st and 3rd Wednesday 12:30-3pm



Table Tennis (ping-pong)—Play singles or doubles in the lower level, join the fun group. All equipment to play is provided.

Wednesdays 2-4pm



Happy Hookers/Crafters—For those who do beginning to advanced crafts of any kind. All are welcome to bring his or her own projects & materials to work on, or to learn a new craft of any sort. This group is responsible for the craft sales that are open for any special event. 100% of sales profits the Senior Center.

Wednesdays 1pm



Woodcarvers—Group of carvers meet to socialize, exchange patterns & ideas. Help is available if you need it, beginning carvers are welcome.

2nd and 4th Wednesday 6-9pm



RSVP—(Retired and Senior Volunteer Program) Volunteers create handcrafted dolls, stuffed animals and/or snuggle blankets to comfort children brought to the local hospital/emergency rooms or for surgery.

Tuesdays 9-11am



Line Dance Practice—Join us for Line Dance Practice, polish-up on your dancing. Two separate classes will be offered for levels of experience in the Lower Level Meeting Rooms A & B.

8:45-10:30am Experienced/Intermediate
10:45-11:45am Beginning
Thursdays \$3m/\$4nm

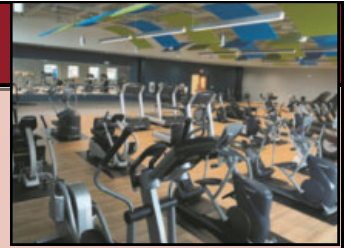


Trivia for Seniors—Get a team together for a fun afternoon of trivia. Form a team of a maximum of 6 persons. Pre-register the Friday before.

3rd Tues., 1pm \$2m/\$3nm



Health and Wellness



SS Classes covered by Silver Sneakers, Silver & Fit, Renew Active, One Pass

***Open Fitness Center** Daily M - F 8am-4pm Sat. 8-11am Fee: \$10m (or \$100 annual-one payment) \$20nm monthly, pay at the Office. Workout in ways to fit your personal needs. Open fitness includes a circuit of stations that provide opportunities for a full body workout. Challenge your strength, flexibility, balance & cardiovascular system.

***Exercise Orientation** T-TH 8:45-11am **If a new member, please make an appointment for this in the office.** Marilyn Russo, introduces participants to various forms of physical activity that will improve and/or strengthen their cardiovascular and muscular systems using exercise equipment available.

CLASSES Monday

SS Strength Class M-W 8-9:15am M-W-F 9:15-10:30am (*Punch card*) This class uses dumbbells, barbells and your own body weight as resistance to get stronger and fit. Lower Level Conference Room A & B.

SS Stretch & Balance M-W 8:30-9:30am (*Punch card*) This 1 hour class is designed for all levels of fitness to challenge balance and flexibility. Upper Level GF Room

SS Get Fit M-W-F 10:40-11:40am (Fee: Free) This class includes full body stretches, strengthening exercises, using lightweights, elastic tubing or simply your own body with a variety of movements to increase heart rate. Lower Level Conference room A & B.

Tuesday

SS Hi/Lo Interval Training T-TH 7:30-8:30am High Intensity/Low Impact This class will incorporate cardio endurance, balance, strength and flexibility using weights, Pilate ring and resistance bands. Upper Level GF Room

SS Morning Blast T-TH 8:30-9:30am (*Punch card*) This is a low impact, high energy class. Join in on the 60 minute workout that includes low impact aerobics followed by strength and flexibility training. U Level GF Room

SS Cardio Drumming T 9am (*Punch card*) Combining drumming, music, rhythm & movement. Express yourself, release stress & aggression, sweat, sing & enjoy the camaraderie.

SS Move Your Body T & TH 10:30-11:30am (*Punch card*) Movement with music, therapy for the body, mind and soul. Work at your own pace, modifications shown. Keep movement in your life! Do it for you!

\$10m/\$12.50nm-5 punches. Walk-in \$2m/\$2.50nm Lower Level GF Room

Yoga; Moving With Mindfulness T 4-5pm The focus is on strengthening the core with simple movements and using your breath to release and gently deepen in yoga poses. Upper Level GF Room Pay Instructor \$10m/\$13nm

Thursday

SS Cardio Drumming TH 9am (*Punch card*) Combining drumming, music, rhythm & movement. Express yourself, release stress & aggression, sweat, sing & enjoy the camaraderie.

Line Dance Practice TH 8:45-10:30am Experienced/Intermediate and 10:45-11:45am Beginning
Two separate classes are offered for levels of experience in the Lower Level Meeting Rooms A & B.

Gentle Yoga TH 9-10am Movement with your breath through strength, stretch and balance poses. It helps calm the mind and energize the body. Class is done on zoom through Zoom on the Virtual Center.

Friday

SS Step Class F 8:30-9:30am (*Punch card*) Class allows you to work at your level of fitness using a step platform to increase cardiovascular and overall strength. Moves can be performed on a step or on the floor.

Great fun & a big challenge. Upper Level GF Room

Saturday

Gentle Yoga SAT 9-10am Movement with your breath through strength, stretch and balance poses. It helps calm the mind and energize the body. Class is done on zoom through Zoom on the Virtual Center.

February Calendar of Events

2022

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	<p>1 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation 9am RSVP, Cardio Drumming 9:30am **Bridge 10:30am Move Your Body</p>	<p>2 8am Steve's Strength Class 8:30am Stretch & Balance Class 9:15am Steve's Strength Class 11am **Valentine's Charcuterie Board Class 12:30pm Blue Grass Jam 1pm Happy Hookers/Crafters 2pm Table Tennis</p>	<p>3 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation, Line Dancing Inter/Adv 9am Gentle Yoga Virtual, Cardio Drumming 10:30am Move Your Body 10:45am Line Dancing Beg. 1pm Rubber Stamping</p>	<p>4 8:30am Step Class 9:15am Steve's Strength Class</p>	<p>5 9am Gentle Yoga Virtual</p> <p style="text-align: right;">6</p>
<p>7 8am Steve's Strength Class 8:30am Stretch & Balance Class 9am Creative Artists 9:15am Steve's Strength Class 1pm Free Computer Classes</p>	<p>8 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation 9am RSVP, Cardio Drumming 9:30am **Bridge 10:30am Move Your Body, *ABC's & D's of Medicare 4pm Yoga 5pm Senior Dining-in house or Grab and Go</p>	<p>9 8am Steve's Strength Class 8:30am Stretch & Balance Class 9:15am Steve's Strength Class 1pm Happy Hookers/Crafters 2pm Table Tennis 6pm Woodcarvers</p>	<p>10 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation, Line Dancing Inter/Adv 9am Gentle Yoga Virtual, Cardio Drumming 10:30am Move Your Body 10:45am Line Dancing Beg. 1pm Rubber Stamping</p>	<p>11 8:30am Step Class 9:15am Steve's Strength Class</p>	<p>12 8am-1pm Farmers' Market 9am Gentle Yoga Virtual</p> <p style="text-align: right;">13</p>
<p><u>Happy Valentines Day!</u></p>					
<p>14 8am Steve's Strength Class 8:30am Stretch & Balance Class 9am Creative Artists 9:15am Steve's Strength Class 10am **Tai Chi 10:30am *Boost Your Brain & Memory 1pm **How to Shop & Bank Safely on the Internet 2pm *Medicare Supplement Comp.</p>	<p>15 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation 9am RSVP, Cardio Drumming 10am **Spanish Class 10:30am Move Your Body 1pm Trivia for Seniors 4pm Yoga</p>	<p>16 8am Steve's Strength Class 8:30am Stretch & Balance 9:15am Steve's Strength Class 10am **Tai Chi 12:30pm Blue Grass Jam 1pm Happy Hookers/Crafters 2pm Table Tennis, *Essential Oils-Shed Weight & Live Empowered</p>	<p>17 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation, Line Dancing Inter/Adv 9am Cardio Drumming, Gentle Yoga Virtual 10:30am Move Your Body 10:45am Line Dancing Beg. 1pm Rubber Stamping</p>	<p>18 8:30am Step Class 9:15am Steve's Strength Class</p>	<p>19 9am Gentle Yoga Virtual</p> <p style="text-align: right;">20</p>

February Calendar of Events

2022

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<p>21 8am Steve's Strength Class 8:30am Stretch & Balance Class 9am Creative Artists 9:15am Steve's Strength Class 10am **Tai Chi</p>	<p>22 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation 9am RSVP, Cardio Drumming 10:30am Move Your Body 1pm *Exercise Your Faith 4pm Yoga 5pm Senior Dining-in house or Grab and Go</p>	<p>23 8am Steve's Strength Class 8:30am Stretch & Balance Class 9:15am Steve's Strength Class 10am **Tai Chi 1pm Happy Hookers/Crafters 2pm Table Tennis 6pm Woodcarvers</p>	<p>24 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation, Line Dancing Inter/Adv 9am Cardio Drumming, Gentle Yoga Virtual 10:30am Move Your Body 10:45am Line Dancing Beg. 1pm Rubber Stamping 2pm *Medicare 101</p>	<p>25 8:30am Step Class 9:15am Steve's Strength Class</p>	<p>26 9am Gentle Yoga Virtual</p> <p style="text-align: right;">27</p>
<p>28 8am Steve's Strength Class 8:30am Stretch & Balance Class 9am Creative Artists 9:15am Steve's Strength Class 10am **Tai Chi 1pm *Pain Management</p>					



Coffee is available. No treats will be served. BYO, if you wish.



Staff meetings are held every Monday, 11:45am-12:30pm. Thanks, The Staff



Open Computer Lab
 Must be a member.
 Mon.-Fri.,
 8am-4pm

February Display Case
 Winter Animals by Gladys Webb

L. E. Phillips Senior Central
1616 Bellinger Street
Eau Claire, WI 54703

Nonprofit Organization
U. S. Postage Paid
Eau Claire, WI 54703
Permit No. 2140

CURRENT RESIDENT

New Membership Application Form - L. E. Phillips Senior Center - 715-839-4909

(Please check & fill out all that apply)

_____ Sustaining Member \$60.00 per person
*Sustaining members provide additional financial support for the operations of
L. E. Phillips Senior Center.*

_____ Renewed Membership _____ New Membership
\$30.00 per person or \$50.00 per couple- Resident of E. C. City/County
\$40.00 per person or \$70.00 per couple- Non-resident of E. C. City/County

I am a resident of _____ County.

Name: _____ Date of Birth: _____

Phone: _____ Address: _____

City/State/Zip: _____ E-Mail: _____

(Please drop off or mail to L. E. Phillips Senior Center - 1616 Bellinger Street - Eau Claire - WI 54703)

Notice: L. E. Phillips Senior Center does not endorse any products or services including those advertised in the Silver Thread. This means that if a product or service is purchased from an individual or organization using the Center, it is neither endorsed nor recommended by L. E. Phillips Senior Center.