

FREE please take a copy

5 Rules for Heart Healthy Indulgence

It's fun to fantasize about the potential health benefits of chocolate. The thought that a bar of chocolate or a decadent devil's food cake could be good for you is a dream come true for anyone with a sweet tooth. And, to a certain extent, the science backs it up.

Cocoa, the roasted and ground form of the cacao bean, is rich in flavanols, a type of antioxidant with well-established health benefits. Flavanols have been shown to protect the cardiovascular system, help lower blood pressure and improve blood flow to the heart and brain, making blood less likely to clot and boosting brainpower. Cacao is also associated with increased nitric oxide production, which helps control insulin sensitivity and prevent diabetes. Studies from scientists in San Diego and London even connect chocolate to stress reduction and sun protection.

But the devil's in the details: There's a considerable difference between the cocoa that reduces risk factors for heart disease, stroke and diabetes and the candy bar you pick up in the check out aisle. Follow these five rules to get the most from your chocolate indulgence:

Cocoa Comes First

Look for chocolate bars with at least 60 percent cocoa content for the full health advantage. Dark chocolate is considered a top 10 source of antioxidants, according to the European Journal of Clinical Nutrition, and is a filling treat shown to lower cravings for additional sweet, salty and fatty foods.

Focus on the Flavanols

Flavanols are the key to keeping your treat heart healthy. Unfortunately, commercial chocolate tends to be highly processed in a manner that eliminates most of the healthy flavanols and boosts the sugar, milk and butter content.

Avoid Extra Ingredients

A chocolate bar might have more milk and sugar than your doctor would recommend, but specialty fillings is where you run into real trouble. Caramel, nougat and creams are all fast ways to gain weight.

Remember Your Routine

Even without a caramel filling, cocoa doesn't come alone and the heart benefits are no replacement for a real cardio workout. The chocolate treat in your diet should be just one component of a heart healthy routine that includes plenty of leafy greens, adequate sleep and exercise.

Everything in Moderation

A piece or two of dark chocolate or a sprinkling of cocoa on your oatmeal are safe and sweet ways to add antioxidants to your diet, but it goes without saying that chocolate is meant in moderation. There's no recommended serving size to reap the benefits of chocolate, but 1 to 1½ ounces total – the size of a standard Hershey's bar – throughout the week is a good guide.



February 2021

Dining Menus	3-4
Transportation	5
COVID-19 Vaccine FAQS	6-7
ADRC Workshops	8
Odds N' Ends	9, 17, 29
Flu Vaccine	10
Laughter	11
Sleep and Aging	12-13
Memory Lane	14-15
Don't Overlook Depression	16
Games	18-19
Eat Well, Age Well	20
Volunteer	21
GLITC Programs	22
Volunteer Driver Spotlight	23
COVID-19 Testing	24
Groundhog's Day Facts	25
Library Updates	26
Community Happenings	27
Save the Date	28, 30
Game Answers	31

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Aging and Disability Resource Center of Northwest Wisconsin

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Toll-Free: 877-485-2372

Email: adrc@co.polk.wi.us

Website: www.adrcnwwi.org

Balsam Lake

Polk Co. Government Center
100 Polk County Plaza #60
Balsam Lake, WI 54810
Phone: 715-485-8449
Fax: 715-485-8460

Siren

Burnett Co. Government Center
7410 County Road K, #180
Siren WI 54872
Phone: 715-349-2100
Fax: 715-349-8644

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Elder Benefit Specialist	Kayli Williamson
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Information and Assistance Specialist	Danielle Butzler
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Amy Middleton	
Beverly Sandberg	
Brent Blomberg	
Dorothy Richard	
Dick Klawitter	
Fred Eaves	
John Helling	

Next Meeting:
* **meeting dates,**
times and
locations are
subject to change

Polk County Aging Advisory

Rose Kromrey	Next Meeting:
Elaine Boucher	March 15th, 2021
Philip Everhart	Polk County
Tracy LaBlanc	Government Center
Laurel Park	9am

Burnett County Aging Advisory

Dorothy Richard	Next Meeting:
Gary Lundberg	March 18th, 2021
Gladys Beers	Burnett County
Sharon Rochel	Government Center
Barb Geske	1:30pm

Burnett County Nutrition Council Meeting:
March 11th, 2021 @10:30am
Burnett County Government Center



ADRC of Northwest Wisconsin Office Hours:

Monday-Friday, 8:30am-4:30pm

Burnett County Office Closed on President's Day





ADRC Nutrition Program: *A fresh start to nutrition*

ADRC Dining Site Locations

A & H Senior Center..... 715-635-7199
 Grantsburg Senior Center 715-463-2940
 Siren Senior Center715-349-2845
 Webster Senior Center 715-866-5300
 Amery Congregational Church 715-268-6818
 Milltown Community Center715-825-5025

Serving Times: Mon, Tue, Thurs & Fri at 11:30am

Cost and Details:

Individuals 60 Years of Age and Older: \$4/meal suggested donation.

General Public: \$10/meal

Please contact your ADRC Dining site for reservations or cancellations at least 24 hours in advance. Menu is subject to change without notice. Bread and milk offered with all meals. Meal sites closed on Wednesdays unless otherwise specified.

February 2021 Menu for All ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hunter's Stew w/ Root Vegetables Whole Wheat Roll Fruit	2 Honey Dijon Chicken Thighs Baked Potato  Glazed Carrots Whole Wheat Roll Fruit	3 Meal Sites Closed	4 Roast Turkey Breast Mashed Potatoes Gravy Beets Whole Wheat Bread Fruit Pie	5 Meatball Marinara Whole Wheat Pasta Side Salad Garlic Bread Stick Fruit
8 Chicken Noodle Casserole w/Carrots & Peas Whole Wheat Roll Fruit	9 Pork Tenderloin w/Mustard Sauce Oven Roasted Potatoes Brussel Sprouts Whole Wheat Bread Fruit	10 Meal Sites Closed	11 Cook's Choice	12 Lemon Parsley Cod Garlic Butter Sauce Buttered Red Potatoes Buttered Corn Whole Wheat Roll Fruit
15 Meal Sites Closed President's Day 	16 Garlic Thyme Beef Roast w/Horseradish Sauce Whipped Potatoes Green Beans Whole Wheat Bun Fruit	17 Meal Sites Closed	18 Parmesan Crusted Chicken Tomato Sauce Whole Wheat Noodle Roasted Corn and Zucchini Whole Wheat Bun Fruit	19 Shepherd's Pie w/Mixed vegetables Whole Wheat Bun Fruit
22 Meatloaf Whipped Potatoes Gravy Roasted Brussel Sprouts Whole Wheat Roll Fruit	23 Southwest Turkey Tomato, black beans, Corn Rice Whole Wheat Roll Fruit	24 Meal Sites Closed	25 Cook's Choice	26 Mediterranean Salmon Brown Rice Roasted Asparagus Whole Wheat Roll Fruit Pie

No group dining until further notice.
 Meals available for pick up or delivery.
 Contact your meal site for details and to get a meal.



St. Croix Tribal Elder Dining

Danbury Nutrition Site

30335 W Minerva Dam Rd., Danbury, WI
 RSVP at least 1 day in advance to Nancy Likes or
 Darla Sutton at 715-349-8509
 Serving Time: Mon-Fri 11:30am-12:00pm

Sand Lake Meal Site

4460 Highway 70, Webster, WI
 RSVP at least 1 day in advance to Julie Anderson at
 715-349-2849
 Serving Time: Monday-Friday 12-12:30pm

February 2021 Danbury and Sand Lake Meal Sites Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Bean Soup Tossed Salad Cheesy Bread Cookies	2 Hamburger w/ Bun Potato Chips  Coleslaw Fruit	3 Shredded Beef over Rice Peas and Carrots Cornbread Applesauce	4 Tuna Noodle Hot dish Mixed Veg. Biscuit Cake	5 Pulled Pork w/ Bun Roasted Potatoes Fruit Salad
8 Split Pea Soup W/ Ham Cooks Choice Slider Fruit	9 Turkey and Cheese Sandwich Lettuce and Tomato French Fries Cookies	10 Meat Loaf Mashed W/ Gravy Vegetable Dinner Roll Dessert	11 Chicken Patty Sandwich Potato Chips Broccoli Salad Apple Pie Bars	12 Lasagna Salad Garlic Bread Tiramisu Cake
15 Meal Site Closed Presidents Day 	16 Hamburger Stew Salad Biscuit Dessert	17 Baked Chicken Scalloped Potatoes Corn WW Dinner Roll	18 Pork Chow Mein Rice and Noodles Broccoli Chinese Donuts	19 Sloppy Jo Fried Cabbage Carrots Cookie Bar
22 Cream of Potato soup w/ Ham Egg salad Sandwich Fruit	23 Dirty Rice Blacked Bean and Corn Salad Tortilla Chips Dessert	24 Hot Turkey Sandwich Mashed Potatoes and Gravy Green Beans Pumpkin Cake	25 Tater Tot Hot Dish w/ Mixed Vegetables WW Dinner Roll Cookies	26 Chef Salad Dinner Roll Dessert

No group dining until further notice.
Meals available for pick up or delivery.
Contact your meal site for details and to get a meal.

St Croix Tribal Gov't Offices: 800-236-2195
 Aging Unit Dir.: Jennifer Bearheart ext 5108
 Dementia Care Specialist: Dianna Stumph ext 5150
 Caregiver Program Coord.: Lisa Reynolds ext 5116
 Clinic : Ext 5150 or 877-485-1901
 Elder Advocate Prog.: Maryann Morrison ext 5140
 Human Services: Ext 5127

St Croix Tribal Council: Susan Lowe, Francis Songetay,
 William Reynolds, Thomas Fowler, and Beverly Benjamin
 Voc. Rehab: Karen Johnson at 715-635-0967
 Health and Human Serv. Dir.: Jacki Lowe ext 5257
 Police Dept.: Non Emergency 715-349-8638





ADRC Social Transportation



Transportation COVID-19 Update
As of January 14th, 2021



We continue to look at the impact COVID-19 has on our community. Although we look forward to the end of the holiday spikes and to see the benefits of the vaccinations, at this time we are continuing with our current program structure. The ADRC will continue to meet your essential needs while working within the state guidance of our programs.

Transportation needs: As we look to the future of opening up services we have determined that we are in great need of drivers. If you like to drive and have some time on your hands we would love to talk with you!

Outside of our regular programming, we (along with Interfaith Caregivers) will be working with Public Health to help people access the COVID vaccination. If you are an ADRC Volunteer driver that is interested in helping out with this project, please reach out to the Transportation Coordinator, Cheryl, at 877-485-2372 to let her know and sign up for your own vaccination as an essential worker.

As always, call us if you have questions. Stay safe and healthy out there!

Laura Neve
Director

Current transportation structure (from November):

Starting immediately, we will continue to assist you in meeting your shopping essential needs however; we are scaling back to just local shopping trips. We will only be utilizing the bus with a maximum of two (2) passengers spread out. We continue to have an expectation on all of our drivers and passengers to follow all protocols of distancing, washing, and mask wearing. Please cancel if you do not feel well, we can always reschedule. Due to the challenges of scheduling smaller groups, we will not be posting a schedule. When you need food and supplies please call in (877-485-2372), and we will get you scheduled or work with you to get your needs met.

The volunteer driver program will be suspended. This was a very difficult decision to make. Unfortunately, we currently have an extreme shortage of drivers and we do not want to put any additional risk on them by driving multiple people. The appointments that are already scheduled with a driver will be honored and carried out. Although we are not an emergency or urgent service, we do understand the difficulty this may put on people.

We rely on a small amount drivers to do a lot of work, we cannot always guarantee we will have someone available. Many people try hard not to “bother” family members and do not want to ask for assistance. But we are asking for your assistance during this temporary suspension. Please look at the trip you are wanting to take. Can your needs be met in another way? Can your meds or food be delivered? Can someone pickup items and drop off at your door? Can your appointment safely wait until after the spike? Many family members are willing to help if they know about your needs. Can you ask for their assistance just until we are up and going again? Please take these questions into consideration as we all struggle through this time.



COVID-19 Vaccine FAQs

Wisconsin is now administering COVID-19 vaccines developed by Pfizer and Moderna to frontline health care workers and long-term care staff and residents, who make up phase 1A of the state's vaccine distribution. Vaccines were made available to police officers and firefighters starting Jan. 18. Adults 65 and up will be able to schedule a vaccine appointment starting on Jan. 25.



Once more people in its top priority group are vaccinated, doses will be available to other health care workers and to staff and residents of assisted living communities and other types of long-term care facilities. Police and firefighters and adults 65 and up are the first groups outside of phase 1A to be able to get a vaccine.

Vaccine news is constantly changing and updating everyday. Please visit your county's health department website for the most up to date information.

How soon can individuals stop wearing masks and avoiding close contact with others after vaccination?
Everyone needs to continue practicing good pandemic behavior, even once fully vaccinated. At this moment, it is unclear what level of community immunity or amount of the population vaccinated is needed for the CDC to stop recommending the use of masks and physical distancing. Experts need to understand more about the protection that COVID-19 vaccines provide. Until then, Wisconsinites should continue wearing a mask, staying home as much as possible, washing your hands, and keeping six feet apart from others.

How is the state determining the amount of COVID-19 vaccine to distribute to each site?
The Wisconsin Vaccination Program Team receives a report of all registered and trained providers. This report also includes the number of vaccines each provider is requesting for the current prioritized population (currently Phase 1A population). Demand for each provider is determined from a weekly survey that the providers have submitted. The team compiles that information into an allocation model using the General Algebraic Modeling System. The model, which is built using expert federal and state guidance, determines the allocation to providers based on how much vaccine the state has been allocated from the CDC for any given week. It is also necessary to take into account logistical constraints, including the vaccinator enrollment process and the storage needs of the Pfizer vaccine. The distribution process is limited to providers who are enrolled in the COVID-19 vaccine program and trained to receive, handle, and administer the COVID-19 vaccine. This was done in order to ensure a safe and efficient rollout of the vaccine.

When will vaccine be available to the general public and how will it be administered?
It will likely take several months before we are able to provide widespread vaccinations in Wisconsin. Once the vaccine is available for the general public, there will be a number of ways to receive it including, through a doctor's office visit, at local pharmacies, local and tribal health departments, community based clinics, and mobile vaccination sites. We are committed to ensuring that the COVID-19 vaccine is accessible to all Wisconsinites through planning, distribution, and ongoing partnership with our local, state, and federal partners.





COVID-19 Vaccine FAQs

What are the steps for vaccinating people living in long-term care facilities?

The Federal Pharmacy Partnership for Long-Term Care Program was activated to provide on-site vaccinators for Wisconsin's long-term care facilities. This program is a partnership between the U.S. Department of Health and Human Services (HHS) and the CDC. CVS and Walgreens pharmacies have been contracted to offer on-site COVID-19 vaccination services to residents of nursing homes and assisted living facilities once vaccination is recommended for them.

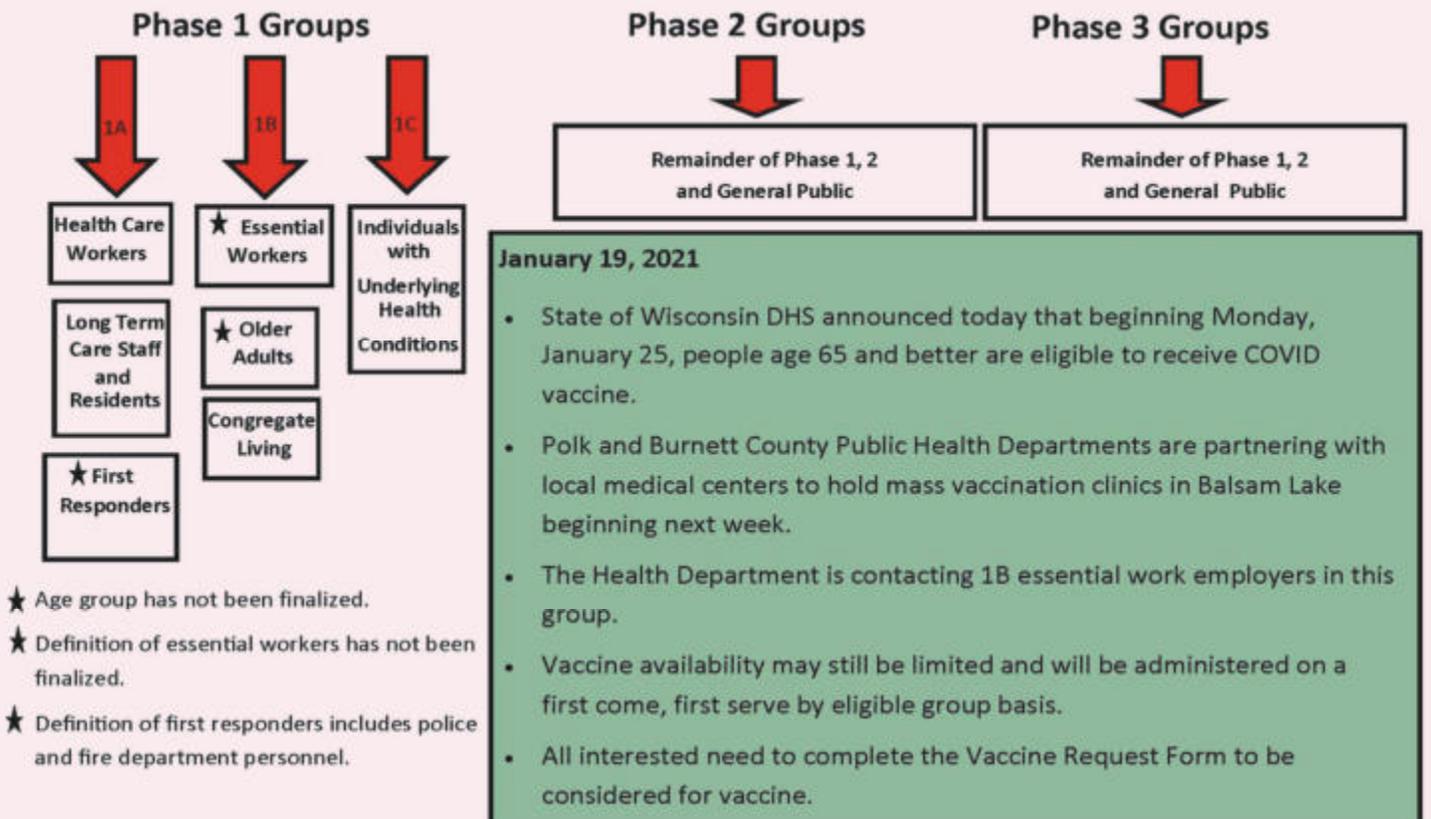
Will the Vaccine be Free?

The vaccine will be free to everyone. However, health care providers may charge an administration fee. Health insurance companies may cover the cost of this fee. Individuals who are uninsured will receive the COVID-19 vaccine at no cost.

How do we know that the COVID-19 vaccine is safe?

In the U.S., the Food and Drug Administration (FDA), the Advisory Committee on Immunization Practices (ACIP), and the Centers for Disease Control and Prevention (CDC) make sure all vaccines are safe and effective before approving them and continue to monitor their safety after approval. COVID-19 vaccines were tested in large clinical trials to make sure they meet safety standards. Thousands of people were recruited to participate in these trials to see how the vaccines offer protection to people of different ages, races, and ethnicity, as well as those with different medical conditions.

COVID Vaccine Polk County Community Roll-Out



Please direct specific questions to the Health Department at 715-485-9258 or email COVIDVaccination@co.polk.wi.us

Virtual Health Promotion Workshops



Offered through the ADRC



Powerful Tools for Caregivers

Are you helping a spouse, partner, parent or friend? Someone who lives at home or in a nursing facility? Someone close by or across the country? Do you have a child with special needs? It doesn't matter. This program will help you cope with the challenges that come with your added role of caregiver.

Living Well with Chronic Conditions

Are you or someone that you know living with a condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, and anxiety? This program will help understand your health condition more and how to deal with it.

Healthy Living with Diabetes

Are you someone who has type 2 diabetes, pre-diabetes, or who live with someone with diabetes? This program focuses on helping you feel better, have more control, and do the things you want to do.

877-485-2372





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Flu Vaccine: Your Best Shot for Avoiding Influenza

Getting a flu shot often protects you from coming down with the flu. And although the flu shot doesn't always provide total protection, the experts at the CDC and Mayo Clinic say that it's definitely worth getting.

This year's annual flu shot will offer protection against three or four of the influenza viruses expected to be in circulation this flu season. A high-dose flu vaccine as well as an additional vaccine also will be available for adults age 65 and older.

Influenza is a respiratory infection that can cause serious complications, particularly in young 2 children, older adults and people with certain medical conditions. Getting an influenza vaccine, though not 100% effective — is the best way to prevent the misery of the flu and its complications. The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone age 6 months or older.

Here are the answers to three of the most common questions about flu shots:

When is the flu vaccine available and when should I get it?

Private manufacturers make the flu vaccine and take about six months to produce it. Health care providers begin vaccinating people as soon as the flu vaccine is available in their areas. It takes up to two weeks to build immunity after a flu shot, but you can benefit from the vaccine even if you don't get it until after the flu season starts. It's usually best for people in the United States to get their flu vaccine in September and October; however, you can still protect yourself against late flu outbreaks if you get the vaccine in February or later.

Why do I need to get vaccinated every year?

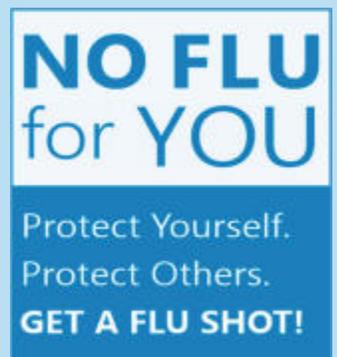
Because flu viruses evolve so quickly, last year's vaccine may not protect you from this year's viruses. New flu vaccines are released every year to keep up with rapidly adapting flu viruses. When you get vaccinated, your immune system produces antibodies to protect you from the viruses included in the vaccine. But antibody levels may decline over time so this is another reason to get a flu shot every year.

Who should get the flu vaccine?

The CDC recommends annual influenza vaccinations for everyone age 6 months or older. Vaccination is especially important for people at high risk of influenza complications, including older adults and especially if you have a chronic condition.

For a listing of where flu shots area available in our community, contact
The Aging and Disability Resource Center of Northwest WI
at 877-485-2372.

Adapted from materials from Mayo Clinic website.





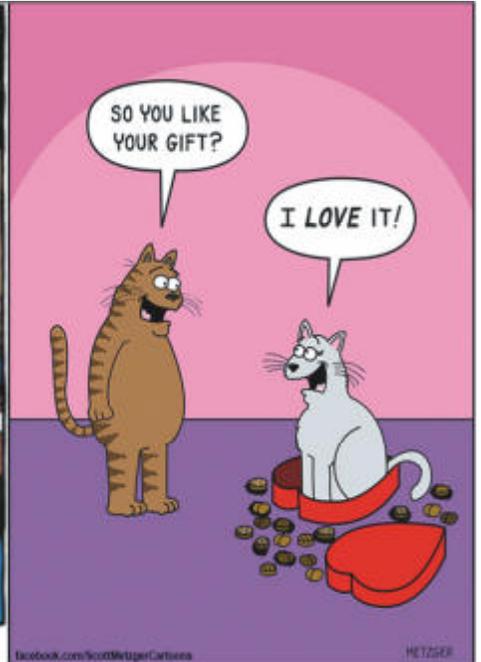
Laughter



ALTHOUGH ROVER MEANT HIS GIFT TO BE AN EXPRESSION OF LOVE, PRINCESS BELIEVED IT WAS AN ATTEMPT TO POISON HER.



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facebook.com/scottmclingerCartoons

HETZGER

A Cub Scout found a frog that said, "Kiss me and I will become a beautiful princess." The boy studied the frog, then put it in his pocket. "Hey," the frog croaked, "how come you didn't kiss me?" "I'd rather have a talking frog than a princess any day!"
 Joke by Brad S., San Antonio, Tex.

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Do People Need Less Sleep As They Age?

How Sleep Works

There are two types of sleep: non-rapid eye movement (NREM) sleep and rapid eye movement (REM) sleep. NREM sleep consists of four stages, ranging from light to deep sleep. We cycle through these stages approximately every 90 minutes, and then we go into REM sleep, the most active stage when dreaming often occurs. During REM sleep, our eyes move back and forth beneath the eyelids and our muscles become immobile. Researchers believe that two body systems—the sleep-wake process and our unique circadian or biological clock—regulate sleep. These systems program our bodies to feel sleepy at night and awake during the day.

The sleep-wake process works by balancing the amount of sleep a person needs with the amount of time they spend awake. Our circadian clock is a 24-hour body rhythm that is affected by sunlight. It regulates the production of hormones like melatonin, which is secreted during the night and promotes sleep, and manages other processes like body temperature.

How Sleep Habits Change with Age

According to the National Institute on Aging, sleep needs change naturally throughout a person's lifetime. For example, it is common knowledge that children and adolescents need more sleep than adults. Interestingly, though, older adults need about the same amount of sleep as their younger counterparts—seven to nine hours each night.

Unfortunately, many older adults get less sleep than they need. One reason is that they often have a difficult time falling asleep. A study of adults over 65 found that 13 percent of men and 36 percent of women take more than 30 minutes to fall asleep each night.

Seniors often sleep less deeply and wake up more frequently throughout the night, which may be why they are prone to napping during the day. Sleep schedules may change with age, too. Many older adults tend to get drowsy earlier in the evening and wake up earlier in the morning.

There are many possible explanations for these changes. Production of melatonin may wane with age, and seniors may become more sensitive to disruptive changes in their environment, such as light or noise.

Is Poor Sleep a Normal Part of Aging?

Older adults may also have health issues that can affect their sleep quality. Researchers have noted that people without major medical or psychiatric conditions report better sleep. To complicate things further, poor sleep can contribute to additional health issues, such as depression, attention and memory problems, excessive daytime sleepiness, and an increase in nighttime falls. Many people with sleep issues begin using over-the-counter or prescription sleep aids, which can be problematic as well.

Most believe that poor sleep is a normal part of aging, but it is not. In fact, many healthy older adults report few or no sleep problems. Sleep patterns change as we age, but frequent sleep disturbances and persistent fatigue are not a normal part of aging. If you or a loved one are having trouble sleeping, it's time to make an appointment with a doctor or sleep specialist.

Tips for Getting a Good Night's Sleep

Sleep quality directly affects one's quality of life. Here are some suggestions to help seniors rest better:

- **Follow a regular schedule.** Go to sleep and wake up at the same time, even on weekends. Sticking to a routine helps keep the body's circadian clock consistent.
- **Minimize naps.** Try to nap only when you must. Excessive sleep during the day can keep you from falling and staying asleep at night.
- **Begin an exercise regimen.** Regular physical activity has been shown to improve sleep quality. For best results, finish working out at least three hours before bedtime so your body has time to unwind.
- **Soak up some sun.** Try to get some natural light in the afternoon each day. Just 10 or 15 minutes outside can be beneficial, but remember to wear proper sun protection.
- **Create a safe and comfortable place to sleep.** Each person has their own opinion on what makes a bedroom conducive for sleep. Most prefer a dark, cool and quiet room. Many people are particular about their mattress, pillows and bedding, and some sleep better with ambient noise.



Do People Need Less Sleep As They Age?

- **Watch what you eat.** Avoid consuming caffeine late in the day, and try not to eat large meals close to bedtime. If you like to eat before bed, opt for a warm beverage and/or a small snack.
- **Avoid bad habits.** Don't drink alcohol or smoke cigarettes to help you sleep. Even small amounts of alcohol can seem to help with falling asleep, but it actually makes it harder to remain asleep. Smoking is dangerous for many reasons, including the hazard of falling asleep with a lit cigarette. From purely a sleep standpoint, the nicotine in cigarettes is a stimulant and interferes with rest much like caffeine does.
- **Develop a bedtime routine.** Do the same things each night to tell your body that it's time to wind down. Some people watch the evening news, read a book or soak in a warm bath.
- **Use your bedroom only for sleeping.** After turning off the light, give yourself about 15 minutes to fall asleep. If you are still awake and not feeling drowsy, get out of bed and do something low key, like reading. When you get sleepy, go back to bed and try again.
- **Don't worry about it.** Anxiety over getting good rest can actually prevent you from falling and staying asleep. Some people find that playing mental games helps them nod off. For example, think black—a black cat on a black velvet pillow on a black corduroy sofa in a black room, etc. Or, tell yourself it's five minutes before you have to get up and you're just trying to get a few extra winks.

Know when to see the doctor. Being so tired during the day that one cannot function is not normal. If this lasts for more than a few weeks, it's time to make an appointment with a doctor or a sleep disorders specialist.



<https://www.agingcare.com/articles/sleep-and-aging-133153.htm>



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6 Ways to Help Someone Who Doesn't Know They're Ill: Anosognosia in Dementia

Family caregivers often ask “how do you tell someone they have dementia”? In some cases, the answer may be that you simply can't. Why? Damage in the brain can cause people with Alzheimer's, dementia, stroke, brain tumors, and other cognitive impairments to believe that there's nothing wrong with them. When that happens, it's called anosognosia (ah-no-sog-NOH-zee-uh). The word literally means “to not know a disease” and it's much more than being in denial.

What is anosognosia in dementia?

Anosognosia is a condition that causes someone to be unaware of their mental health condition and how it affects them. Someone who has been properly diagnosed with dementia, but has anosognosia, doesn't know or believe that they have dementia.

However, anosognosia symptoms may vary significantly from person to person, change over time, and might even fluctuate within a day. The person might sometimes understand what's happening and other times firmly believe that they're completely fine. And other people might only be partially aware that there's something wrong. The unawareness of cognitive impairment can be related to memory, general thinking skills, emotions, or physical abilities.

They might have occasional difficulty with language skills, like finding words, but they can explain away these situations with excuses about forgetfulness or fatigue. And even if they forget to bathe, miss appointments, or burn food on the stove, they're still likely to insist that they don't need help. They'll probably also insist that they're absolutely capable of living independently – despite clear evidence that things are going wrong.

If someone reminds them of their cognitive impairment, someone with anosognosia may get angry and defensive because in their mind they're 100% convinced that there is no problem. It's important to understand that someone who has anosognosia in dementia isn't just being difficult or in denial – this is something different. When someone is in denial, they are aware of a fact, but refuse to accept it. With anosognosia, the damage that dementia is causing in their brain makes it impossible for that person to be aware of what's happening to them.

So what can you, as the caregiver do to help your loved one who doesn't know they need help? Here are 6 ways to help when someone has anosognosia in dementia.

- Don't try to convince them they have dementia. Using reason and evidence to explain or insist that someone has dementia is not going to help. It will only upset them and will likely make them even more convinced that they're right and you're wrongly discrediting them. A more effective strategy is to discreetly make changes that will help them live safely. And overall, stay calm and focused on their feelings when expressing your concerns and keep your comments as subtle and positive as possible.
- Work with their doctors and care team. When your older adult's dementia symptoms are interfering with their daily lives, it's time to start working with their care team – including doctors, relatives, friends, in-home caregivers, or assisted living staff. Explain the problems your older adult is having and help the team understand that they aren't aware of their dementia and why it won't help to try to convince them logically. Work together to creatively provide your older adult the help they need without waiting for them to ask for it or forcing them to admit there's a problem.



- Discreetly make their life as safe as possible. Making your older adult's everyday life simpler and safer can help prevent someone with anosognosia in dementia from hurting themselves or others. Some people might try to drive, manage money, cook, or do other activities that could be dangerous because of their cognitive impairment. Without mentioning dementia as the reason, you may need to make changes like finding creative ways to stop them from driving, working together so you can prevent problems with finances, making the kitchen safer, or making the home safer overall. A few strategies include:
 - Use positive approaches and present it as removing burdens from their life so they can do more of what they enjoy rather than doing chores.
 - Focus on allowing them to do as much as they can independently while yourself or another caregiver is available to help when needed or observe for safety.
 - Finding ways to help that still preserve pride will be most effective. For example, you might say that you don't enjoy eating alone or you want to spend more quality time together so you want to eat dinner with them. Or, say that you have some amazing new recipes you need their help to taste-test so you'll leave the prepared dishes in their fridge to eat during the week.
 - Think of different ways to introduce an in-home caregiver in a way that it won't seem like the older adult needs the help.
- Avoid correcting them and having confrontations; pick your battles. When someone has dementia, their brain may experience a different version of reality because of the damage the disease has caused. Dementia care experts recommend stepping into their reality rather than trying to correct them. Their brain is losing the ability to process information and forcing them to join the "real world" only causes confusion, anxiety, fear, and anger. If something is having a serious safety issue, you may have no choice but to insist on doing things your way. But as much as you can, try to solve problems without them knowing, choose your battles, and let the non-serious things go to avoid conflict as much as possible – stress only makes challenging dementia symptoms worse.
- Present solutions positively and subtly. The less your older adult feels that they're being limited for reasons they don't understand, the less likely they are to become angry or resist help. Generally, when someone has anosognosia, it helps to be creative and offer solutions in a positive way rather than talking about the problem. For example, you might say, "It's a beautiful day outside. Let's go for a walk together so we can both enjoy the fresh air." That's positive and much easier to accept than if you had said, "You know you can't go outside alone, you'll fall or get lost. I have to go with you." Or, offer a compromise with a positive incentive, like "Let's clean the house together so we'll be done twice as fast and have plenty of time to watch your favorite show." Reminding them about taking medicine can also be done in a positive way. For example, say "It's time for both of us to take our medicine. We both need these to keep ourselves in tip-top health." (If you don't need any medications at that time, you could "take" mini M&Ms, tiny breath mints, or something else that appears to be a pill, but is harmless. Keep them in a pill bottle to make them look more real.)

Learn more about dementia and dementia care techniques. Many of the most effective dementia care and communication techniques aren't easily figured out and might even be the opposite of our instincts. Not knowing these helpful techniques can cause added frustration and stress for both you and your older adult. That's why educating yourself is so important. Learning as much as you can about the disease helps you solve top challenges and improves quality of life for both of you.

Don't Overlook Depression

Do you feel sad, empty, and hopeless much of the day? Are you having trouble sleeping, eating, or functioning? Have you lost interest in things that you used to enjoy? These are all signs of depression, a medical illness that affects how you feel, the way you think and how you act.

Depression often goes undiagnosed and untreated as people tend to downplay the symptoms or blame them on other things. While it's normal to feel sad and have a lack of energy occasionally, these feelings shouldn't persist for more than a few days. Right now, with the cold darkness of winter and the pandemic raging, depression symptoms are on the rise. Depression is treatable and should not be overlooked as a possible cause of feeling sad and hopeless.

Symptoms of depression can vary from person to person, but anyone who has been experiencing five or more of the following symptoms for more than two weeks should contact their health care provider.

- Persistent sad, anxious, or "empty" mood
- Sleeping too much or too little
- Change in appetite resulting in weight gain or loss
- Loss of pleasure and interest in activities once enjoyed
- Irritability, restlessness
- Crying too often or too much
- Aches and pains that don't go away when treated
- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless, or worthless
- Thoughts of death or suicide



Caregivers in particular need to be aware of the risk of depression. According to a survey by the Family Caregiver Alliance, caregivers experience depression at twice the rate of the general population. The added responsibility and stress of caring for a loved one, especially during a pandemic, can have a negative impact on a caregiver's health if steps are not taken to stay healthy. If depression goes untreated it can lead to increased emotional and physical problems as well as affect your ability to care for your loved one.

If diagnosed with depression, treatment usually includes medication, counseling, or a combination of the two. You can also practice these coping mechanisms to relieve symptoms of depression.

- Communicate your feelings with friends, family, a support group, or mental health professional.
- Set limits – don't try to do more than you can handle. Ask for help.
- Take care of your body – eat well, get enough sleep, and exercise regularly
- Learn ways to manage stress and relax. Schedule time each day to do something for yourself.
- Maintain a good sense of humor. Find humor in daily events.

Knowing the symptoms of depression and understanding ways to reduce your risk of depression can help you stay healthy. Don't overlook the seriousness of depression. If you or someone you know exhibits the signs of depression, seek medical help. Life can be enjoyable!

For more information on depression or other caregiving or aging related issues, call **877-485-2372**.

Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources



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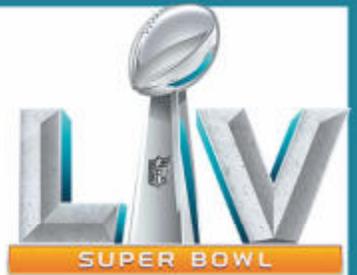
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BACKFIELD
CENTER
CORNERBACK
DOWN
DRIVE
END ZONE
EXTRA POINT
FAIR CATCH

FIELD GOAL
FULLBACK
FUMBLE
GUARD
HALFBACK
HAND OFF
HUDDLE
INCOMPLETION

INTERCEPTION
KICKOFF
LINEBACKER
OFFENSIVE LINE
PUNT
QUARTERBACK
RED ZONE
RETURN

RUSHING
SACK
SAFETY
SNAP
SPECIAL TEAMS
TACKLE
TIGHT END
WIDE RECEIVER



Games

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7	3					2	9	
			1				4	9
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EASY

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			9					
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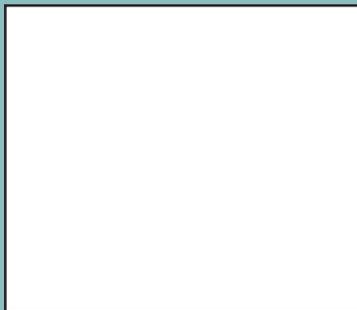
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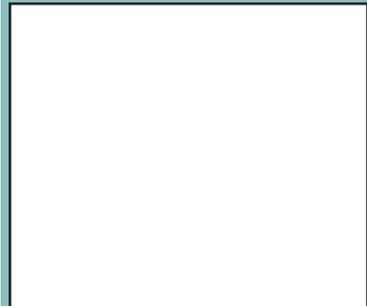


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Heart Healthy Eating

The “cardiac diet” is the unofficial term for a heart healthy diet. In this diet, you eat plenty of nutrient-rich foods including fruits and vegetables, whole grains, lean poultry and fish. You want to avoid saturated fats, trans fats, and excess sodium and added sugars.



Following a heart healthy or cardiac diet is important because it can reduce your risk of heart disease in the future. By limiting processed foods and adding more nutritious ones, you will be fueling your body with what it needs to stay healthy and improve your overall health. Following this diet can help you obtain a healthy weight, lower your blood pressure, cholesterol and blood sugar levels.

Here are some quick recommendations when following a heart healthy diet.

- * At mealtimes, fill half of your plate with fruits and/or veggies. Examples of vegetables include cauliflower, mushrooms, spinach, and bell peppers.
- * Omega-3 fatty acids are found in fatty fish and some nuts and seeds. These foods include salmon, tuna, and walnuts.
- * One of the most important components of a heart healthy diet is soluble fiber. Foods high in soluble fiber are oats, beans, and berries.

Quick Chicken Chili: Serves 4

Ingredients:

- 1 pound of skinless chicken breasts or ground turkey
- 1 medium onion (finely chopped)
- 1 medium bell pepper (chopped)
- 1 tsp minced garlic
- 2 cups fat-free, low sodium chicken broth
- (2) 15.5 ounce no salt added beans (can choose pinto, red, kidney, or navy) drained and rinsed.
- ½ tsp pepper
- 1 teaspoon cumin



Directions

1. Trim all visible fat from chicken or turkey. Cut into bite-sized pieces.
2. Add chicken broth and chicken in a large pot cooking over medium heat until the chicken is no longer pink, about 7 minutes or until it reaches 165 degrees F.
3. Add the drained and rinsed beans to the pot.

Weekly Challenges

- Evaluate your diet and find small ways to incorporate heart healthy foods
 - Make a salad with spinach, mushrooms, and bell peppers
 - Incorporate more soluble fiber into your diet
- Eat a food that is high in Omega-3 Fatty Acids at least twice this week



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Senior Companions serve within our communities to promote social interaction with other hombound elders and assist with every day to day tasks when needing an extra hand.

Elders must be 55 years of age, complete a background check and meet income guidelines.

For more information, contact Cassie Molkentin at:

715-588-1052 or 715-661-4107(c)

cmolkentin@glitc.org

The Foster Grandparent Program (FGP)

The Foster Grandparent Program (FGP), sponsored by Great Lakes Inter-Tribal Council (GLITC) in Lac du Flambeau, is a federally and state funded volunteer program whose mission is to connect tribal elders with youth who can benefit from the assistance, mentoring, tutoring and friendship of an older adult. Volunteers are matched with children in schools, head starts, after school program and tribal youth centers to provide one-on-one and group interaction. Statistics indicate the child-elder connection brings about social, emotional and academic improvements in children.

Volunteers benefit from the satisfaction of making a difference, a deeper sense of community connection and social interaction with other senior volunteers. Volunteers must be 55 or older, pass a three-part background check, and have an income at 200% or less of the federal poverty level to be eligible for a tax-free stipend payment. Great Lakes Inter-Tribal Council in Lac du Flambeau places FGP volunteers in the tribal communities where they live. If you are 55 or older, meet the income guidelines and have a desire to help children in your tribal community, contact Great Lakes Inter-Tribal Council's FGP Program at (800) 472-7207.

The Senior Companion Program (SCP)

The Senior Companion Program (SCP), sponsored by Great Lakes Inter-Tribal Council in Lac du Flambeau, is a federally funded volunteer program whose mission is to connect elders with other elders needing help in the same tribal communities. Senior Companions are volunteers 55 and over who provide assistance and friendship to seniors who have difficulty with daily living tasks, such as shopping or paying bills. The program aims to keep seniors Independent longer and provide respite to family caregivers.

Potential SCP volunteers must be 55 or older, pass a three-part background check, and have an income at 200% or less of the federal poverty level to be eligible for a small stipend. If you meet these requirements and have a desire to help elders in your tribal community, contact Great Lakes Inter-Tribal Council's Senior Companion Program at 1-800-472-7207.



Volunteer Driver Spotlight

Meet Rita Frandsen



How long have you been driving for ADRC?

I have been driving the ADRC Social Van since January 2017.

Why did you sign up to be a driver?

After a lifetime of being a dairy farmer and 7 years in activities at the United Pioneer Home, it was time to retire. Having been made aware of this new "Social Van" program by friends, I decided to give it a try and have been enjoying it ever since.

What is the most rewarding part of Driving?

The Social Van has taken me to places I may never have gone if I wouldn't have been driving. (Pre-covid) the social van went to plays, train rides, the zoo, thrift stores, country music venues and many other places of interest. Up to 10 strangers and friends could get together for an affordable outing. After the trip together, we all became friends. Hopefully these types of trips will resume again soon. (During covid) the social van has become a lifeline to the basic necessities of a shopping trip when you no longer drive yourself.

What advice would you give to anyone considering to become a driver for ADRC?

I would encourage other people, if you have some spare time, enjoy socializing and driving, to contact ADRC to become a driver. Scheduling is very flexible, and the rewards are very heartwarming. Although I have enjoyed many of the social events I got to take part in, my most memorable trip was when I took a wheelchair bound gentleman to his only grandson's wedding. During the trip he shared with me that if it wasn't for this van, he wouldn't be able to attend. Also that this was the first time in 3 years that he was able to go somewhere other than doctor appointments. He was very grateful. I am proud to be part of this wonderful program.

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FREE Drive-Thru COVID-19 Testing



WHAT

- Testing symptomatic and close contacts
- Nasal swab COVID-19 testing
- For those age 5 and older
- Under age 18 must have parent present for testing consent

WHEN



- February 10, 2021
- February 24, 2021
- March 10, 2021



9:00 AM-5:00 PM

WHERE

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 901 Mallard Lane
 Balsam Lake, WI 54810



Watch for Signs



FREE Drive-Thru COVID-19 Testing



WHO:

- Symptomatic and close contacts of symptomatic patients
- Ages 5 and older
- Under 18 must have parent present for testing consent

WHAT:

- COVID test with a nasal swab swiped just inside individuals nostril

WHEN:

- Friday, February 5, 2021
- Friday, February 19, 2021
- Friday, March 5, 2021

10:00 AM – 6:00 PM

WHERE:

24720 Highway 35/70
 North of the Southwinds Plaza

- Follow Signs
- North of DaVita Clinic and the Southwinds Plaza
- No oversized vehicles or trailers

Register for your COVID-19 test at: <https://register.covidconnect.wi.gov>



Groundhog's Day Facts

Groundhog Day marks the transition from winter to spring. The legend states that if the groundhog leaves his den and sees his shadow, it's a sign that there will be six more weeks of winter. If he doesn't see his shadow, winter will end soon. Whether you are someone that enjoys the Winter air or someone that is longing for Spring, here are some fun facts about the famous February 2nd celebration.

- The largest and most famous celebration for Groundhog Day in the United States is held in Punxsutawney, Pennsylvania and the groundhog's name is Punxsutawney Phil.
- The groundhog is also known as a woodchuck.
- The first Groundhog Day in Punxsutawney was held in 1886 and has been held each year since then.
- Punxsutawney Phil's weather predictions have been accurate approximately 39% of the time since 1887. He sees his shadow about 85% of the time.
- Groundhog hibernation can last for as long as five months. During this period, groundhogs go into a dormant state — they lose a quarter of their body weight, their body temperature decreases by 60 degrees Fahrenheit, and their heart rate slows to only five or 10 beats per minute.
- Groundhogs exit their winter slumber for mating purposes. Male groundhogs, who want to get a head start on choosing a mate, are the first to exit the burrow.
- A groundhog's burrow can extend up to 50 feet long, with multiple levels, exits, and rooms. They even have separate bathrooms. Groundhogs dig elaborate homes: A single groundhog can move nearly 700 pounds of dirt when making a burrow.

<https://www.treehugger.com/groundhogs-explained-4857655>



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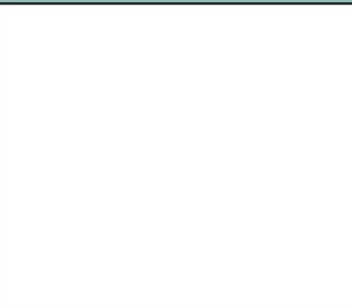
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accept requests for appointments the week of
February 1 with the first appointments being held the
week of February 15. Expect a number of changes
this year including how appointments are
scheduled. Appointments will NOT be scheduled
through the library. Call (266)528-2004 to make an
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Mon-Fri 9:30-6pm.

Spooner Memorial Library

715-659-0621, www.spoonerlibrary.org
Curbside Pickup Only. Mon-Thurs 8am-8pm,
Fri 8am-4pm and Sat 8am-12pm.

Wilberg Memorial Public Library in Osceola

715-294-2310, www.osceolapubliclibrary.org/
Curbside Pickup Only: Mon/Wed/Fri 10am-5pm,
Thurs 12pm-7pm. No appointment needed for drive
thru pick-up.

Dresser Library

715-755-2944, www.dresserpubliclibrary.org/
Curbside Pickup Only. Mon/Wed 4pm-7pm,
Tues/Thurs/Sat 10am-1pm, Fri 10am-1pm.



Please Note:

Masks and Social Distancing Required.
With constant changes occurring, please contact the
libraries for the most up to date information.



Community Happenings

Amery Area Community Center

Amery Area Community Center
608 Harriman Avenue S. Amery, WI 54001
New hours: 8:00am-3:00pm M-F

Masks are required at all times, NO EXCEPTIONS.
Stay healthy and see you when you are comfortable.

- Coffee Club-M.-F., 8-11 AM
- Circuit Breaker Exercise-7-4:30 M-Th. 7-3 Fr.
- 500 Card Party, 2nd and 4th Tues@ 6:30 PM.
- Alzheimer Support Group-1st Wed. @ 10 AM.
- Cribbage-Wed @ 1
- Amery Memory Cafe-Every 3rd Thurs @ 1 PM.
- Mahjong-Every Friday at 9 AM.
- Bingo-2nd and 4th Fridays @ 1 PM.
- Pool Tournaments-Tues & Thurs @ 9 AM
- Low Impact Aerobics-M/W/F @9 AM
- Bridge-M/W @12:30 PM
- Duplicate Bridge-Thursdays @ 6pm
- Polish Poker-Every Friday @ 9:30 AM
- Hand & Foot Cards-Thursdays @ 1 PM
- Stamping and Scrapping-Every 1st and 3rd Tuesday @ 5:30 PM.
- German Club-Every 4th Tuesday @ 1:30 PM
- Knitting and Crochet-Thursdays @ 12:30 PM
- Quilting-Tuesday @ 9:30 AM
- Lee Elmer-Every 3rd Friday @ 6 PM
- Line Dancing Lessons-Mondays & Fridays @ 10

Osceola Senior Center

715-294-4566 or 715-417-1227

310 Chieftain St. at the Discovery Center
The Osceola Senior Center is closed. However, Zoom classes continue.

- Qigong: Mondays and Fridays, 9-10am.
- Tai Chi: Wednesdays, 9-10am.

These breathing and stretching exercises are walker and wheelchair accessible.

All that's needed is a computer or tablet and email access. No video camera or mic. required.

Contact Roger Mussell at rmussell@att.net or call (312) 524-3934 for the Zoom link.

Due to the high possibility of changes, please contact the centers for the most accurate schedule

Tax Assistance

2020 State and Federal Tax Help for People over 60 or Disabled of any age
w/ Shirley Colbert: 25 years experience with IRS

Starting February 2, 2021 Shirley will be available every Tuesday, at the Webster Senior Center for 45 minute appointments starting at noon. She will be able to answer your questions and help you complete the necessary forms to file both State and Federal Taxes.

You will need to bring with you the following:

Prior year Tax Return, Picture ID, W-2's, All 1099's (Self employment, Unemployment forms/statements, State or Federal refunds, Social Security, Pensions), Health Insurance Information and Documents/Cards.

She can schedule follow-up appointment if necessary. This service will be available for a Free Will donation to The Webster Senior Citizen's Center. Covid -19 Safety precautions will be observed including wearing of a mask and social distancing. Area will be sanitized after each appointment. Call the Webster Senior Citizen's Center at 715-866-5300 to schedule your appointment.

Tax Assistance

AARP Tax Aide will start to accept requests for appointments the week of February 1 with the first appointments being held the week of February 15. Expect a number of changes this year including how appointments are scheduled. Appointments will NOT be scheduled through the library. Call (266)528-2004 to make an appointment with AARP. State and Federal tax forms are available in the lobby of the Webster library entrance.



Save the Date

Powerful Tools FOR Caregivers



Extension
UNIVERSITY OF WISCONSIN-MADISON



Join us and refuel!

Powerful Tools for Caregivers is a 6 week workshop focused on the wellbeing of the family caregiver—individuals caring for an aging, ill, or disabled loved one. Learn tools to reduce stress, guilt, anger and depression and to help with time management, goal setting, problem solving and communicating in difficult situations.



Mondays, 3-5pm

Feb. 22nd-March 29th, 2021

Suggested Donation: \$10

This workshop will be offered online using Zoom—learn from the comfort of your own home!

Registration: Register by February 15th by calling Carrie at the ADRC to register at 877-485-2372. Participants need access to internet and a computer, tablet or smartphone.

You can't pour from an empty cup.



Polk County Recycling Center
St. Croix Falls, WI

For Bin Locations Go To:
www.co.polk.wi.us/recycling
715-483-1088

A dual stream source separating facility that offers drop-off of recyclable items at bins located throughout the county. Bins are owned and hauled to the recycling center by Polk County.

2021 Polk County Recycling Center Drop-off Items & Fees
Hwy 8 East of St. Croix Falls / 1302 208th St.

Open: Monday-Thursday 6:45-4:30pm
Open Friday: Memorial Day to Labor Day

<p>Appliances: \$18/each Unless listed different on website.</p>	<p>Electronics: 45¢/lb</p>	
<p>Tires: 30¢/lb \$2/Rim</p>	<p>Mattresses: \$20/Each</p>	
<p>Bulbs: \$1/Under 4" \$5/Over 5"</p>	<p>Latex Paint: \$1/container less than 1 Gal. \$2/1-Gal. container \$5/5-Gal. container</p>	
<p>Oil Filters: \$1/Filter</p>	<p>Confidential Shredding 15¢/lb</p>	

Free Drop-off:
Clothing/Scrap Metal/Christmas Lights/Yard Waste (leaves/grass clippings)/Antifreeze, Motor & Cooking Oil/Printer Cartridges & Cell Phones/Under 4lb Propane Cylinders/Batteries (Auto/Rechargeable/Button)

How to Sort Items at Recycling Bin Locations

	<p>Combine - PLASTIC - #1 & #2 Bottles & Jars Only: Milk Jugs, Pop, Dressing, Laundry Detergent bottles etc...</p> <p>GLASS - Bottles & Jars Only: (labels can be left on) ALUMINUM / TIN: Lids & Caps, Food, Aerosol, & Beverage Cans Drain & double rinse motor oil, transmission fluid, herbicide & pesticide bottles. No: plastic bags, window glass, ceramics, china, light bulbs, mirrors, glass/ceramic cookware, aluminum siding, or nonmetal cookware</p>
	<p>Combine - NEWSPAPER/MAGAZINES: Inserts, Catalogs, Glossy Flyers, Phone Books OFFICE PAPER: (put in paper bag, tape shut, & put in newspaper bin) Computer/Scratch paper (any color), Envelopes, etc.. No: hard cover books, wrapping paper, food wrappers, tissue paper, paper towels</p>
	<p>Combine - CARBOARD: (flatten to fit more in a bin) Brown corrugated cardboard, paper bage, cereal/cake boxes, manila envelopes, file folders No: waxed boxes or cartons, detergent, produce, pizza, pop, beer, toothpaste, soap boxes etc..</p>

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Virtual Dementia Education Programs

Serving Northwest Wisconsin

March 2021

The Three A's: Anger, Agitation, and Anxiety

Learn about these three common dementia related behaviors, what they often mean, how to help your loved when they are experiencing them, and ideas for preventing or minimizing the occurrence of these behaviors.

Monday, March 1st, 5-6pm

Carrie Myers, cmyers@burnettcounty.org

877-485-2372

Dementia 101

Basics of dementia, common signs and symptoms, and stages of change.

Monday, March 16th, 6-7pm

Trisha Witham, www.adrconnections.org

715-537-6225

Dementia Friends Info. Session

Learn the basics about dementia and what YOU can do to help someone with dementia in YOUR community.

Tuesday, March 16th, 10-11am

Amy Luther, 715-273-6780 or

Amy.luther@co.pierce.wi.us

The DICE Approach

Dementia related behaviors are often a form of communication—learn how to decode these messages to meet your loved one's needs and prevent or minimize the behavior

Wednesdays, March 10th, 17th and 24th, 1-2pm

Trisha, Witham, www.adrconnections.org

715-537-6225

Ask a Dementia Care Specialist

Get your questions answered about dementia and caring for someone with dementia!

Monday, March 15th, 10-11:30am

Lisa Wells/Carla Berscheit, www.adrcevents.org, 715-

839-4735

Dementia Live Virtual Experience

Get a glimpse of what it feels like to have dementia.

Thursday, March 18th, 6-7pm

Trisha, Witham, www.adrconnections.org

715-537-6225

Memory Café Time Traveler Series

Social time for caregivers and individuals with early stage dementia.

2nd Tuesday of the Month, February - May

10:00 - 11:30 am

Lisa Wells/Carla Berscheit, www.adrcevents.org

715-839-4735

Boost Your Brain & Memory (7 weeks)

Learn what YOU can do to keep your brain healthy and sharp.

Mondays, March 8th to April 19th, 1-2pm

Lisa Wells, www.adrcevents.org 715-839-4735

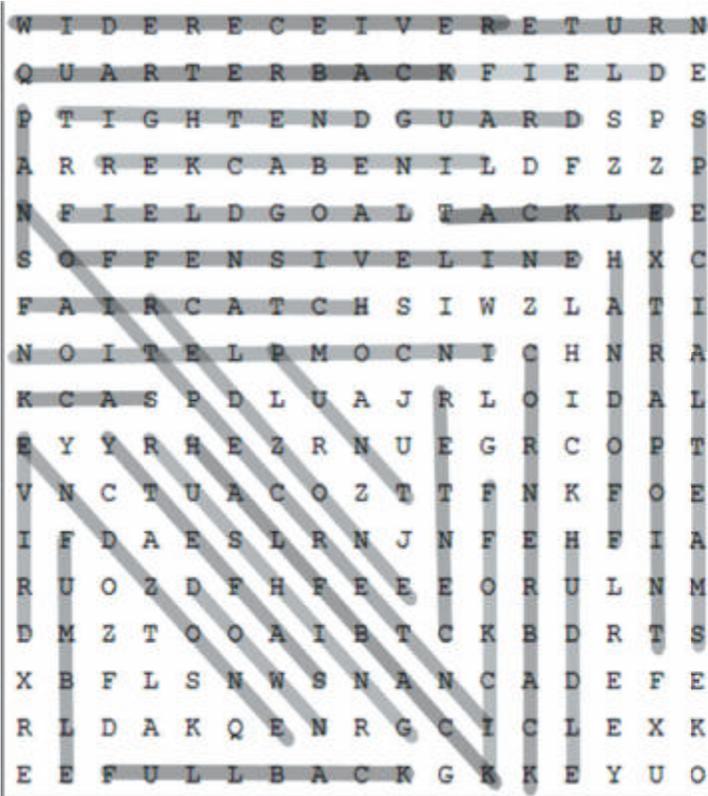


Pre-registration is required for all virtual programs. Please contact the name listed for each event to register.

Coordinated by the Dementia Care Specialists serving the following counties: Ashland, Barron, Bayfield, Buffalo, Burnett, Chippewa, Douglas, Dunn, Eau Claire, Iron, Pepin, Polk, Price, Rusk, Sawyer, St Croix, Trempealeau, and Washburn.



Game Answers



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

Easy Answer



Medium Answer

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

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Subscriptions are accepted throughout the year; A subscription runs January-December.
 Subscriptions received mid year will not carry over to the following year.

I would like to receive The Voice by mail. I understand that the \$5.00 subscription charge entitles me to have The Voice mailed to my address in 2021.

Note: We are unable to "credit" into upcoming years so any amount received over \$5.00 will be considered a donation for the current year. If your address changes during the year, please remember to inform us.

MAIL TO: ADRC, Attn: The Voice, 100 Polk County Plaza,
 Suite 60, Balsam Lake, WI 54810-8009

Do you travel south for the winter?

Please include that address below and the expected dates you will be living at that address. Complete this section even if you have your mail forwarded.

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ADDRESS: _____

CITY: _____ **ZIP:** _____

PHONE NUMBER: _____

ADDRESS: _____

CITY: _____ **ZIP:** _____

PHONE #: _____

I expect to live at this address from

_____ **to** _____