



Serving Polk & Burnett Counties and the St. Croix Chippewa Indians of Wisconsin

The Voice

FREE please take a copy

EARTH DAY 2021

This year, we celebrate Earth Day on Thursday, April 22. The connection that we have to nature, plants, and the land is integral to our health and all that we are. Earth Day reminds us to take care of our planet—whether it’s cleaning up litter, planting more trees, recycling and repurposing, or going on a walk in a green space amidst the wildflowers.

Earth Day 2021 will mark the 51st anniversary of this holiday. Typically, Earth Day is assigned a different theme or area of focus each year; this year’s theme is “Restore Our Earth.” Most years, Earth Day events range from river cleanups to invasive removals. With social distancing still in place for many of us this April, Earth Day has gone digital. Virtual events, like environmental lectures and films, will take place on Earth Day (Thursday, April 22) instead.

Social distancing doesn’t mean that you can’t go outside and enjoy nature, as long as you do so responsibly! Nature is not cancelled!

EARTH DAY ACTIVITIES AND IDEAS

- Support our native bees: The super-pollinators of the garden are native bees! Learn more about these amazing heroes of pollination—and how to make a native bee house (much like a bird house!).
- Recycle and repurpose! Gardening needn’t be expensive. Find ideas on recycling and repurposing garden items to make something out of nothing—and save money! Find ideas on how to reuse in the kitchen and in the home and re-purpose everyday household items!
- Plant wildflowers! Find how to grow wildflowers in your garden for the pollinators—and to lift your spirits, too!
- Reduce plastic dependency: Plastic permeates every aspect of our lives, including the garden. But as the world wakes up to its addiction, just how easy is it to ditch plastic while growing and storing more of our own food? Don’t forget to recycle what plastic you can.
- Go native! Plants thrive best when they’re natural to your area.
- Bring nature into the garden with plants that attract butterflies and plants that attract hummingbirds!
- Start an organic vegetable garden.
- Conserve water! Water wisely in the garden and create your own rain garden. Also, avoid over-watering. Know how much your garden really needs.
- Plant more trees! Talk to your local government about planting more trees and native garden beds in public spaces, or consider planting your own on your property!
- Get kids involved! Pass down a love of nature and plants with kids.

<https://www.almanac.com/content/earth-day-date-activities-history>



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Aging and Disability Resource Center of Northwest Wisconsin

Contact Information:

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

Office Staff

Director	Laura Neve
ADRC Supervisor	Angie Joy
Aging Unit Supervisor	Sabrina Naglosky
Fiscal Support Specialist	Kari Broten
Account Clerk	Angie Heyer
Elder Benefit Specialist	Karen Nichols
Elder Benefit Specialist	Kayli Williamson
Disability Benefit Specialist	Yvonne Lindus
Disability Benefit Specialist	Christi Arcand
Dementia Care Specialist	Carrie Myers
Information and Assistance Specialist/ Dementia Care Lead	Barb Engelhart
Information and Assistance Specialist/ Tribal Liaison	Nicole Rossow
Information and Assistance Specialist	Kysa Marten
Information and Assistance Specialist	Danielle Butzler
Information and Assistance Specialist	Nancy Anderson
Administrative Assistant	Nicole Coulter
Resource Specialist	Leslie Peterson
Transportation Coordinator	Cheryl Bereiter

ADRC Governing Board Members

Dan Mosay	Tracy LaBlanc
Barb Kass	Barb Behan
Joe Demulling	Jennifer Bearhart
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	May 18th, 2021
Philip Everhart	Polk County
Tracy LaBlanc	Government Center
Laurel Park	9am

Burnett County Aging Advisory

Dorothy Richard	Next Meeting:
Gary Lundberg	May 20th, 2021
Gladys Beers	Burnett County
Sharon Rochel	Government Center
Barb Geske	1:30pm

Burnett County Nutrition Council Meeting:
May 13th, 2021 @10:30am
Siren Senior Center



ADRC of Northwest Wisconsin Office Hours:
Monday-Friday, 8:30am-4:30pm
Office will be CLOSED on Good Friday





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 Center.....715-825-5025

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

Cost and Details:

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

April 2021 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
No group dining until further notice. Meals available for pick up or delivery. Contact your meal site for details and to get a meal.			1 Baked Chicken  Garlic Tomato Basil Spaghetti Caesar Salad Whole Apple Baked Chicken	2 Herb Poached Salmon Grilled Asparagus Winter Squash Wheat Roll Mixed Berries 
5 Braised Country Style Ribs Baked Potato Buttered Peas Whole Wheat Bread Carrot Cake 	6 Hunter's Stew Boiled Potatoes Dill Carrots Warm Scalloped Apples Wheat Roll	7 All Meal Sites Closed	8 Cook's Choice	9 Oven Roasted Chicken w/Mushroom Gravy Whipped Potatoes Green Beans Whole Wheat Bread Peach Cobbler
12 Hearty Sausage & Squash Stew Great Northern Beans Pear Whole Wheat Bread	13 Pasta Bolognese Penne Pasta Peas Mandarin Oranges Breadstick	14 All Meal Sites Closed	15 Roast Turkey Gravy  Mashed Potatoes Almond Green Beans Whole Wheat Bread Cranberry Sauce	16 Parmesan Crusted Haddock Potato Pancakes Whole Wheat Bread Applesauce Swiss chard
19 Roasted Pork Loin Apple Glaze Baked Potato Roasted Broccoli Whole Wheat Bread Peaches	20 Swedish Meatballs Egg Noodles Roasted Parmesan Cauliflower Mandarin Oranges Pumpkin Bars	21 All Meal Sites Closed	22 Cook's Choice 	23 Chicken Pot Pie w/Potatoes Peas & Carrots Garden Salad Pears
26 Basil Crusted Chicken Bow Tie Pasta Stewed Tomatoes Dill Cucumber Salad Melon	27 Zesty Taco Bake Spanish Rice Roasted Corn & Black Bean Salsa Peaches	28 All Meal Sites Closed	29 Pulled BBQ Pork Potato Salad Whole Wheat Roll Baked Beans Honey Cornbread Apple Slices	30 Meatball Marinara Spaghetti Caesar Salad Grapes 

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

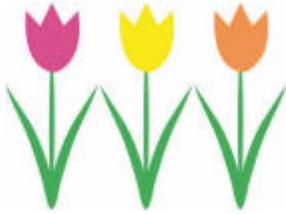
4460 Highway 70, Webster, WI
 RSVP at least 1 day in advance to Julie Anderson
 at 715-349-2849
 Serving Time: Monday-Friday 12-12:30pm

April 2021 Danbury and Sand Lake Meal Sites Menu

Monday	Tuesday	Wednesday	Thursday	Friday
No group dining until further notice. Meals available for pick up or delivery. Contact your meal site for details and to get a meal.			1 Tator tot Hot dish Mixed Vegetables Fruit Cookies 	2 Turkey Salad on Bun French Fries Lemon Cheesecake Veggie Salad 
5 Site Closed Good Monday  	6 Dirty Rice Broccoli Cornbread Peached 	7 Baked Chicken Oven Roasted Potatoes Carrots Applesauce	8 Tuna Noodle Hot dish Green Beans Angel Food Cake	9 Chef Salad Dinner Roll Dessert
12 Cooks Choice	13 <i>Elder Birthday Bingo</i> Beef Tips over Mashed Potatoes Vegetable WW dinner roll Birthday Cake	14 Sweet and Sour Chicken Over Rice Stir Fry Veggies Mandarin Orange Cake	15 Taco Pizza Chips and Salsa Salad Fruit 	16 Pulled Pork on Bun Broccoli Salad Chocolate Chip Cookie Bar
19 Gnocchi Soup Caesar Salad Garlic Bread Pistachio cake	20 Goulash Cooked Cabbage Carrots Corn Bread Applesauce	21 Creamy Rice & Chicken hot dish Broccoli Oatmeal Raisin Cookie	22 Tuna Mac Salad Tomato Cucumber WW dinner Roll Cantaloupe Salad 	23 Cheeseburger Potato salad Baked Beans Cake
26 Italian Bean Soup Cheesy Bread Fruit	27 Beef Stroganoff Rice Mixed Veggies Apple Cake	28 Cooks Choice	29 Egg Bake W/ Veggies & Cheese Pancakes Fruit Salad	30 Turkey Sandwich Asian Slaw Dessert 

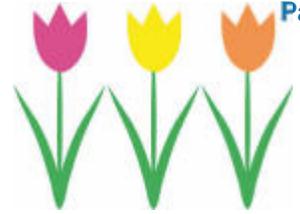
St Croix Tribal Center: 715-349-2195
 Aging Unit Director: Jennifer Bearheart ext 5108
 Dementia Care Specialist: Dianna Stumph ext 5150
 Caregiver Program Coord.: Lisa Reynolds ext 5116
 Clinic: 715-349-8554
 Elder Advocate Prog.: Maryann Morrison ext 5140
 Human Services: Ext 5127

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 Transportation

Transportation COVID-19 Update As of March 12th, 2021



The ADRC Transportation team met today to discuss potential changes in programming. We are very happy to announce we will be re-opening our Medical Transportation Program for all eligible trips.

At this time the van/bus trips will remain travelling to local essential shopping trips only. However we will be reviewing those more closely in a couple weeks, so keep your eyes open for changes coming soon!

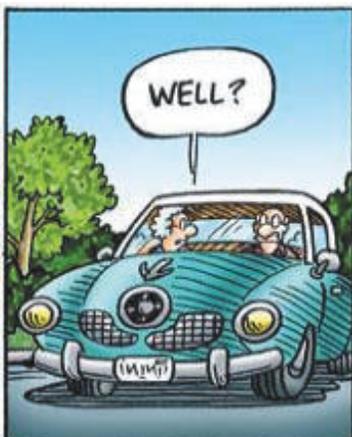
As a reminder, or for those new to the program, we need to have an application on file to use the Transportation Program's services. Please call the office to get an application sent out or to see if an updated one is needed (877-485-2372). We request at least a two day notice to secure a driver. This is a volunteer program, so we cannot guarantee the trip. The earlier notice the better.

Trips to receive the COVID vaccine are free! If you or someone you know wants to get vaccinated but struggles with transportation OR needs help getting registered, please call our office and we can help with that as well (877-485-2372).

The Transportation Coordinator, Cheryl, is available to answer any questions you may have about our transportation programs. Please give her a call as needed at 877-485-2372.

Spring is on its way; find a way to soak up some sun!

Laura Neve
Director



 **Memory Lane** 

Alcohol and Dementia

Carrie Myers, Dementia Care Specialist, ADRC of Northwest Wisconsin

Is there a link between alcohol use and dementia? It makes sense that there would be since the acute effects of alcohol primarily impact our central nervous system. More research needs to be done but the research that has been done consistently indicates that long term, heavy alcohol use impacts the brain in a number of ways including causing a type of dementia called Korsakoff syndrome.

The Alzheimer's Association (1) describes Korsakoff syndrome as a chronic memory disorder caused by severe deficiency of thiamine (vitamin B-1). It is most commonly caused by alcohol misuse, but certain other conditions also can cause the syndrome. Thiamine deficiency occurs when our bodies don't absorb the nutrients we eat or we don't take in the nutrients our bodies need.

Korsakoff syndrome significantly impacts short term and long term memory. People may fill in the gaps and make up information they can't remember anymore and believe that what they are saying is true. In addition, hallucinations, hearing things or seeing things that aren't real, is a common symptom of Korsakoff syndrome. Not everyone that drinks heavily develops Korsakoff; it's unclear why it impacts some people and not others.

According to the Alzheimer's Society (2), alcohol misuse can impact our brains in others ways that could indirectly cause cognitive decline or other forms of dementia:

Damage to brain cells: Drinking too much alcohol is toxic to and damages our brain cells causing them to eventually die. Our brain cells carry messages that our brains need to do different tasks.

Damage to blood vessels: Heavy alcohol consumption also causes high blood pressure and high blood pressure can damage the blood vessels in our brain which can cause vascular dementia.

Increase our risk of brain injury: Lastly, when we drink too much alcohol our risk of suffering a brain injury increases through falling and hitting our head, getting hit in the head via a fight, or during a car accident. The acute impairment increases our risk for injury and repeated injury to our brain significantly increases our risk for developing dementia.

If you were to do a quick Google search of alcohol and dementia you might find information indicating that light to moderate alcohol consumption can be good for the brain (3). Occasional, social drinking can promote socialization and relieve stress. Moderate wine consumption (1 glass of red wine a day) is a component of the MIND Diet, a type of diet shown to improve brain health. Most sources, though, explain that the benefits may not outweigh the negative impacts (depends on the person and situation), the definition of light to moderate drinking isn't the same for everyone (can depend on gender, age, other medical conditions), and if you don't currently drink you shouldn't start just for these benefits.

<https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia/korsakoff-syndrome>

<https://www.alzheimers.org.uk/about-dementia/types-dementia/alcohol-related-brain-damage-ard>

<https://www.health.harvard.edu/blog/sorting-out-the-health-effects-of-alcohol-2018080614427>



Dementia Book Club

Featuring
Creating Moments of Joy
by Jolene Brackey

Join this weekly discussion to delve into what WE can do to help create more moments of joy and happiness for our loved ones, friends and neighbors living with dementia.

Every Thursday, May 27th– July 22nd, 2021

3:30-4:30pm

This book club will be held virtually using the Zoom platform.

Registration: Contact Carrie at the ADRC to register at 877-485-2372 by Friday, May 14th.



Health Promotion Workshops



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.



Workshops are currently offered online through "Zoom" video platform. Some workshops may have a telephone option.





Could a Medicare Savings Program Help You?

For many Medicare beneficiaries, it can be difficult to make your Social Security check stretch enough to buy groceries, medications, pay the electric bill, insurance bill, phone bill and rent. Do you worry about how you will pay your bills? Would an extra \$148 in the bank each month help? Perhaps the Medicare Savings Program can help you!

Medicare Savings Programs are designed to help people who have limited income and assets. If you are qualified, your Medicare Part B premium is paid for you. That is a savings of over \$148 per month! In certain cases, the deductible and co-pays are also covered.

In order to qualify for a Medicare Savings Program you need to meet income and asset guidelines. If you are single, your gross income must be less than \$1449 per month with assets below \$7,970. If you are married, your combined gross income must be less than \$1,959 per month with assets below \$11,960. If you are anywhere close to these limits, call the **Aging and Disability Resource Center at 877-485-2372** and make a phone appointment, because some funds may not be counted toward that limit.

In addition, if you qualify for a Medicare Savings Program, you can also get a reduced premium and lower deductible and co-pays for your Medicare Part D insurance through a program called "Extra Help". That could save you more money each month on your prescription medications! For more information or assistance with benefits, please contact the Elder Benefit Specialists at **The Aging and Disability Resource Center of Northwest Wisconsin at 877-485-2372.**

Submitted by Kayli Williamson, ADRC of NW WI Elder Benefit Specialist

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Find Support in your Caregiving Role

Talk to someone who provides care for their aging loved one and they will tell you what a stressful job caregiving can be. The American Medical Association states that the role of caregiving places demands on the caregiver which leaves them at risk for health problems including serious illness and depression. And according to the American Journal of Public Health, middle-aged and older women caring for their spouses are six times more likely to suffer from depression or anxiety disorders than their non-caregiving counterparts. The result of this decline in health by the caregiver not only affects the person giving the care, but it may also compromise the care they are providing their loved one.

Reading information like this can make caregiving sound very bleak and discouraging. But we also know that caregiving can be a very rewarding job. The key difference between a caregiver who is barely hanging on and one who is managing successfully is having proper support in their role as a caregiver. Healthy and content caregivers not only receive help with the ongoing responsibilities of providing care but they also have found an emotional support network.

The American Medical Association suggests to physicians that “a referral to a support group should be recommended for all caregivers.” Oftentimes, people hear the words “support group” and immediately tune out. They are uncomfortable with the idea of sharing their feelings. Or they think of a support group as a pity party or place to complain about their lives. But support groups are much more than that and the benefits they offer are valuable. Even amidst the pandemic, these groups continue to meet by phone or online.

The definition of a support group is a gathering (in person, by phone or video-conference) of people in similar situations who provide each other moral support, practical information, and coping tips. Here are some of the benefits of attending support group meetings:

- They provide valuable information that will increase your knowledge of caregiving. One of the best resources for caregivers is other caregivers!
- They teach coping skills. The information and advice that the group provides can assist in problem solving the many different challenging situations you may be experiencing.
- They are a place to share common concerns and joys. Others in similar situations can then offer encouragement and support.
- They are a safe place to identify and express feelings with people who will understand and offer emotional support. Having this support can improve your mood and decrease feelings of distress.
- They provide affirmation and advocacy. The group serves as a source of validation and can offer avenues to local resources.

The result will be a healthier, happier you which in turn means better care for your loved one. By taking time to care for your physical and emotional needs, you will discover you can feel more joy and contentment in your caregiving role.

Currently there are dozens of support groups meeting virtually - by phone or video conference. You can find a list of them by visiting <http://wisconsin caregiver.org/virtual-events-for-caregivers>. If you have never attended a support group, give it a try. You might find it to be just the thing you needed to help you through another day or week of caregiving. If you are in need of other caregiver support or resources, please contact 877-485-2372.



Fun Easter Candy Facts

- ◇ 76% of Americans think the ears of a chocolate bunny should be eaten first compared to the 4% of people who prefer to eat them starting at the feet.
- ◇ Around 70% of Easter candy bought is chocolate.
- ◇ On average kids prefer red jelly beans to any other color
- ◇ Over 100 million chocolate bunnies are produced each year
- ◇ Close to 20 billion jelly beans each year at Easter and would circle the globe nearly 3 times over
- ◇ Jelly beans became an Easter tradition around 1930
- ◇ Around 70% of children aged 6 to 11 prefer to eat Easter jelly beans one at a time, while around 23% say they prefer to eat several at once. Close to 30% of boys were more apt to eat a handful of jelly beans vs. the girls which were around 20%
- ◇ Kids favorite jelly bean flavors according to popularity in order are; cherry, strawberry, grape, lime and blueberry
- ◇ The top Easter sweets by votes according to a study in order are; eggs, bunnies, jelly beans and marshmallows
- ◇ In the 1980's, M&M's produced their first pastel Easter colored candy and Reese's made its first peanut butter eggs



<https://www.sweetservices.com/blog/2016/02/fun-easter-candy-facts/>

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Scam Awareness

Beware of Robocalls, Texts and Emails Promising COVID-19 Cures or Stimulus Payments

The COVID-19 pandemic has been accompanied by a parallel outbreak of coronavirus scams, many targeting older Americans. As of March 11, the one-year anniversary of the World Health Organization declaring a global pandemic, the Federal Trade Commission (FTC) had logged more than 384,000 consumer complaints related to COVID-19 and stimulus payments, 69 percent of them involving fraud or identity theft. Reported losses have topped \$368 million, with a median cost of \$325. Fraudsters are using the full suite of scam tools — phishing emails and texts, bogus social media posts, robocalls, impostor schemes and more — and closely following the headlines, adapting their messages and tactics as new medical and economic issues arise.

In-demand products and bogus cures

Since the start of the pandemic, fraudsters have been bombarding consumers with pitches for phony remedies, and that's unlikely to abate as the vaccines roll out and new tests hit the market. The Department of Health and Human Services (HHS) says consumers should be on the lookout for these signs of vaccine scams:

- Requests that you to pay out of pocket to receive a shot or get on a vaccine waiting list
- Ads for vaccines in websites, social media posts, emails or phone calls
- Marketers offering to sell or ship doses of COVID-19 vaccines

The FTC and the U.S. Food and Drug Administration (FDA) have sent dozens of warnings to companies selling unapproved products they claim can cure or prevent COVID-19. Teas, essential oils, cannabidiol, colloidal silver and intravenous vitamin-C therapies are among supposed antiviral treatments hawked in clinics and on websites, social media and television shows as defenses against the pandemic. The FBI says con artists are advertising fake COVID-19 antibody tests in hopes of harvesting personal information they can use in identity theft or health insurance scams. Other scammers claim to be selling or offering in-demand supplies such as masks, test kits and household cleaners, often in robocalls, texts or social media ads.

Financial Phonies

The economic relief package passed by Congress and signed by President Joe Biden in March will deliver \$1,400 stimulus checks to tens of millions of Americans and boost unemployment benefits by \$300 a week until September. As with the first two rounds of pandemic aid, it's likely to unleash a torrent of schemes to steal government payments. Watch out for calls, texts or emails, purportedly from government agencies, that instruct you to click a link, pay a fee or "confirm" personal data like your Social Security number to secure your stimulus check. Another common con comes via social media, in scam Facebook messages promising to get you "COVID-19 relief grants." With economic anxiety high, crooks are also impersonating banks and lenders, offering bogus help with bills, credit card debt or student loan forgiveness. Small businesses are being targeted, too, with scammers reaching out to owners with phony promises to help them secure federal disaster loans or improve Google search results. The outbreak has also spawned stock scams. The U.S. Securities and Exchange Commission is warning investors about fraudsters touting investments in companies with products that supposedly can prevent, detect or cure COVID-19. Buy those stocks now, the tipsters say, and they will soar in price. It's a classic penny-stock fraud called "pump and dump." The con artists have already bought the stocks, typically for a dollar or less. As the hype grows and the stock price increases, they dump the stock, saddling other investors with big losses.



Scam Awareness

Phishing scams

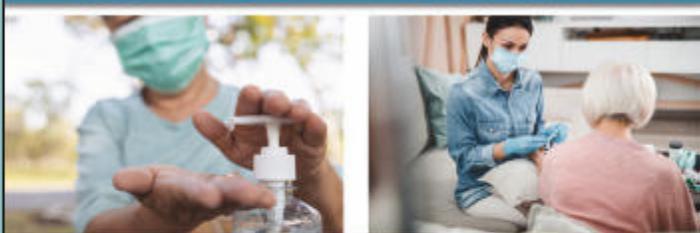
The pandemic has brought about "significant increases in broad-based and targeted phishing campaigns," according to a July 30 alert from the Treasury Department's Financial Crimes Enforcement Network (FinCEN). Since January, tens of thousands of new website domains have been registered with terms related to COVID-19 and the response to it, such as "quarantine," "vaccine" and "CDC," FinCEN says. The Justice Department has shut down hundreds of these suspect sites, which promise vaccines and other aid, often in the guise of government agencies or humanitarian organizations. If you contact one of those malicious domains, you could start getting phishing emails from fraudsters in an attempt either to plant malware on your computer or to get your personal information. Google reported in April that its Gmail platform was blocking 18 million such messages a day. The FTC and the Justice Department issued an alert about phishing texts and phone calls that are supposedly from contact tracers, warning you that you've been exposed to someone with COVID-19. The scam texts include a link that, if clicked, downloads malware to your device. (Messages from actual contact tracers working for public health agencies will not include a link, or ask you for money or personal data.) Be careful when you browse for information about coronavirus. Developing and testing vaccines for viruses takes a long time, and you'll hear about them first from a legitimate source, such as the U.S. Centers for Disease Control and Prevention (CDC) or the World Health Organization (WHO). And make sure you are going to the genuine CDC and WHO websites: Scammers are impersonating them, too.

<https://www.aarp.org/money/scams-fraud/info-2020/coronavirus.html>



Osceola, Wisconsin

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COVID-19 Vaccination

Our Local Health Departments are working hard to ensure that anyone that wants the COVID-19 vaccine, has access to it. Right now, the Polk/Burnett Health Departments are only receiving the *Moderna* vaccine. The state only allocates a certain amount of vaccinations each week based off of supply. We appreciate your patience as we work towards vaccinating people in our community.

Who is eligible in Polk and Burnett County?

- Health care workers (paid or unpaid)
- Residents of long-term care facility
- Fire or police personnel
- Individual 65 years of age or older
- Educators and Regulated Child Care
- Individuals Enrolled in Medicaid Long-Term Care Programs
- Some Public Facing Essential Workers
- Non-Frontline Health Care Personnel
- Congregate Living Staff and Residents
- Restaurant workers
- All spiritual care providers
- Individuals with medical conditions



Schedule an Appointment

The Polk and Burnett County Public Health Departments have created weekly drive-thru clinics for those that are eligible to receive a vaccine at this time.

Polk and Burnett residents can schedule an appointment for your COVID-19 vaccine at:
polkcountyhealthdept.org

Important: Your second dose will be scheduled for 28 days after your first dose

Please WAIT to schedule if you:

- Feel moderately ill
- Are currently being told to isolate or quarantine
- Are pending results of a COVID-19 test
- Received passive antibody therapy for COVID-19 within the last 90 days
- Have received any other vaccine in the last 14 days
- Have been tested for TB in the last 14 days

Please speak with your primary care provider about receiving the COVID-19 vaccination if you have history of:

- Severe allergic reactions (e.g. anaphylaxis)
- Immunocompromised (Do you take medications that may weaken your immune system such as chemotherapy, steroids, injections for arthritis or psoriasis, or other long-term therapies?)

Need Help Scheduling?



715-485-8401



877-485-2372

As of March 17th, 2021



ADRC Plan on Aging

By Sabrina Naglosky
Aging Unit Supervisor

The Aging and Disability Resource Center is starting the process to develop the Plan on Aging: 2022-2024. Every three years, we complete a strategic plan that serves as a platform to create, improve or expand programs and services for our local older adults. It is a requirement to receive the federal funding through the Older American Act, but it is also an opportunity to hear what people have to say. By identifying the needs in the community directly from those who would use the services, we know we are moving in the right direction. Goals are developed after many hours of brainstorming and refining the vision. Our staff, management team, Aging Advisory Committees as well as our ADRC Board all participate in the development but most important is input from the community members.

We are kicking our community engagement campaign off by reaching out to our service area. Due to the current COVID-19 situation the process will consist of surveys and telephone calls. We will be working hard to connect with those in the community that need the services the most. The best way to accomplish this is to work with you to help get the information we need to make these programs most beneficial for you and your loved ones. This is a long process and we are starting off with some general questions which will get more detailed as we move forward.

Over the next several months we will be gathering the following surveys from community members. Below is a link to an electronic survey to complete or you are welcome to cut out the paper survey and mail it in to us. We would love to hear from individuals that are currently caregiving for someone that is 60+ years of age and individuals that will be 60 in the near future.

We hope you share your thoughts and spread the word to others. You are welcome to give us a call or drop us a letter explaining your thoughts. We look forward to hearing from you. You can reach our office at **877-485-2372**.

No matter what county you live in, you can mail your survey to:

ADRC of NW WI
7410 Co. Rd K #180
Siren, WI 54872

Or find our survey on our homepage at:
www.adrcnwwi.org

Survey Located on Next Page



**Thank
You**

Community Engagement Survey

1. Which county do you live in? (Check One)

Burnett County

Polk County

2. What do you think are the top three things that need to improve to help adults in our community as they age? Please check three:

Alternative Transportation Options

Food Delivery Options

Access to Healthy Food

Home Health Options

Help with Social Isolation and Loneliness

Help Understanding Medicare and Drug Plan Choices

Ways to Keep Fit and Healthy

Help with Home Repair and Upkeep

Affordable housing options

Support for family caregivers

Dementia supports and services

Access for people with disabilities

Other _____

3. What are some services or ideas you feel might make your community easier or more enjoyable for you to live in?

4. What do you think are the main issues, problems and challenges adults midlife and beyond in our community are facing?

5. What areas would you like to learn more about?

Use of Technology

Nutrition

Healthy Aging

Alternate Means of Personal

Understanding Government Policies

Dementia Friendly Communities

Brain Health

Caregiver Exhaustion

6. What keeps you from contacting the ADRC?



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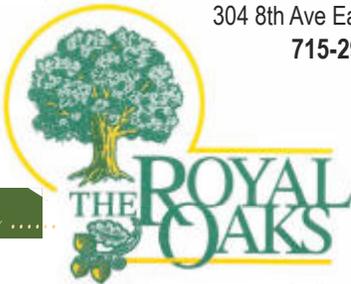
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Springtime Word Search

V V R K U K E F J N Y J R A I N B O W B Q O Q R
 I L E I B I R D S E H F E T A L O C O H C L Y K
 G U B Y D A L B O W H R U C Y E T I K P F H F C
 L B U N N Y L J H A L L E R B M U S P I C N I C
 R K B J P G G N I Z Z U B X Z F C A N D Y A S M
 G A O P A S T E L S Q L E A S T E R B T R P E E
 A H N L Z C M W Q S G M N S T S E N Q I X R E R
 L S N Z N G E A W M Z F J T O L X Y T B T I B S
 D Q E C L G O I R L O C A L I L Z M S B L L U W
 S Q T R S D E E S C V O V N B C V V H A D E P C
 E G Q A E K N N A B H I L R M Y X J O R O G Z J
 I V X W J J J I P A T V B B A K A U W G R G T G
 D R B F D B B H A K N J X R L T X M E Y O S G J
 O B O I A U L S F R U O X T A D W V R H D W F J
 O A F S F B O N E O H P O O U N W G S W O Z R P
 G S Y H F B S U P C G N S W P L T N Q X O T E C
 I K P T O L S S L L B S N E I I I B E B Z K V A
 D E F R D E O H A I Y I E R V P Y P Y P I E O R
 Y T Z I I A M F A L U P T S Z C V U S L X L L R
 Z H F L L N L I K Y S P R I N G B R E A K D D O
 K C S S A R G Y L F R E T T U B O C O A S D U T
 O C N M Z C Y A B I C F Z M P D V G S R V U D K
 H M U J X W N X I K G E Y A D I L O H K Y P O V
 C S L D G J C H I C K S R E W O L F O C G A S G



vibrant
 spring
 rainbow
 picnic
 nest
 lilac
 hunt
 flowers
 daffodil
 carrot
 bunny
 bloom
 april

umbrella
 springbreak
 rain
 peeps
 may
 lamb
 holiday
 eggs
 crawfish
 candy
 bubble
 birds

tulips
 showers
 rabbit
 pastels
 march
 ladybug
 grass
 easter
 chocolate
 buzzing
 bonnet
 bees

sunshine
 seeds
 puddle
 new
 lily
 kite
 goodies
 duck
 chick
 butterfly
 blossom
 basket





Sudoku #647 (Easy)

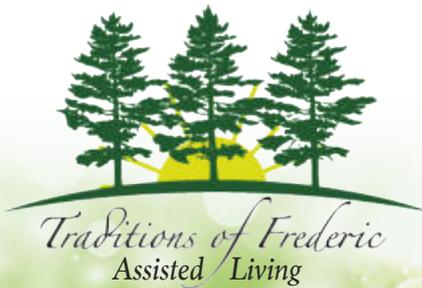
			7	3	1			
4						6		
7			4			8		
		4	3	9				6
	3				8		2	
			8		5		7	
1				2		5		
	7	2	6	4			1	

Sudoku #266 (Medium)

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

- Every square has to contain a single number
- Only the numbers from 1-9 can be used
- Each 3x3 box can only contain each number from 1-9 once

- Each vertical column can only contain each number from 1 to 9 once
- Each horizontal row can only contain each number from 1 to 9 once



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Eat Well, Age Well

What About Sodium?

Do you ever really think about the amount of sodium in the food you eat? How much is too much? And how little is too little? The Dietary Guidelines for Americans recommend less than 2,300 mg. For those over the age of 51 and those of any age who are African American, have hypertension, or diabetes are recommended to consume about 1,500 mg per day.

But where does sodium come from? Most does not come from the saltshaker but from ingredients we buy at the grocery store and bring home to cook. It's not just prepackaged foods that you have to watch out for, deli meats, some cheeses, and breads are high. The more processed foods we consume, the more sodium we consume. You can search for low sodium options in the grocery store or buy unprocessed whole foods. Eating at restaurants less is an easy way to reduce sodium intake. There are many ways to boost flavor besides relying on salt during and after cooking. You can use citrus juices, flavored vinegars, hot peppers, herbs, and spices. You can appreciate the underlying flavor of the food more.



Lemon Pepper Chicken with Sautéed Vegetables

2 servings

Ingredients

1 Tbsp olive oil
1-2 chicken breasts (depending on size)
1½ lemon
1 medium zucchini



1 medium yellow squash
*frozen veggies can be substituted
1 Tbsp Italian seasoning
½ tsp black pepper



Directions

- Preheat oven to 375° F
- Cut the ends off the zucchini and squash and quarter them lengthwise. Then cut each quarter into ½ inch cubes
- Coat a sheet pan with ½ Tbsp olive oil and place the chicken on it. Squeeze lemon juice over the chicken and season with pepper.
- Bake until the internal temperature of the chicken is 165° F (approximately 20 minutes)
- While chicken cooks, put the remaining oil in a medium skillet on medium heat. When hot toss in the veggies and cook covered for about 10 minutes, stirring occasionally. Zucchini and squash should be fork tender when done.

Weekly Challenges

- Try to limit your sodium intake to 2300 mg per day or less
- Prepare 2 meals with spices and herbs
- Replace 2 snacks with low-sodium options
- Read food labels for sodium content

Did You Know?

The average American consumes more than 3,400 mg of sodium per day.



ADRC Dining Program & Meals on Wheels® of Northwest WI



Volunteer Drivers Wanted!



The Meals on Wheels program delivers nutritious meals to older adults who are unable to get to the grocery store or prepare meals due to physical and/or transportation barriers. Volunteer donate their time but are reimbursed for their mileage at the current IRS rate.



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Candidate Information

Questions? Call LWV Helpline 608-285-2141

LWV LEAGUE OF WOMEN VOTERS'
OF ST. CROIX VALLEY

lwwstcroixvalley.org

contact@lwwstcroixvalley.org



Volunteer Driver Spotlight

Introducing Lois Murphy

How long have you been driving for ADRC?

About 3 years.

Why did you sign up to be a driver?

I wanted something to do after retirement and it sounded interesting. I was used to helping people in the previous jobs that I had.

What is the most rewarding part of driving?

I am happy to help people that need transportation to do everyday errands that we take for granted.

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

Just be patient and listen to their stories. Some of them have no one to visit with.



Volunteer With Us!

Volunteer drivers provide a non-emergency portal to portal transportation for elderly and disabled passengers to medical appointments and back home. Medical appointments take precedence, but drivers may be given the opportunity to provide transportation for other reasons such as nutritional, social or employment needs. Volunteer drivers use their own vehicle (which needs to be in good working condition) to provide this transportation and are required to have proof of valid automobile insurance and a valid driver's license on file at all times with the ADRC. They are reimbursed for the following expenses: mileage at the current IRS mileage reimbursement rate round trip from their home, meal expenses incurred during trips that are outside the driver's home county and parking fees.

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Flu Myth



MYTH: I'm healthy and staying home – I don't need the flu shot.

FACT: If you're older, you're at higher risk of getting the flu and have more complications if you do – even if you're healthy.

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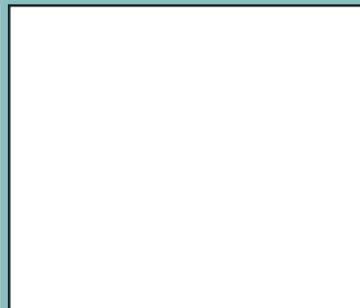
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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Balsam Lake Public Library

715-485-3215, www.balsamlakepubliclibrary.org
In-Person Browsing: Mon-Thurs 10am-6pm, Fri 10am-4pm, Sat 10am-1pm.

Clear Lake Public Library

715-263-2802, www.clearlakelibrary.org/
Curbside Pickup Only. Mon/Fri 9am-5pm, Tues 9am-6pm, Wed 10am-7pm, Thurs 9am-10:30am & 12:30pm-5pm

Centuria Public Library

715-646-2630, www.centurialibrary.org/
In-Person Browsing. Mon/Wed/Fri 12am-5pm, Tues/Thur 12pm-7pm, Sat 10am-12pm.

Frederic Public Library

715-327-4979, www.fredericlibrary.org
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Grantsburg Public Library

715-463-2244, www.grantsburglibrary.org
In-Person Browsing. Mon/Tues/Wed 10am-5pm, Thurs 3pm-7pm, Fri/Sat 10am-2pm. Curbside Only: Tues 5pm-7pm, Fri 10am-2pm

Larsen Public Library

715-866-7697, www.websterlib.org
Open Mon-Fri 10am-4pm. 30 min limit. Curbside available. Tax forms available in foyer. WiFi available in parking lot 7am-9pm. Wisconsin Public Library Consortium provides free access to e-books and e-audio books, e-Magazines. Mail-A-Book Program is for Burnett County residents living in an area without a local library, or who can't use a public library because of disability or travel limitation. We now have PRINCH, a wireless printing service.

Luck Public Library

715-472-2770, www.luckpubliclibrary.org/
In-Person Browsing. Mon-Thurs 11am-7pm, Fri 11am-5pm, Sat 10am-1pm.

Milltown Public Library

715-825-2313, www.milltownpubliclibrary.org
In-Person Browsing. Tues 10am-5pm, Thurs 12pm-7pm, Fri 10am-5pm, Starting April 10th: Sat 10am-2pm.

Shell Lake Public Library

715-468-2074, www.shelllakelibrary.org/
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St. Croix Falls Public Library

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Spooner Memorial Library

715-659-0621, www.spoonerlibrary.org
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Wilberg Memorial Public Library in Osceola

715-294-2310, www.osceolapubliclibrary.org/
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Dresser Library

715-755-2944, www.dresserpubliclibrary.org/
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Masks and Social Distancing Required.
With constant changes occurring, please contact the libraries for the most up to date information.



Save the Date

Page 27

Running on empty?

AVOID

Caregiver Burnout



Powerful Tools
FOR Caregivers

**Take the Powerful
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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.

When: Every Monday, April 19th-May 17th, 1-3pm

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

Suggested Donation: \$10

Registration: Contact Luann at Senior Connections at 715-394-3611 if you are interested in more information or participating in our next workshop! Participants do need access to internet and a computer, tablet or smartphone.

Unsure about an online workshop?

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Tribal Lifeline

Tribal Lifeline

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Lifeline is a federal program that helps lower the monthly cost of your phone or Internet service.

ELIGIBILITY

You may qualify for a discount if you live on Tribal lands* **AND** can provide proof for any **ONE** of the following:

- Your income is at or below 135% of the federal poverty guidelines, **OR**
- You participate in any **ONE** of these government benefit programs:
 - Supplemental Nutrition Assistance Program (SNAP)
 - Medicaid
 - Federal Public Housing Assistance (FPHA)
 - Veterans Pension and Survivors Benefit
 - Supplemental Security Income (SSI)
 - Bureau of Indian Affairs General Assistance
 - Tribal Head Start (income based)
 - Tribal Temporary Assistance for Needy Families (Tribal TANF)
 - Food Distribution Program on Indian Reservations Assistance

WHAT IS A HOUSEHOLD?

You can have multiple households at one address, for example:

- Four adult family members that live at the same address, but do not share income and expenses, may each have their own Lifeline benefit.
- If you share housing with someone who already receives Lifeline, complete the **Household Worksheet** that is available on our website, or through your phone or Internet company.

*Lifeline's Tribal Lands is defined in 47 CFR §54.400 (e). Go to LifelineSupport.org and select "Tribal Lands" for more information.



THREE WAYS TO APPLY



APPLY ONLINE Find the online application at CheckLifeline.org.

OR



MAIL YOUR APPLICATION Print an application from LifelineSupport.org.

OR



CONTACT A PHONE OR INTERNET COMPANY

Find a company that provides Lifeline at LifelineSupport.org. Click *Companies Near Me*.

If you live in **CA** (CaliforniaLifeline.com), **OR** (Lifeline.Oregon.gov), or **TX** (TexasLifeline.org), visit the website for your state to find out how to apply.

HOW TO SHOW YOU ARE ELIGIBLE

You may need to show proof that you qualify for Lifeline, such as:

- **A copy of your SNAP or program letter** **OR**
- **A copy of your pay stub or tax return** to prove your income is at or below 135% of the federal poverty guidelines.

TIPS FOR APPLICANTS ON TRIBAL LANDS

- Check the "Tribal Lands" Box.
- Provide a Tribal ID Number if a SSN is unavailable.
- Your Lifeline company can help determine whether your address is on Tribal lands.
- Ask your service provider about *Tribal Link-Up*. You may be able to get up to \$100 toward your connection to home service.

NOTE: An applicant living at a residence without an identifiable address will be asked to provide Geo-coordinates for the physical location. If you don't have this information, you can provide USAC a map that identifies the location of the residence, landmarks, and distances.

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ELECTRONICS

The demand for tablets, computers, cell phones, laptops and TVs is driving an electronic waste problem. Electronics contain valuable and reusable materials including plastics, metals and glass. Recycling these

materials lessens environmental impacts and economic costs by reducing the need for virgin materials in new products and reduces carbon dioxide emissions by 123,000 metric tons, equivalent to 13.8 million gallons of gas.

Electronics also contain harmful materials including: lead, mercury, cadmium, chromium, heavy metals and chemical flame retardants. When improperly disposed of, these chemicals can pollute our soil, water, and harm human health. Electronics can be brought to the Recycling Center for a fee of 45¢ per pound.



BULBS

Lamps or light bulbs could harm human health and the environment if not properly handled. State hazardous waste regulations prohibit businesses and institutions from disposing of waste lamps in landfills. Special handling and storing is required by state regulations. Bulbs can be brought to the Recycling Center for a fee of \$1/Fluorescents, \$5/HID, UV, & broken bulbs, and \$4/pound for ballasts with PCB's.



BATTERIES

Wisconsin requires lead-acid batteries and lithium ion batteries from

tablets, phones etc.. to be recycled. Recycling of household batteries is not required as they are not considered hazardous. There is no fee to drop off rechargeable, lead acid (automotive), and button batteries at the Recycling Center.

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May 2021

Dementia 101

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

Wednesday, May 19th, 4-5pm

Carla Berscheit, 715-944-8091,
cberscheit@co.chippewa.wi.org

Early Detection and Diagnosis

Learn about the benefits of getting evaluated at the first sign and why knowing what exactly is going on is so helpful.

Monday, May 3rd, 5-6pm; Carrie Myers,
cmyers@burnettcounty.org, 877-485-2372

Ask a Dementia Care Specialist

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

Monday, April 17th, 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.

Wednesday, May 12th, 1-2pm; Trisha Witham, 715-537-6225, www.adrconnections.org

Memory Café Time Traveler Series

Social time for caregivers and individuals with early stage dementia.

Tuesday, May 11th, 10-11:30am; Lisa Wells/Carla Berscheit, www.adrcevents.org or 715-839-4735

Dementia Book Club: Creating Moments of Joy

Join this lively weekly group discussion for family members/caregivers of individuals with dementia.

Mondays, May 27th through July 22nd, 3:30-

4:30pm; Carrie Myers, cmy-

ers@burnettcounty.org, 877-485-2372

Boost Your Brain and Memory

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

Wednesdays, May 5th-June 23rd, 10-11am; Carrie Myers, cmyers@burnettcounty.org, 877-485-2372

Savvy Caregiver Workshop

Learn skills, knowledge and techniques needed to provide care to a person (most often a friend, or family member) who has been diagnosed with Alzheimer's disease (or any progressive dementia).

Wednesdays, May 26th-June 30th, 9-11am

Trisha Witham, www.adrconnections.org

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.



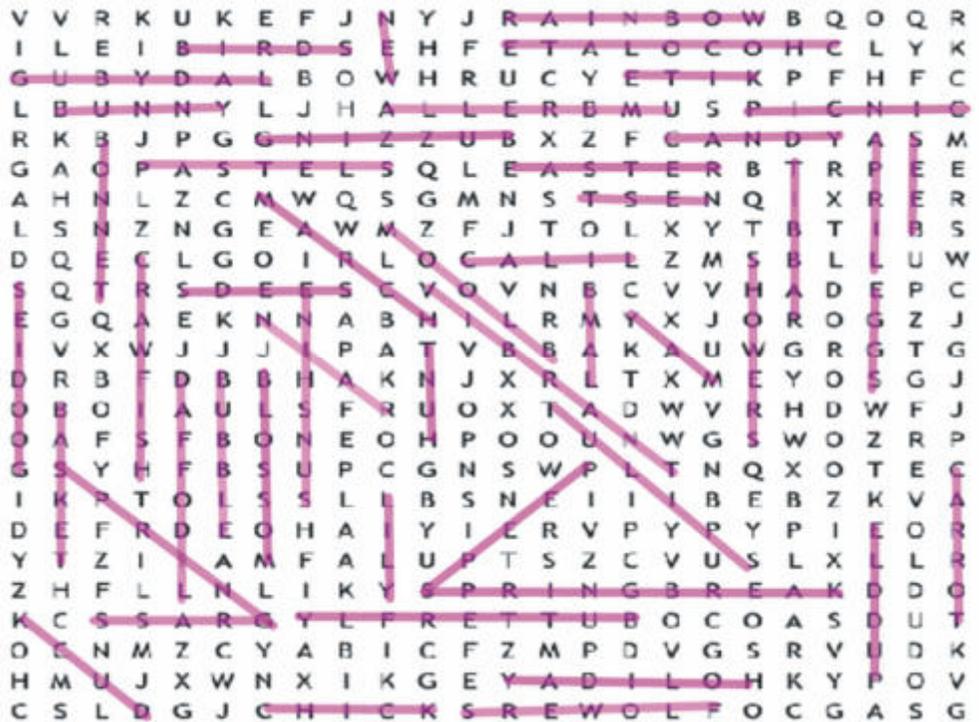
Game Answers

Sudoku #647 (Easy)

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

Sudoku #266 (Medium)

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



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