



AUGUST 2021

AGING & DISABILITY RESOURCE CENTER [ADRC]

721 Oxford Avenue
Room 1130
Eau Claire WI 54703

Monday - Friday

8:00 am - 4:30 pm

715.839.4735

1.888.338.4636

tty: use Relay (711)

Website and Social Media

www.eauclaireadrc.org

www.facebook.com/ECC.ADRC



The Caregiving Rollercoaster

By: Jane Mahoney, Older Americans Act Consultant, GWAAR

Caring for an older adult can sometimes feel like a rollercoaster ride. Much of the time you are happy and fulfilled spending time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving. Frustration and guilt often follow. Then your loved one thanks you for all the work you do and you feel love and joy once more. These emotional ups and downs often occur over the course of one day. When you are caregiving, life can be a rollercoaster ride that doesn't stop to let you off!

It is normal to experience a large array of emotions when providing care for a loved one and it can be easy to let the negative feelings get control. ***Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions.*** They are also able to focus on all the benefits of caregiving:

- Being able to spend more time with someone you love.
- Feeling enhanced self-worth and a sense of achievement for helping someone.
- An opportunity to “give back” to someone important.
- Having an increased sense of purpose in life.

No matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become problematic. Some common emotions that creep up on caregivers are frustration, anger, fear, and guilt. Early warning signs of these feelings may be tension, headaches, and increased impatience. As soon as you recognize these feelings heading your way, step back and calm yourself before they take over. When you are calm again, think about what triggered the negative emotion and how it could have been avoided.

Techniques for moving through negative emotions:

- Take some slow, deep breaths.
- Look at the event in a different way. Try to understand the other persons' perspective.
- Leave the room for a while.
- Focus on the good things.
- Participate in physical activity; walking, bicycling, yoga.
- Concentrate on the benefits and rewards of caregiving.

You can use negative feelings as a catalyst for change. You may find you need more respite care, a change in routine, an outlet for emotional needs such as a support group, or to distribute tasks to family members or friends. Negative emotions may not be pleasant, but they don't have to control you. Learn to recognize the warning signs, calm yourself and initiate change to keep emotions in balance.

Aging & Disability Resource Center Staff



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ADRC Manager
Lisa R.



ADRC Manager
Betsy H.



Kitchen Manager
Sheryl S.



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Deb B.



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Associate**
Heather C.



**Resource
Specialist**
Lindi E.



**Resource
Specialist**
Molly Y.



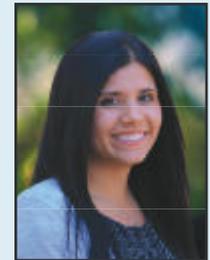
**Resource
Specialist**
Brianna W.



**Options
Counselor**
Dana G.



**Options
Counselor**
Sue O.



**Options
Counselor**
Liz N.



**Options
Counselor**
Jenna B.



**Options
Counselor**
Dawnelle E.



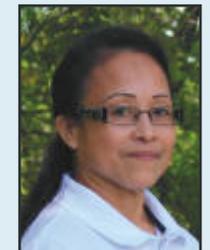
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Counselor**
Jen S.



**Options
Counselor**
Andrea R.



**ADRC Van
Driver**
Dave O.



**Meal Site
Worker**
Carmelita H.



Cook
Gilda H.



Cook
Aaron P.



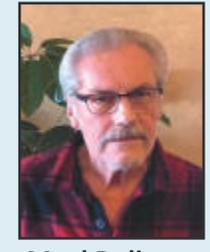
**Meal Delivery
Driver**
Gordy G.



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Driver**
Kris B.



**Meal Delivery
Driver**
Doug S.



**Meal Delivery
Driver**
Norm B.

August Medicare & You

Aging & Disability Resource Center
Elder Benefit Specialists present free seminars open to anyone new to Medicare, currently on Medicare, caregivers and families.

Register on the website or call:

www.adrcevents.org
715-839-4735 • 1-888-338-4636
tty: use Relay (711)
adrc@co.eau-claire.wi.us

August presentations:

Friday August 6, 2021 at 1:00 pm
(Virtual via WebEx)

Wednesday August 18, 2021 at 10:00am
(In Person - Eau Claire County Gov't Center)

ADRC/Government Center Update

Skip the Trip!

While our offices are open, we can provide most services over the phone so we encourage you to call ahead.

Call: 715-839-4735

Email: adrc@co.eau-claire.wi.us

Website: www.eauclaireadrc.org
(new & improved content!)

There is also a black, secure dropbox to the left of the front doors (on Oxford Ave) that items are retrieved from twice a day and delivered by hand to the correct person/department.

National Senior Citizens Day August 21, 2021

Do you have an elder in your life that you love and appreciate? August 21st is a day to let them know how much you love and care about them. It is also an opportunity to recognize the accomplishments.

President Ronald Reagan proclaimed this holiday on August 21, 1988 to raise awareness about issues that affect senior citizens and their quality of life.

Today, seniors are an active part of their communities and continue to be strong and valuable presence in the workforce. For all they do and have achieved for the good of their families and communities, our senior citizens deserve our thanks and recognition!

Need some ideas for honoring our seniors?

Donate to a local senior center or Meals on Wheels

Spend more time with the seniors in your life; listen to their stories about careers, adventures, and experiences.

COVID CORNER

The Health Department closed their COVID-19 Call Center on June 18th. People with COVID-19 related questions can call the Eau Claire City-County Health Department at **715-839-4718** or visit **www.covid19eauclaire.org**.

The State of Wisconsin also has a call center to help Wisconsinites find vaccine locations, answer medical questions related to the COVID-19 vaccine, and assist with registration for the Health Department COVID 19 clinic. Wisconsinites can call **1-844-684-1064** for personal assistance with their vaccine related questions.

ADRC Board Members

Thank you to the following for their service on behalf of the ADRC.

- | | |
|------------------------|---------------------|
| Kimberly Cronk, Chair | Tami Schraufnagel |
| Sue Miller, Vice Chair | Ruth Adix |
| Audrey Nelson | Carl Anton |
| Sandra Romey | Dan Sippl |
| Bruce Schafer | Chris Hambuch-Boyle |

SPECIAL OLYMPICS & PARALYMPICS: What's the difference?

From an article debunking myths about the Paralympics, Chuck Aoki says, "The Special Olympics are framed as more of an inclusive event for everyone with intellectual disabilities, whereas Paralympics is a highly competitive event for athletes with physical and visual disabilities."

Getting involved in physical activity and having community is so valuable to our mental, physical and spiritual selves.

Learn more:

Special Olympics:

www.specialolympicswisconsin.org

Paralympics

www.teamusa.org/us-paralympics



COMMUNITY IS
A SIGN THAT LOVE
IS POSSIBLE...

JEAN VANIER



Calling All Gardeners! Produce Donations Accepted

Attention gardeners, do you wish there were a place you could donate your extra garden produce?



The Senior Nutrition Program kitchen would love to have it. Please drop off your clean fruits, vegetables and herbs to the Fall Creek Kitchen, 344 W. Lincoln Ave, Fall Creek or ADRC Office, 721 Oxford Ave Rm 1130, Eau Claire Monday-Friday 8:00-3:00 PM. The beautiful produce will be used in menus for Senior Dining and Meals on Wheels and would be a great addition to our own fresh produce.

Thank you and happy gardening!

Journey Ahead

Aging Well in the
Chippewa Valley



VolumeOne



Journey Ahead Podcast Series

Join Lisa Wells for the August podcast and guests Anne Sadowska, Occupational Therapist and Laura Hurd, Speech Language Pathologist, as they discuss the benefits of occupational and speech therapy in dementia care. Be sure and check out the other podcasts too!

Visit <https://volumeone.org/podcasts/272514-journey-ahead> or subscribe to the Journey Ahead Podcast on your favorite Platform: Apple Podcasts, Spotify, Stitcher, Amazon Music, Google Podcasts, or Tune in.

Sun Protection Tips for Older Adults

By the GWAAR Legal Services Team (for reprint)

According to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65. Because the risk of developing skin cancer rises each year and sun damage can happen quickly, everyone needs to use sunscreen. But according to the Centers for Disease Control and Prevention (CDC), fewer than half of older adults adequately protect their skin from the sun. Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs 97% of the sun's burning rays. It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin, especially if you are swimming or sweating heavily. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage. Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.

For more information, visit: <https://www.skincancer.org/blog/photoaging-what-you-need-to-know/> and <https://www.cdc.gov/cancer/dcpc/research/articles/older-adults-protect-skin-sun.htm>.



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Aging & Disability Resource Center, Eau Claire, WI A 4C 02-1023

ADRC Van Schedule August 2021



Would you like to go on one of our scheduled trips at no cost?
ADRC Van has room for one wheelchair and 3 additional individuals.
The van is available for seniors over 60 and adults with disabilities living in Eau Claire County.
Contact Dave, Transportation Coordinator, to schedule a ride: 715-225-0975

Monday	Tuesday	Wednesday	Thursday	Friday
2 Open date: call to schedule trip.	3 Open date: call to schedule trip.	4 Open date: call to schedule trip.	5 Open date: call to schedule trip.	6 St Johns Apartment Walmart trip. Pickup at 10a
9 Open date: call to schedule trip.	10 Open date: call to schedule trip.	11 Open date: call to schedule trip.	12 Open date: call to schedule trip.	13 Open date: call to schedule trip.
16 Open date: call to schedule trip.	17 Open date: call to schedule trip.	18 Open date: call to schedule trip.	19 Open date: call to schedule trip.	20 St. Johns Apartment Woodmans trip. Pickup at 10a
23 Open date: call to schedule trip.	24 Open date: call to schedule trip.	25 Open date: call to schedule trip.	26 Open date: call to schedule trip.	27 Open date: call to schedule trip.
30 Open date: call to schedule trip.	31 Open date: call to schedule trip.			



Serving the rural areas of Eau Claire County

AUGUSTA SENIOR & COMMUNITY CENTER (ASCC)

616 W Washington St, Augusta WI | 715-286-2953

Liquid Supplement Available at the ASCC

24 ct Case: \$25

Nutritional liquid supplements are available those who may have a poor appetite, are recovering from surgery, need to gain weight or simply are not able to eat a diet adequate in nutrition.

Chocolate,
Vanilla
& Strawberry



Call ahead and we will have it ready for you to pick up.

Until we reopen our dining room, the AS&CC will be offering:



Meals are offered on a donation basis of \$4.00

per meal for those age 60+ or their spouse.

Order a favorite meal to take home to enjoy.



Reservations are required by 1 pm at least one business day in advance

Medical Foot Care

Appointments available by Foot Care Trained Registered Nurses:
Lisa and Helen



Call 715-286-2953

Adaptive Equipment Loan Closet



Consumers may borrow assistive technology and adaptive equipment for up to three months. Items in the loan closet include walkers, canes, visual aids, bath benches, bed rails and more. If an item isn't already in Augusta, it can be brought there in a short amount of time.

Call 715-286-2953

Arrangements will be made directly through the ASCC for items from Augusta location of the ADRC Loan Closet until further notice.



Virtual & In-Person Prevention and Health Promotion Workshops

StrongBodies™ Information Session for new participants (virtual)

Strength training is especially important as we age. Being physically active and socially connected are both essential for health and well-being. The StrongBodies™ program provides a safe environment for older adults to improve both strength and balance with a fun group of peers. Learn more in this free orientation and sign up for classes.

WHEN: **Thursday, September 2, 2021.** TIME: 10:00 - 11:15 am

StrongBodies™ 10-week workshops, classes meet twice weekly for one hour each. (virtual & in-person)

Mondays & Wednesdays, **October 4 - December 13, 2021** at 8:30 am, 11:15 am, 4:30 pm (in-person)

Tuesdays & Thursdays, **October 5 - December 14, 2021** at 8:30 am

Repeat participants must complete a Re-enrollment Consent Form to **sign up by September 20**. There is a fee for repeat participants. Scholarships available. Download form at www.adrcevents.org, email adrc@co.eau-claire.wi.us or call the Aging & Disability Resource Center at 715-839-4735 to request a form by mail.

Stepping On (in-person)

Avoid a dangerous and costly fall so you can keep doing the things you love to do. In just 7 weeks, you will learn: Strength and balance exercises you can adapt to your individual level; to identify and remove or avoid fall hazards both inside and outside your home; how vision, hearing, medication, and footwear affect your risk of falling; to get back on your feet the right way if you do fall.

WHEN: Wednesdays, 1:00 - 3:00 pm **September 15 - October 27, 2021**

WHERE: Grace Lutheran Church, 202 W Grand Avenue, Eau Claire

Living Well with Chronic Conditions (virtual)

Living with arthritis, cancer, heart disease, or another on-going health problem can be physically, emotionally and financially draining. Taking care of yourself is important. And you can! But you need the tools and knowledge to help you. *Living Well* can show you the way. It focuses on skills to better manage your health and well-being. Meets once a week for six weeks. Topics include: Mind-Body Connection, Sleep, Pain, Fatigue, Dealing with Emotions, Making Decisions, Problem-solving, Better Breathing, Communication skills, Physical activity, Exercise, Relaxation, Healthy Food Choices, Medication Usage, Depression, Positive Thinking, Weight Management, Working with Health Care Professionals and Organizations.

WHEN: Tuesdays, 1:00 - 3:30 pm

October 5 - November 9, 2021

VIRTUAL: Webex "Join meeting" link and instructions will be sent via email.

Mind Over Matter: Healthy Bowels, Healthy Bladder (in-person)

Three-session workshop designed to give women the tools they need to take control of symptoms. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you do not have leakage symptoms now, it is never too early or too late to think about bladder and bowel health.

WHEN: Wednesdays, 2:00 - 4:00 pm

October 13, 27 & November 10, 2021

WHERE: Eau Claire County Courthouse, 721 Oxford Avenue, Room LEC 1301 & 1302, Eau Claire

REGISTER: Call the ADRC at 715-839-4735 or go to www.adrcevents.org at least one week prior.



Eau Claire County Seeks Citizen Input on Two Important Issues: Budget Process/Community Engagement American Rescue Plan Fund Allocation

Community Engagement Survey and Budget Allocation Tool

Eau Claire County Administration seeks citizen input on the importance of various services provided by the county. Survey results will assist the County staff and County Board Supervisors in the 2022 budget process.

[www.co.eau-claire.wi.us/our-government/
government-resources/county-budget-information](http://www.co.eau-claire.wi.us/our-government/government-resources/county-budget-information)

American Rescue Plan (ARPA)

Coronavirus State and Local Fiscal Recovery Funds provide eligible state, local, territorial, and Tribal governments with a substantial infusion of funds to meet pandemic response needs and rebuild stronger, more equitable economies.

To take the survey please visit our website at [www.co.eau-claire.wi.us/our-government/
about-the-county/
american-rescue/plan](http://www.co.eau-claire.wi.us/our-government/about-the-county/american-rescue/plan)

STAND UP AND MOVE MORE →

A health education workshop
FREE for adults 55+



Sit more than 6 hours/
day?
Learn how and why to
Stand Up and Move More!

- **Stand Up and Move More** is a four-week group health education workshop **that meets live online**
- Meetings are 1.5-2 hours long
- The program involves; taking the workshop and attending a refresher meeting at 8 weeks
- Set goals and specific strategies for standing up and moving more
- Join in group discussion and learn from your peers
- Learn about the health benefits of sitting less

**Get off the couch! | Get motivated! | Be more active!
YOU CAN DO IT!**

Classes will be held **Oct 28, Nov 4, 11 and 18** from **10:00am-12:00pm**
virtually via WebEx

Questions? Interested in participating? Then call:
ADRC of Eau Claire County at 715-839-4735

Stand Up is not a fitness program, but rather a health education program.



Webex “Meet & Greet”

Want to learn how to get connected to Webex video conferencing to participate in interactive workshops, presentations, or meetings?

In this one-hour session, you will learn how to:

- Join meeting on your browser or installed App
- Mute/unmute your microphone
- Turn on/off your video
- Change view option
- Use the Chat feature
- Practice brainstorming
- Use Breakout room (optional)

WHEN: **Tuesday, September 28**
1:00 - 2:00 pm

or

Thursday, October 21
10:00 - 11:00 am

REGISTER: Call the ADRC at 715-839-4735 or go to www.adrcevents.org at least one week prior.

*This will be held virtually, via Webex; participants
will receive further info before the event.*



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 Quick & Easy Connections**

Try the bus! Give this ad to your bus driver to receive a free day pass.

Call Our Office At 715-839-5111

Exp 09/30/21

Are you concerned about the **risks** of residential care



Appeal to Heaven Independent Nurses' Network
 Connects you with a private nurse who arranges and manages just the care you need to remain safe **at home, independent,** and in **control.**

Call 715-379-7889. We will come to you.



For ad info. call 1-800-950-9952 • www.lpiconmunities.com

Aging & Disability Resource Center, Eau Claire, WI B 4C 02-1023

August 2021 Meals on Wheels & Senior Dining Menu

- ◆ St. John's Apts | 815 Chapin Street, Eau Claire | Mon– Fri Serve Time: 11:15 am | 715-839-4886
- ◆ Augusta Senior Center | 616 W Washington St, Augusta | Mon– Fri Serve Time: 11:30 am | 715-286-2953
- ◆ L.E. Phillips Senior Center | 1616 Bellinger St, Eau Claire | 2nd & 4th Tues Serve Time: 5:00 pm | 715-839-4886
- ◆ Fairchild Community Center | 121 Farmer St, Fairchild | Every Wednesday Serve Time: 12:00 pm | 715-839-4886

Salad's only available at our "Grab and Go" Sites

Please make your meal reservations by 1:00 pm one business day in advance .
All meals are served with 1% milk. Meals subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Tips over Egg Noodles* Cauliflower Broccoli Fresh Fruit^	3 Breaded Chicken Sandwich w/ Whole Grain Bun* Romaine, Tomato, Pickle & Mayo Baked Beans* Steamed Corn* Oatmeal Cake*	4 Meatloaf Garlic Mashed Potatoes* Green Beans, Whole Grain Bread* Angel Food Cake* Strawberries	5 Baked Cod with Lemon Butter Sauce Au Gratin Potatoes* Butternut Squash Whole Grain Dinner Roll* Fruited Cake*	6 Chef Salad with Ham, Egg, Cheese, Romaine Tomato, Cucumber, Carrot & Green Peas, French Dressing. Croutons* Fresh Fruit*
9 Chicken Stir Fry, Brown Rice* Stir Fry Vegetables^ Chunky Applesauce^ Fortune Cookies*	10 Hamburger Patty with Fried Onion, Whole Grain Bun* Pickles & Mayo, Yukon Wedges* Calico Beans*, Frosted Brownie*	11 Cheese Omelet Fresh Spinach Cheesy Hash Browns* Asparagus^ Butter & Egg Dinner Roll* Rhubarb Crisp*	12 Baked Chicken Mashed Potatoes* Roasted Chicken Gravy^ Glazed Carrots* Whole Grain Bread* Mandarin Orange Cake*	13 Chili Mac with Elbow Macaroni* Mixed Vegetables^ Cornbread* Fresh Fruit^
16 Fish Sticks Tater Rounds* Baked Beans* Whole Grain Roll* Chocolate Chip Cookie* Fresh Fruit^	17 Cheesy Chicken, Broccoli & Rice Casserole* Wax Beans Breadstick* Cranberry Fluff*	18 Beef Roll Ups Stuffing* Roasted Beef Gravy* Steamed Spinach Buttered Beets* Fruit Juice^ Special K Bars*	19 Baked Ham Mashed Sweet Potatoes* Green Peas & Pearl Onions* Whole Grain Bread* Fresh Strawberries	20 Bratwurst Kraut Bun* Pickles German Potato Salad* Steamed Carrots* Fresh Fruit^
23 Turkey Pot Pie, Mixed Vegetable^ Brussel Sprouts* Southern Biscuit* Fresh Fruit^	24 Breaded Pork Chop Yukon Mashed Potato Gravy* Stewed Vegetables* Baked Beans* Apple Crisp*	25 Chicken Salad Sandwich on Wheat Bun* Lettuce/Tomato Broccoli/Cauliflower w/Bacon Salad* Double Chocolate Cookie*	26 Beef Stew w/ Celery, Potato, Onion, Carrot, Mushrooms Wax & Green Beans Whole Grain Dinner Roll* Rice Krispy Bar*	27 Tuna Casserole w/Egg Noodles* and Green Peas* Garlic/Cheddar Biscuit* Mixed Green Salad Tomato/Cucumber Ranch Dressing* Fresh Fruit*
30 Bacon Cheese Burger, Whole Grain Bun* Pickles Roasted Red Potatoes* Streamed Corn* Fresh Fruit*	31 Honey Ham Mashed Potatoes* Green Bean Casserole^ Whole Grain Dinner Roll* Blonde Brownie*		Note: The signs indicate the number of carbs in a meal. ^ = ½ carb * = 1 carb *^ = 1 ½ carb	Salads 8/4: Chef Salad 8/11: Tuna with Fresh Greens 8/18: Fresh Fruit & Cottage Cheese 8/25: Spinach & Strawberry Salad

Senior Congregate Dining

All meal sites are now open for sit down dining.

- St. John's Heritage Apartments: Mon-Fri
- Augusta Senior & Community Center: Mon-Fri
- Fairchild Community Center: Wednesday
- LE Phillips Senior Center: every other Tuesday

***If you do not feel comfortable eating at the meal site, you will still have the Grab and Go option. Please let us know which you'll be doing when you make your reservation.**

LE Phillips Senior Center Evening Meal, please call the ADRC office by the Friday before at 3:00 PM to make your reservation. Please be sure to indicate if you will be dining in or taking it to go. Meals are available on the 2nd and 4th Tuesday of each month at 5:00 pm.

MENU:

- August 10th:** Roasted pork, scallop potatoes, mixed veggies, dinner roll, fruit, dessert
- August 24th:** Sloppy joes, Kaiser roll, cheese hash browns, baked beans, corn, dessert

Augusta Senior Center Monday - Friday, call 715-286-2953 to make your reservation by noon the previous day. Please indicate when making your reservation if you will be dining in or taking out.

St. John's Apartments Monday-Friday call 715-839-4886 to make your reservation by 1:00 the day prior. Please indicate at the time of your reservation if you'll be dining in or taking out. St. John's serves Monday-Friday at 11:00 AM

Fairchild Community Center meals every Wednesday at 12:00 PM. Call 715-839-4886 to make your reservation by Tuesday at 1:00 PM. Please indicate if you will be dining in or taking out when making your reservation.

***Wednesday Salads are only available to Congregate Dining Sites.**



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- Coin-Operated Laundry Facilities
- Tenant Driven Activities
- Community Room
- Cable Ready Outlets
- Air Conditioners Provided
- Garbage & Water Included
- Elevator Service
- On-Site Maintenance
- Off Street Private Parking

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

300 William St. Eau Claire, WI 54703

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

Tours Available Call for an Appointment (715) 839-8154

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Subsidized Housing - One Bedroom Apartments

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- Rents Based on 30% of Income
- Heat, Garbage, Water and Sewer included
- Tenant Driven Activities
- Emergency Pull Stations in Every Apartment with Direct Link to City Fire and Ambulance
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For Applications, Contact the Housing Authority of the City of Eau Claire (715) 839-4943

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



Calling all 4's: Intervening in Alzheimer's risk

By: C. Thomas Dow, MD

Understanding that Alzheimer's dementia comes after a long accumulation of changes in the brain, medical scientists agree that identifying those at risk for Alzheimer's disease would be beneficial to start treatment at a time when there may be an opportunity to reverse or stall those changes that lead to dementia. I started Mindful Diagnostics and Therapeutics to help identify and mitigate the risk of Alzheimer's disease.

There is a recognized genetic risk factor for the common type of Alzheimer's seen in older age; the gene is called ApoE4. Because we carry two sets of chromosomes, if we carry this gene we can have one copy of the ApoE4 gene or two copies. About 23% of us have one ApoE4 copy and 1-2% have two ApoE4 copies. Having one copy increases Alzheimer's risk 2-3 times; having two copies increases the risk over 10 times.

The result of this genetic test is just one bit of information for those who send off their saliva sample to retail genetic testing services like **23&me**. The DNA testing both for health and ancestry has become a common consumer choice for people to learn more about themselves.

Why would we want to know if we had an increased risk of Alzheimer's disease? The main reason to learn of this risk: "knowledge is power" is a saying attributed to Sir Francis Bacon in 1597. Knowing and understanding your risk can give an opportunity to practice lifestyle strategies to lessen your chances of getting Alzheimer's. Those lifestyle changes involve diet, exercise, sleep and stress reduction.

Another reason to learn of your Alzheimer's risk is to consider participating in studies that may improve your odds against Alzheimer's. I am currently conducting such a trial and hope to further enroll participants for an additional study that addresses Alzheimer's risk and interventions for it. We are looking for individuals who carry the ApoE4 gene.

If you know your ApoE status or would like further information, please contact Ms. Alie Halverson: info@mindfuldt.com.

Vehicle Modification Grant Available

**Do you have a vehicle that needs modifications for accessibility?
Are you short on the funds to pay for the work to be complete?**

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

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

MEALS ON WHEELS OF EAU CLAIRE COUNTY

- Are you 60 years old or older and resident of Eau Claire County?
- Have you been reducing your trips to the grocery store, restaurant or other food providers?
- You may be eligible to receive Meals on Wheels. We deliver hot, ready-to-eat food Monday-Friday.
- No set amount required for payment. We request a per meal donation but will not turn you away based on your ability to donate.



Call 715.839.4735 or visit our website for more information
www.eauclaireadrc.org



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

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

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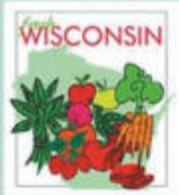


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To Apply for a Senior Farmers' Market Voucher complete the application on the following page and mail it to the ADRC at 721 Oxford Avenue, Rm 1130, Eau Claire, WI 54703



2021 Senior Farmers' Market Vouchers

The Aging and Disability Resource Center will begin distributing a limited supply of Senior Farmers' Market vouchers starting June 2021. Eligible seniors can receive \$25 in vouchers to be used at any approved Farmers' Market vendor in the state of Wisconsin. The vouchers can be used to purchase fresh fruits and vegetables grown in Wisconsin. Only one \$25 voucher packet per household. To be eligible to receive the vouchers in Eau Claire County you must be:

- ◇ A resident of Eau Claire County
- ◇ 60 years of age or older, or 55 years of age or older if Native American
- ◇ Meet the below income guidelines

Family Size	Monthly Income at or Below	Annual Income at or Below
1	\$1,986	\$23,828
2	\$2,686	\$32,227
3	\$3,386	\$40,626
(For each additional household member, add \$700 monthly or \$8,399 annually)		

How to Get A Voucher

We will not be returning to in-person distributions this year. A limited number of vouchers will be available by calling the ADRC at (715) 839-4735. A one-page form will be mailed to you as well as a postage-paid envelope to return the form back to us for your convenience. Form must be completed, signed, and returned to our office before we can mail your vouchers. The earliest vouchers will be mailed is June 1st.

Meals on Wheels Volunteers Needed

Are you looking for a way to give back to others that is flexible with your schedule? Meals on Wheels needs meal delivery driver volunteers. We have multiple pick-up locations in Eau Claire with various pick-up times. Each route takes about one hour to deliver. You can be scheduled once per week, once per month or we can accommodate any other type of schedule.

For more information, please contact Betsy Henck, ADRC Manager at betsy.henck@co.eau-claire.wi.us or at 715.839.6259.



DEPARTMENT OF HEALTH SERVICES
Division of Public Health
F-40103 (04/2021)

STATE OF WISCONSIN

**SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)
ELIGIBILITY AGREEMENT**

Completion of this form is voluntary. If it is not completed, the applicant will not be eligible to receive the benefits of the Senior Farmers' Market Nutrition Program.

Name – Applicant (Last, First, MI) (Please Print)		Race (check one or more)	
Street Address, City, State, Zip Code (Please Print)		<input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> White	
Telephone Number	Date of Birth (MM-DD-YY)	Ethnicity Information (check one)	
Primary Language Spoken if not English		<input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino	

- I certify that my household income is at or below 185 percent of the federal poverty guideline.

Household Size	Monthly Income	Annual Income
1	\$1,986	\$23,828
2	2,686	32,227
3	3,386	40,626
4	4,086	49,025
5	4,786	57,424
6	5,486	65,823
7	6,186	74,222

For each additional household member,
add \$700 monthly, \$8,399 annually.

- I certify that I am 60 years of age or older or I am a Native American 55 years of age or older.
- I certify that I am a resident of _____ county.
- I understand that program vouchers are used for the purchase of locally-grown fresh produce.
- I have received instructions about how and where to use program vouchers as applicable
- I understand that it is illegal to enroll in this program at more than one location.
- I have designated _____ to be my authorized representative.

I have been advised of my rights and obligations under the SFMNP. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal Law. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

SIGNATURE – Applicant	Date Signed
SIGNATURE – Authorized Representative	Date Signed
SIGNATURE – SFMNP Agency	Check Numbers Issued

This institution is an equal opportunity provider.

Caretaker Corner: A Few Statistics



By Jim Alf

In the United States about 5.7 million people are living with dementia. *They all require caregiving.* In 2019, more than 16 million family members and other unpaid caregivers provided an estimated 18.6 billion hours of care to people with Alzheimer's or other dementias. *They are all tired.*

In all categories of caregiving, of adults 45 – 64 years old, about 1/4th are caregivers and of those over 65 about one in five are caregivers. Forty-one percent of caregivers report having two or more chronic diseases and 33.0% of caregivers report having a disability. *They are all sick and tired.*

By 2030, it is estimated there will be only four potential family caregivers per older adult. As of 2018 there were 52.4 million adults 65 and over in the United States. By 2040, that number is expected to climb to 80 million, comprising nearly 21% of the total population. People aged 85 and older are predicted to almost triple from their current 6.7 million to 19 million by 2060.

On a personal note: I was my wife's caregiver for many years, until my own health declined. Now she is in a memory care facility, and I am receiving help from a home care agency. Following a health emergency in January, I nearly admitted myself into a nursing home. While I was waiting for a bed I improved enough to stay in my apartment. I planned to move to assisted living this fall, but instead I am having helpers come in twice a week. They do household chores, shop and make meals for the freezer. The amount I pay them plus all my other expenses is about a third of what it would cost me to live in a facility. Like millions of other Americans, I have become my own assisted living facility.

More people needing care and fewer who provide that care means increasing pressure on caregivers, many of whom have their own health problems.

The answer is bringing in outside help. Your county ADRC has excellent resources to help navigate through that process.

To avoid the common error of waiting too long call 715-839-4735.



Recognition of Martin Luther King Jr- "I have a Dream" Speech August 1963

August was a big month for the U.S. Civil Rights Movement. It was on August 28, 1963, that Martin Luther King Jr gave his famous "I have a dream" speech to 250,000 people on the steps of the Lincoln Memorial in Washing D.C. This is considered to be one of the most iconic

speeches in the history of the US. King's speech called for the end of racial discrimination and for equal rights to all. There are many recordings of Dr. King's speech available to listen to online for free.

Wouldn't it be helpful to have an extra handle to grip when exiting a vehicle?

What if that handle also had the ability to cut a seatbelt, or even break a window in an emergency?

The **Handybar by Avin**, provides all of those functions in one easy to use tool.

1. Support to get out of a vehicle:

Handybars fit in almost any door latch and require no vehicle modification. Just place the metal end of the Handybar in the latch until snug. The bar can support up to 350 pounds of pressure. Once inside the vehicle simply place Handybar on the floor or seat inside the vehicle.



2. Break a window in an emergency:

The metal end also acts as a tool to break a window, if needed in an emergency. Take hold of the handle, face away from the window and strike with the pointed end of the tool.

3. Cut a seatbelt in an emergency:

If trapped in a vehicle by the seatbelt, the Handybar can also be used to cut the seatbelt with the sharp cutting edge in the middle of the tool.

The ADRC of Eau Claire County offers Handybars through the adaptive equipment loan program. They can be borrowed up to three months. Try out a Handybar today! For more information on this or other adaptive equipment items in the loan closet, please call the Aging and Disability Resource Center of Eau Claire County 715-839-4735.

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Sweet cherries: Your on-the-go, healthy summertime snack

Courtesy of BPT ©LPi

Summer is peak vacation season. While vacations are fun, traveling can be hectic, making it that much more important to have healthy on-the-go snacks to keep you energized throughout your trip. Sweet cherries are an ideal grab-and-go summer snack, with high concentrations of nutrients and bioactive components like fiber, polyphenols, carotenoids, vitamin C, and potassium. Long praised for their many health benefits, they can help tackle several chronic health issues, according to a review of nearly 30 published studies. Read on to learn how this snack can help you manage five common health concerns.

Oxidative stress

Oxidative stress occurs when free radicals and antioxidants are out of balance in your body. Under normal conditions, free radicals help the body by fighting off pathogens that can lead to infection or disease. But when antioxidants are far outnumbered, free radicals can go rogue and attack the body's fatty tissue, protein, or even DNA.

Once compromised, the body becomes more susceptible to various diseases over time, such as heart disease, diabetes, and hypertension, to name a few.

Sweet cherries are rich in polyphenols and vitamin C, which have powerful antioxidant properties. Studies have shown that eating sweet cherries can increase antioxidant capacity and reduce oxidative stress, bringing the body back into a healthy balance.

Inflammation

If you're among the 54 million Americans who suffer from arthritis or another rheumatic disease, sweet cherries may be able to provide some relief. Research shows that their anti-inflammatory properties can have the same effect as ibuprofen.

Gout

Gout is a form of arthritis, and sufferers tend to experience severe pain, redness, and tenderness in their joints. The condition is associated with elevated levels

of uric acid in the blood, levels that have been reduced with a diet incorporating sweet cherries. A recent study with gout patients found a 35% lower risk of gout attacks among those who consumed the fruit over two days. When that was combined with their prescribed medicine, specifically allopurinol, the risk of a gout attack was 75% lower.

Sleep

Vacation and travel can throw off your sleep patterns, and a good night's sleep is essential in a great vacation. With sweet cherries, you have a reliable source of tryptophan, serotonin and melatonin. Tryptophan is necessary to the development of serotonin, which, in turn, plays an important role in regulating sleep, mood, and appetite. Adequate levels of serotonin can contribute to feelings of well-being, while depression has been linked to low measures. Additionally, melatonin helps maintain your body's internal clock, regulating your sleep and wakefulness patterns.

Studies show that along with this enhanced sleep quality and quantity, mood and anxiety also display improvement. Researchers say enjoying the fruit about an hour before bedtime can help stabilize your sleep cycle.

Blood pressure

Finally, studies point to a link between the consumption of sweet cherries and lower blood pressure, both systolic and diastolic measures. Prolonged consumption correlates with a decrease in a potent vasoconstrictor, a compound that narrows blood vessels and restricts blood flow. The fruit is also associated with increased effectiveness of vasodilators, which help widen blood vessels and reduce blood pressure.

The addition of sweet cherries to your diet can reduce common health concerns and minimize the risk for developing illnesses such as cardiovascular disease and diabetes. Best of all, they are delicious! They are only in season for a short time, so grab them while they're at their freshest, then freeze, dry or preserve them to enjoy throughout the year.



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Aging & Disability Resource Center, Eau Claire, WI F 4C 02-1023

Virtual Dementia Education Programs

Serving Northwest Wisconsin - August 2021

Program Descriptions

Dementia 101

A power point presentation packed with information on what dementia is and how it affects those living with it; provides suggestions and tips for ways to communicate with a person living with dementia to enhance interactions and minimize anxiety.

Boost Your Brain and Memory Class

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

Better Brain Fridays

Formerly known as "Friday Facts, Best Care Chats." Nourish your brain health with bi-weekly webinars on a variety of brain health topics from experts in the field throughout the state of Wisconsin.

Dementia Friends Wisconsin

DFW is for anyone interested in making a positive difference in the lives of people living with dementia.

The DICE Approach Class

Provides caregivers support in assessing and managing behavioral symptoms associated with dementia without the use of pharmaceuticals.

Safety Considerations and Dementia

As our loved ones' skills and abilities change with dementia, many areas related to safety need to be addressed.

Coordinated by the
Dementia Care Specialists Serving:
Barron, Burnett, Chippewa, Douglas, Dunn,
Eau Claire, Iron, Pepin, Polk, St. Croix, and
Washburn counties

Program Schedule

Dementia 101

Tuesday, August 3rd, 4:00 - 5:00 pm
Carla Berscheit, cberscheit@co.chippewa.wi.us
715-944-8091

Boost Your Brain and Memory Class

Thursdays, August 5th - September 23rd,
10:30 - 11:30 am
Amy Luther, amy.luther@pierce.wi.us
715-273-6780

Better Brain Fridays

Formerly known as "Friday Facts, Best Care Chats." Nourish your brain health with bi-weekly webinars on a variety of brain health topics from experts in the field throughout the state of Wisconsin.

Friday, August 6th, 10:00 - 11:30 am
Intermittent Fasting, Recipes, and Cooking for Better Brain Health

Friday, August 20th, 10:00 - 11:30 am
It's a Wrap: Another Year of Better Brain Health
Lisa Wells, www.adrcevents.org
715-839-4735

Dementia Friends Wisconsin

Wednesday, August 11th, 4:00 - 5:00 pm
Carla Berscheit, cberscheit@co.chippewa.wi.us
715-944-8091

The DICE Approach Class

Wednesday, August 11th - August 25th, 10:00 - 11:00 am
Carrie Myers, cmyers@burnettcounty.org
877-485-2372

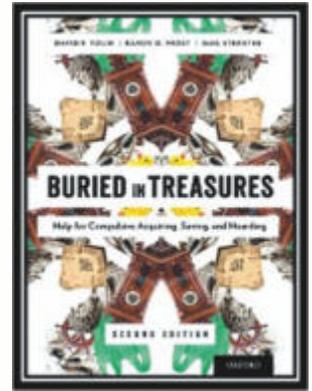
Safety Considerations and Dementia

Monday, August 23rd, 5:00 - 6:00 pm
Carrie Myers, cmyers@burnettcounty.org
877-485-2372



“Buried in Treasures” Workshop

A workshop based on the book “Buried in Treasures” will begin in September at the L.E. Phillips Senior Center. The class will meet once a week for 90 minutes. Sessions revolve around helping people develop ways to solve chronic clutter issues that may have been building for years. Discussions include how to get rid of unwanted items, and how to make decisions on treasures that are difficult to part with. This is a peer support group that helps us discover ideas and tools to make our homes more enjoyable and relaxing. The Hoarding Coalition of Eau Claire County will cover the Senior Center course fee and will provide scholarships for the “Buried in Treasures” workbook, as needed.



The class is limited to 10 participants. Connie Kees, a Professional Organizer and owner of Consult an Organizer LLC, will lead the group.

For more information contact Connie at:

Email: connie@consultanorganizer.com. **Phone/Text:** 715-828-8090

Website: www.consultanorganizer.com

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Summer Word Scramble:

Unscramble the letters to find the Summer words from the list below.

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cuylod _____

grsas _____

essuhnin _____

snlasda _____

ntalsp _____

wunlerfso _____

irginna _____

cnlioog _____

redang _____

Word List In order:
Bloom, Grass, Sandals, Plants, Sunflower,
Raining, Cooling, Garden, Cloudy, Sunshine



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EAU CLAIRE MEDICAL CLINIC



AUGUST DEMENTIA SUPPORT

For more information, check out the ADRC calendar events at www.adrcevents.org

Memory Connections Cafe

The café offers a comfortable way for people with memory problems and their care partners to have fun and socialize with others.

10:00 – 11:30 am, Tuesday, August 10, 2021

Chippewa Valley Museum, 1204 E. ½ Moon, Eau Claire

For more information, contact Lisa at 715-839-4750 or lisa.wells@co.eau-claire.wi.us

Coffee Group for Men

Connections and coffee for men caring for a loved one with Alzheimer's disease or other type of dementia.

11:00 am, Wednesdays, August 4 and August 18, 2021

3712 Gables Court, Eau Claire

For more information, contact Bob at 414-378-2114 or beevee6610@gmail.com

Early Stage Memory Loss Support Group

This support group is for people in the early stages of Alzheimer's disease or other dementias and their caregivers.

1:30 – 3:00 pm, Wednesday, August 25, 2021

Carson Park Pine Pavilion, 702 Carson Park Drive, Eau Claire

For more information, contact Lisa at 715-839-4750 or lisa.wells@co.eau-claire.wi.us

Middle-Late Stage Alzheimer's/Dementia Caregiver Support-t Group

This support group is for people caring for a person in the middle-late stages of Alzheimer's disease or other dementias.

1:30 – 3:00 pm, Thursday, August 12, 2021

Porter Place, 914 Porter Avenue, Eau Claire

For more information, contact Lisa at 715-839-4750 or lisa.wells@co.eau-claire.wi.us

Lewy Body Dementia Support Group - Virtual

This support group is for people caring for a person living with Lewy Body Dementia.

6:00-8:00 pm

Wednesday, August 11 and August 25, 2021

For more information contact Janell at romatowskij@comcast.net or Amy at amy@mudmodular.com

Stand in the Light Memory Choir Summer Semester

People in the early to mid-stages of memory loss, their care partners, and singing volunteers come together to share their love of music. No musical experience is necessary to participate.

Rehearsal are held hybrid – in-person and virtual.

10:00 – 11:00 am

Thursdays, August 19 – November 18, 2021

For more information call 715-210-4165 or standinthelightchoir@gmail.com



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