



NOVEMBER 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.eauclairedrc.org

 [www.facebook.com/
ECC.ADRC](https://www.facebook.com/ECC.ADRC)



November is National Alzheimer's and Dementia Awareness Month

President Ronald Reagan first designated the month to Alzheimer's awareness in 1983. Less than 2 million Americans were living with the disease in the early 1980's; today that number has more than doubled to more than 6 million Americans. It is estimated that approximately 1 in every 2 families have been directly impacted by Alzheimer's disease or other type of dementia.

Much of the information in the news and on websites are facts and figures and share little about how people are *living well*. Let's replace the stigma and talk about how life certainly changes with dementia, but it still can be good with hope and support from family, friends and the community.



(Phoenix Park Bridge, lit up purple for Alzheimer's Awareness Month)

What you can do today:

- ◆ Contact the Aging & Disability Resource Center of Eau Claire County to learn about support groups, classes, programs, conferences, and more! And read on - this newsletter includes some of them!
- ◆ Visit the Alzheimer's Association website: www.alz.org, especially this page on Living Well with Dementia <https://bit.ly/3BOurzT>
- ◆ Reach out to a friend or family member living with dementia and/or their care partner to check-in, bring them dinner or just a friendly phone conversation.

Aging & Disability Resource Center Staff



ADRC Director
Linda S.



ADRC Manager
Lisa R.



ADRC Manager
Betsy H.



Kitchen Manager
Sheryl S.



**Prevention
Coordinator**
Deb B.



**Dementia Care
Specialist**
Lisa W.



**Disability Benefit
Specialist**
Jim C.



**Disability Benefit
Specialist**
Melissa W.



**Elder Benefit
Specialist**
Leda J.



**Elder Benefit
Specialist**
Jessica S.



Accountant
Kelli W.



**Administrative
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.



**Options
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.



**Meal Delivery
Driver**
Kris B.



**Meal Delivery
Driver**
Doug S.



**Meal Delivery
Driver**
Norm B.

The Aging & Disability Resource Center (and the Eau Claire County Government Center) will be closed on Thursday Nov 25th, and Friday Nov 26th.

COVID CORNER

If you haven't received your first dose of the COVID-19 Vaccine, you may find a vaccine provider by visiting www.vaccines.gov or by calling 211 or 1-877-947-2211.

- ◆ **COVID-19 Booster shots** are available from Pfizer least 6 months after receiving their second dose of the Pfizer vaccine. The Moderna booster is also available for those who received this vaccine. Booster vaccines are recommended for:
 - ◇ People 65 and older
 - ◇ All residents in long-term care
 - ◇ People ages 50-64 with certain underlying medical conditions (see www.dhs.wisconsin.gov/news/releases/092721.htm for complete list)
 - ◇ People 18-49 with certain underlying medical conditions (use the link above)
 - ◇ People 18-64 with increased of COVID-19 exposure and transmission because of their job or institutional setting

- ◆ The State of Wisconsin has a call center at 1-844-684-1064 for personal assistance with COVID-19 vaccine related questions.

- ◆ Call the ADRC of Eau Claire County at 715-839-4735 if you need help getting a vaccine in your home because getting out is too difficult.

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.

ADRC Mission Statement

To help people age 60+ and adults with disabilities secure needed services or benefits, live with dignity and security and achieve maximum Independence and quality of life.





Thinking Ahead: Winter Safety Tips for People with Disabilities

-Adapted from Easter-
seals.com

Winter weather brings with it safety hazards for people with disabilities. It may seem early, but now's the time to start preparing, either for yourself or a loved one. Or at the very least, do your neighbor a favor and make sure your own sidewalks are cleared this winter.

Wardrobe considerations:

Footwear— Invest in snow boots with good tread and insulation to keep your feet warm and to prevent slipping. Also recommended is buying a good pair of cleats that attach to boots (available on Amazon or outdoor stores like REI, Lands' End etc.). Yaktrax are one well-known brand but there are others. Look up or ask for *snow cleats*.

Gloves—Protect your hands with a good pair of gloves. Find warm gloves with thinner material at the fingertips – they're intended for people who like to text, but they're handy for those of us who can't see well and need our sense of touch to find surfaces like keyholes, handles to the doors of cars, the buckle for your service dog's harness, and so on.

Think of your wheelchair like a car

Think of your wheelchair like a car, especially in the winter season. This means making sure everything is tuned up, charged, and ready for the possible rough terrain ahead. Have an emergency kit in case you become stuck in hazardous conditions. Some items to have on hand include a protein bar, bottled water, hand warmers, and kitty litter to use for traction. Wheelchair users should consider buying an all-weather poncho that is spacious enough to fit over you and your chair. These can be found at any camping supply store.

Wheelchair users may want to consider outfitting their wheelchairs with snow tires to prepare for the icy conditions.

Check smoke alarms and CO₂ detectors

Ensure your smoke alarms and carbon monoxide detectors have fresh batteries and are in working order. If you burn candles or have a fireplace, make sure they are out before going to bed. Set an alarm to check them if you tend to fall asleep watching TV.

Have these emergency plans in place:

Here in WI, we get strong snowstorms, which can cause power outages. Be prepared for emergencies with these crucial tips:

- Have emergency contacts in an easy to reach place
- Connect with others on social media to check-in, or to broadcast that you need help
- Stock up on shelf stable foods (peanut butter, protein bars, non refrigerated milk, crackers, applesauce)
- Make an emergency plan with your primary care physician to discuss prescription refills, treatments, oxygen, and anything else that may be impacted by a winter storm
- Have a backup power source if possible and needed

Make sure your dog is ready, too

Seeing Eye and service dogs need to be prepared for winter weather conditions to ensure their safety and comfort. It is advised to avoid driveways, roads, and sidewalks where salt has been used to melt ice, as this is one of the biggest threats to healthy paw pads. If you can't avoid salt, use paw wax like "Musher's Secret" to form a protective barrier between the paw and pavement. Also make sure your dog has reflective gear.



Connecting Eau Claire



Connecting Eau Claire is a new social isolation project that has been started by the ADRC. It allows a volunteer to connect with individuals within our community for friendly conversation over the phone. We know there are many individuals within our own community that are secluded to their home due to a variety of reasons. The COVID-19 pandemic has only made that worse. *Connecting Eau Claire* is a simple way for someone to spend some time talking about days of old, movies, books, current events, or any other topic that comes to mind.

If you or someone you know would be able to benefit from receiving friendly calls, please contact the ADRC at 715-839-4735 to be added to our calling list.

*We are not currently taking additional volunteers.

2021 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 at: www.adrcevents.org or call ADRC of Eau Claire County at 715-839-4735 • 1-888-338-4636 tty: use Relay (711), or email adrc@co.eau-claire.wi.us

November presentation:
Wednesday November 10, 2021 at 10:00 am
(Virtual via WebEx)

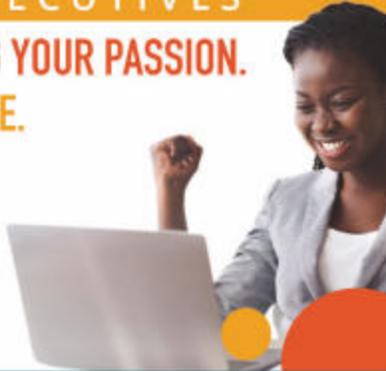
This is meant for people new to Medicare. Open enrollment options will not be addressed at this presentation.

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Attorney
Jessica Merkel



Attorney
Mark Munson

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"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113



ADRC Van Schedule November 2021



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Open date call to schedule trip.	2 Open date call to schedule trip.	3 Open date call to schedule trip.	4 Open date call to schedule trip.	5 St Johns Apartment Walmart trip. Pickup at 10a
8 Open date call to schedule trip.	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.
15 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 St. Johns Apartment Woodmans trip. Pickup at 10a
22 Open date call to schedule trip.	23 Open date call to schedule trip.	24 Open date call to schedule trip.	25 No van service today.	26 No van service today.
29 Open date call to schedule trip.	30 Open date call to schedule trip.			

We are constantly monitoring the pandemic situation. Our programs are subject to change with little or no notice.



AUGUSTA SENIOR & COMMUNITY CENTER
616 W. WASHINGTON ST, AUGUSTA | 715-286-2953

MEDICARE

OPEN ENROLLMENT

An Overlooked Opportunity
To Reduce Healthcare &
Prescription Drug Costs



Are you anticipating changes in the coverage that you will need? Will you be taking fewer or more prescriptions this year? Do you have a surgery planned?

The ADRC Elder Benefit Specialists can help you use the Plan Finder Tool on Medicare.gov

ENSURE Liquid Supplement

Available at the ASCC

24 ct Case: \$25

Chocolate, Vanilla & Strawberry



Adaptive Equipment Loan Closet in Augusta!

Consumers are able to 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 a needed item isn't already in Augusta, it can be brought here in a short amount of time.



Have a phone, laptop, tablet or other tech-device that you want to learn more about?



*One-on-One Tech Coaching appointments are available.

**Individuals or couples from the same household.*

Center's monthly newsletters at: www.ourseniorcenter.com/find/augusta-senior-community-center-54722
Email: augustaseniorcenterelaine@gmail.com to receive our Local Info Pages.



Recognize Caregiver Burnout

By Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging
Resources

Providing care for an aging or disabled loved one is probably one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming, bathing, and walking is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one's ability to care for themselves deteriorate is emotionally difficult. And the changes in your own personal, social, and work life as a result of your caregiving obligations may leave you feeling confused, unhappy, and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the challenges go beyond your ability to manage and into what is often called **caregiver burnout** which is a state of physical, emotional, and mental exhaustion. Stressed caregivers may experience fatigue, anxiety, and depression. Learning to identify the warning signs of burnout and learn interventions to reduce stress levels will help make your caregiving role more manageable and enjoyable.

Warning signs of Caregiver Burnout:

- ◆ Being on the verge of tears or crying a lot
- ◆ Feeling helpless or hopeless
- ◆ Overreacting to minor nuisances
- ◆ Feeling constantly exhausted
- ◆ Losing interest in or having decreased productivity from work
- ◆ Withdrawing from social contacts
- ◆ Increasing use of alcohol or stimulants
- ◆ Change in eating or sleeping patterns
- ◆ Inability to relax
- ◆ Scattered thinking
- ◆ Feeling increasingly resentful
- ◆ Being short-tempered with care recipient frequently
- ◆ Increasing thoughts of death

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to feedback from your friends and family about how you appear to be coping. Then heed the warnings to counteract burnout.

Once you have recognized that you are experiencing burnout you can try various things to help you cope.

Coping Strategies

- ◆ **Ask others for help.** You don't have to do everything. It's okay to ask for help.
- ◆ **Get support.** Find family and friends whom you can share joys and frustrations with. Attend a support group to receive positive feedback and coping strategies from others in similar situations. Consider seeking professional counseling.
- ◆ **Take regular breaks,** even if it is only 15 or 20 minutes while your loved one is sleeping or engaged in something else, do something that makes you feel good.
- ◆ **Maintain good health** by exercising regularly and eating a healthy diet.
- ◆ **Take regular time out for** journaling, meditating or contemplation.
- ◆ **Stay involved** in hobbies and activities you enjoy. Find a home care provider or ask family or friends to stay with your loved one if necessary.

When you understand and acknowledge that being a caregiver may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do to prevent burnout and be an effective caregiver is to take care of yourself!

Senior Congregate Dining

The following meal sites are now open for sit down dining:

- ◇ Augusta Senior & Community Center (*lunch*)
- ◇ Fairchild Community Center (*lunch*)
- ◇ LE Phillips Senior Center (*2 evenings/month*)
- ◇ **Grab and Go only:** St. John's Apartments (*lunch*)

- ◆ 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.
- ◆ Wednesday's Salads (listed on menu) are only available to Congregate Dining Sites.

Augusta Senior Center Monday-Friday at 11:30 am call 715-286-2953 to make your reservation by noon the previous day. Indicate when making your reservation if you will be dining in or taking out.

St. John's Apartments Monday-Friday at 11am; call 715-839-4886 to make your reservation by 1:00 the day prior. Grab & Go only at this time.

Fairchild Community Center Every Wednesday at 12:00pm; call 715-839-4886 to make your reservation by the Tuesday before at 1:00 PM. Indicate when making your reservation if you will be dining in or taking out.

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 out.

Meals are available on the 2nd and 4th Tuesday of each month at 5:00 pm.

Tuesday November 9th:

Turkey w/gravy, mashed potatoes, dressing, glazed carrots, bread, cranberry sauce & pumpkin pie

Tuesday November 23rd:

NO EVENING MEAL



Weather Cancellation Policy

With winter just around the corner, we'd like to remind

everyone of our policy regarding closures of the Meal on Wheels and Senior Dining Program.

Meals on Wheels and Senior Dining Sites may be closed if we have heavy snowfall, extreme temperatures, icy roads, storms/tornado/heavy winds, etc. **If Eau Claire schools are closed due to weather, Meals on Wheels and Senior Dining Sites will also be closed.** If Eau Claire schools have a late start, Meals on Wheels will still deliver.

For delivery, we ask that you please have snow and ice removed from entrance and sidewalks so that our volunteers can safely deliver your meal to you. If your sidewalks are not cleared you run the risk of no delivery.

To check for our closings, you will be able to find them scrolling on the bottom of the TV along with the school closings on your local channels WEAU-TV 13 and WQOW-TV 18. You can also find our closings directly on their websites: www.weau.com and www.wqow.com. We also announce our closings on WAXX radio.

Meals on Wheels Closure Dates

Meals on Wheels and Carry Out Dining will be closed on Thursday November 25th and Friday November 26th.

If you'd like additional meals on Wednesday please contact our office by 1:00 PM on Tuesday November 23rd.





Cremation Society of Wisconsin
 535 S. Hillcrest Parkway
 Altoona, WI 54720
 715-834-6411 or 888-317-2794
 www.cremationsociety-wi.com

Member Cremation Price \$1595.00
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I am interested in receiving a no-obligation informational brochure:

Name: _____
 Address: _____
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Please clip and mail this ad to the address above to receive more information.

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- 1 bedroom HUD subsidized units for persons 62+
- Rent is 30% gross income w/utility allowance
- Elevator & coin laundry on-site
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715-598-1750 • VisitingAngels.com/EauClaire

Each Visiting Angels agency is independently owned and operated.

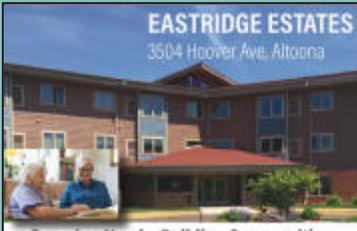


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 Eastridge.Estates@lsswis.org



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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 03/31/22

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

November 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 Comm. Center | 121 Farmer St, Fairchild | **Every Wed Serve Time: 12:00 pm | 715-839-4886**

***Salad's only available at the Dining 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
Creamed Ham 1 And Vegetables* Green Beans Southern Biscuit* Fresh Fruit *	Apricot Almond 2 Chicken Breast^ Potato Casserole* Steamed Broccoli Butter & Egg Roll* Carrot Cake*	Meatloaf with 3 Garlic Mashed Red Potatoes* Tomato, Cucumber and Onion Salad W/G Bread* Apple Crisp*	Country Ribs 4 With Kraut Seasoned Potatoes* Harvard Beets* Rye Dinner Roll* Seven Layer Bars*	Bean & Frank 5 Casserole* Mac & Cheese* Steamed Spinach Blueberry Muffin* Fresh Fruit^
Breaded Pork 8 Chop^ with Ap- ples* Parsley Potatoes* Steamed Broccoli W/G Bread* Fresh Fruit*	Country Pot Pie 9 with Beef* Mashed Yukon Pota- toes* Wax Beans Corn Bread* Chocolate Cherry Cake*	Baked Cod with 10 Tartar Sauce Wild Rice Blend* Steamed Carrots* Mandarin Orange Cake*	Baked Chicken 11 Whipped Potatoes* Roasted Brussel Sprouts* W/G Bread* Monster Cookies*	Frito Pie 12 Taco Meat, Fresh Greens, Tomatoes, Cucumbers Salsa and Sour Cream^ Fritos* Cheddar Cheese Refried Beans* Fresh Fruit^
Tater Tot * 15 Casserole with Beef And Mixed Vegeta- bles* Green Peas* Biscuit* Fresh Fruit^	Magnolia BBQ 16 Beef Brisket* Baked Beans* Cole Slaw^ W/G Dinner Roll* Cherry Crisp*	Swiss Chicken 17 Baked Potato* Sour Cream^ Roasted Veggies* W/G Bread* Chocolate Marble Bar*	Roast Turkey with 18 Giblet Gravy* Bread Dressing* Mashed Sweet Potato* Asparagus^ Cranberry Sauce* Pumpkin Pie*	Hot Ham & Cheese 19 W/G Bun* Steamed Broccoli and Cauliflower Applesauce* Fruit Juice*
Bacon & Cheese 22 Burger Casserole With Pasta* Mixed Vegetables* Breadstick* Fresh Fruit^	Italian Chicken 23 With Parmesan & Garlic Sauce White Rice* Brussel Sprout* W/G Bread* Cookies & Cream Fluff*	Baked Ham 24 Mashed Potatoes* Spinach and Mushrooms Pumpkin Bar*	25 Closed 	26 Closed Day After Holiday
29 Seasoned Chicken with Black Beans* Romaine, Toma- toes & Red Onions Brown Rice* Mexican Churro*	30 Cheeseburger W/G Bun* Pickles Roasted Red Pota- toes* Steamed Corn* Butterscotch Pud- ding*		Note: The signs indi- cate the number of Carbs in a meal. ^ = ½ carb * = 1 carb *^ = 1 ½ carb	Salads 11/3 Waldorf Salad 11/10 BLT Salad 11/17 Chef Salad 11/24 Tuna w/Fresh Greens

Meals on Wheels is in search of volunteers!

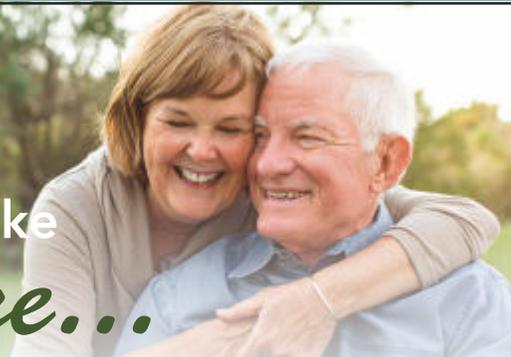
Are you looking for a way to give back to others and something that can be done over your lunch break?

Winter is always a difficult time for the Meals on Wheels program but is still crucial to our homebound individuals on the program.



We are recruiting for volunteers who are willing to deliver weekly, bi-weekly, monthly, or as a substitute. Delivery for meals takes around an hour, so we can be flexible with YOUR availability. Convenient pick-up places all around Eau Claire with varied pick-up times at 10:50, 11:10 and 11:30. A fun and easy activity to do alone, or with co-workers/friends this holiday season!

If you're interested in learning more, contact Betsy Henck, ADRC Manager at betsy.henck@co.eau-claire.wi.us or at 715-839-6259.



Feels like home...

- **First Month rent FREE**
- Flexible rent options
- Located behind Sacred Heart Hospital
- Optional noon meal on site
- Heat, water, sewer & garbage included
- Discount meals at Scared Heart Hospital
- Storage in apartment & basement
- Beauty salon, library and recreation room

St. Francis Apartments
851 University Dr. Eau Claire, WI
For information visit us at saintfrancisapartments.com

Open House every Tuesday 2 - 4 pm
Call 715.834.1338 to take a tour today!

Owen Rust Apartments

We Offer:

- Income Based Rent
- No Asset Limit
- One-Bedroom Apts.
- Pets Allowed With Restrictions
- Secured Building/Security Entrance
- Emergency Call System
- 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

Handicapped Accessible Apartments Available



Park Tower Apartments

Subsidized Housing - One Bedroom Apartments

- Income Based Rents
- No Asset Limits
- 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
- On-Site Manager and Maintenance
- Coin Operated Laundry Facilities
- Bus Stop Nearby
- Card Access Security Entrances
- Off Street Private Parking
- Vending Machines
- Pets Allowed With Restrictions
- On-Site Beauty Salon
- Community Room
- Air Conditioners Provided

Handicapped Accessible Apartments Available

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

901 S. Farwell St. • Eau Claire, WI 54701

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

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



ADRC Prevention and Health Promotion Workshops

Stepping On (In-person) can help you 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: Tuesdays, 1:00 - 3:00 pm

November 2 - December 14, 2021

WHERE: Grace Lutheran Church (2nd Avenue entrance), Eau Claire

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. StrongBodies™ program provides a safe environment for older adults to improve strength and balance with a group of peers. Learn more in this orientation and sign up for classes.

WHEN: **Thursday, December 2, 2021 at 10:00 - 11:15 am**

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

StrongBodies™ 10-week workshops, classes meet twice weekly for one hour each.

Virtual: Mondays & Wednesdays, January 3 - March 16, 2022 at 8:30 am, 11:15 am, *and*

Tuesdays & Thursdays, January 11 - March 17, 2022 at 8:30 am

In-person: Mondays & Wednesdays, 4:30 pm (Chapel Heights UMC), 5:00 pm (Dove Healthcare-West)

Repeat participants must complete a Re-enrollment Consent Form to **sign up by December 27**. 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 ADRC at 715-839-4735 to request a form by mail.

Healthy Living with Chronic Pain (virtual)

If living with ongoing pain is keeping you from doing the things you want to do, this 6-week workshop can help give you the tools and strategies to manage your pain. If you're 18 or older and have or live with someone who has chronic pain, this program is for you!

Topics include: Short-term goal setting, Relaxation, Getting quality sleep, Bettering emotional health, Medication usage and evaluating treatment options, Balancing activity and rest, Creating a pain profile, Fatigue management, Communication skills with friends, family, and medical team.

This program does not replace existing treatments, but serves to complement your current medical treatment plan, and is not meant for a person who has pain medication addiction issues.

WHEN: Thursdays, 10:00 am- 12:30 pm

January 27 - March 3, 2022

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

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

Congratulations to graduates of the Stepping On falls prevention workshop in September - October 2021.

Thank you also to these guest presenters who shared their expertise on balance and strength exercises, medication management, vision strategies, and community safety:

- Suzanne Leroux, physical therapist—HSHS Sacred Heart Hospital
 - Catherine Lea, pharmacist—Mayo Clinic Health System
- Al Thompson, rehabilitation specialist—WI Office for the Blind & Visually Impaired
 - Dave Okas, retired firefighter/paramedic

ADRC Adaptive Equipment Loan Program

Do you or a loved one have a hard time hearing? If so, consider checking out this Pocket Talker from the ADRC loan closet! This device is unique in amplifying sounds for the consumer while reducing background noise. It is ideal for one-on-one conversations, small groups, and TV or radio listening. It can also be used with or without a hearing aid. All that you have to do is simply plug in your headphones, position the microphone near the preferred sound, adjust volume to your comfort, and start listening!

If you would like to check for availability of this item or other adaptive equipment items, please call the Aging and Disability Resource Center at 715-839-4735. Whether you are thinking about purchasing an item but want to try it out first or are needing something for a short period of time, the loan program can be a useful service. All adaptive equipment items can be borrowed for up to three months.



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

DHS Approved 4/22/2021

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



Caretaker Corner

By Jim Alf

When does caregiving end?

It has been almost a year since I admitted my wife to a care facility. I had been her caregiver nearly five years then, from the first stages of memory loss to providing all basic care. The day I came home alone I assumed I was no longer her caregiver. Oh, silly me. I had hardly settled in my recliner for some much-needed rest when the paperwork interrupted my delusion. The health insurance policies needed work, bank accounts had to be changed, Social Security kept me busy for a while and pharmacy prescriptions were stopped as the facility took charge of meds. POA forms needed to be updated, endorsed by witnesses and made durable. I am thankful for agencies and individuals who did a lot of the heavy lifting but I still spent a good bit of time studying procedures, rules, and protocols so I felt I was in the loop.

Now I also realize visiting Karen is caregiving, too. She doesn't know who is visiting, hardly knows I'm there, but I go because I care. It comforts me to see the beautiful manner in which she is kept comfortable, clean, properly medicated and well nourished. It is as much a little trauma for me to go see her as it is for many others, and I have to admit, I sometimes go because I feel guilty if I don't. And it is what she would do for me. When life ends for the one to whom we give care a highly emotional, intense period of caregiving ensues. Whatever plans or wishes the deceased had, it is the most generous and noble care we can give to carry out those plans as that person desired. After that we dust the mantle or water the flowers, because we care.

What is the Eau Claire City/County Paratransit Program?

The City of Eau Claire & Eau Claire County provide a joint specialized transportation program for people whose disabilities prevent them from using the city bus system. It is also available to individuals with disabilities or are 60 years old and older who live in the rural parts of the County who do not have access to any transportation services. The program is contracted through **Abby Vans, Inc** and requires an application to be submitted to the City of Eau Claire to determine eligibility. Applications can take up to 21 days to process.

Paratransit applications can be approved for full eligibility or on a limited term basis. If you are found to be capable of using Eau Claire Transit for all trips, without the help of another person, you will not be eligible for paratransit.

Paratransit runs Monday-Saturday 6:00 am until 10:00 pm and Sunday 7:00 am – 2:00 pm. A small co-pay is required for most trips. Paratransit can be used for medical, employment, shopping, social & personal business purposes.

For more information, you can contact the ADRC at 715-839-4735 or Eau Claire Transit at 715-839-5111 or visit www.eauclairewi.gov/services/transit-services for an application.

NOVEMBER DEMENTIA SUPPORT

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

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, November 3, and November 17, 2021

Peace Lutheran Church, 501 E. Fillmore, 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, November 17, 2021

Lake Street Methodist Church, 337 Lake Street, Eau Claire

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

Dementia Caregiver Support Group

This support group is for people caring for a person with Alzheimer's disease or related dementias.

1:30 – 3:00 pm, Thursday, November 11, 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

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

6:00-8:00 pm, Wednesday, November 10, 2021

Virtual

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

Stand in the Light Memory Choir Concert – Live Streamed

People in the early to mid-stages of memory loss, their care partners, and singing volunteers come together to share their love of music.

Thursday, November 18, 2021

6:30 pm

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

Feeling Bombarded by Phone calls and Commercials?

Ingrid Kundinger, Wisconsin Senior Medicare Patrol Project Manager

You have probably seen the commercials for Medicare insurance. Some feature famous athletes delivering “important information if you are on Medicare.” Also phone calls from unknown callers may make you feel like you are missing out on all sorts of benefits that you are entitled to, and may pressure you to enroll in the plan they are selling.

These types of commercials and phone calls are intensifying due to Medicare’s Open Enrollment Period which is October 15 – December 7, 2021. This is the time of year that Medicare health and drug plans make changes each year. Be careful and do your homework to make sure that you understand what benefits and plans are available to you where you live.

Here are a few important things to know :

- While the commercials use the word Medicare, red, white, and blue colors and images of Medicare cards, the telephone numbers displayed on these commercials are NOT Medicare; rather insurance agents or brokers.
- The fine print on the bottom of the TV screen, which is almost impossible to read, states that these plans are not affiliated with any government program or agency.
- The benefits that are mentioned (eyeglasses, hearing aids, rides to appointments, etc.) MAY be offered with certain Medicare Advantage plans. Medicare Advantage plans vary greatly from state to state, and even county to county. In some cases, there are additional costs associated with these benefits or eligibility guidelines that must be met to qualify. It is not a “one size fits all” type of option.
- Some commercials mention that you may qualify for up to \$144 added back to your Social Security check every month. Be careful as there are conditions that apply to this statement. [This rebate is not available with advantage plans in Eau Claire County]. Instead of calling the number from TV, contact the ADRC to ask about the Medicare Savings Program, an assistance program to help with Medicare premiums.

- Some commercials also state that you may qualify for a zero-dollar premium or mention available benefits at no additional cost. Again, there is fine print for these types of situations that you need to be aware of. Zero-dollar premium plans may also have co-payments and coinsurance that can apply.

What’s the bottom line? By responding to the TV commercials, you may end up with a plan that is not available in your area, does not include your health care provider, or has additional costs. Since the new plan doesn’t go into effect until January 1, 2022, you may not find out these things until it’s too late.

What can you do to make sure that you understand all your options?

- **Become an informed consumer.** Make sure that you understand the differences between Medicare Part A, B, C, and D and other plans available such as Medigap. There are available resources across the State of Wisconsin that provide unbiased information, as a free service to you, such as the Aging and Disability Resource Center.
- **The best way to protect yourself from Medicare fraud and scams is to be extra cautious on the telephone.** **HINT:** The calls about back braces (and any other types of medical equipment) are Scams! Medicare covers these sorts of things in certain circumstances, but it must be deemed medically necessary and ordered by your treating health care provider. The people calling you out of the blue to offer you these things for free, in exchange for your Medicare number, are trying to take advantage of you and the Medicare system. If you hang up the phone, you are protecting both yourself and Medicare from potential fraud.

Wisconsin Senior Medicare Patrol (SMP)(888-818-2611) is a toll-free helpline for Medicare beneficiaries and their families to report suspected Medicare fraud, errors, and abuse. SMP is ready to provide you with information to PROTECT yourself, DETECT potential fraud, abuse, and errors; and to REPORT your concerns.



Apply Now for Energy Assistance for the 2021-2022 Season

Energy Assistance applications for the 2021-2022 season will be accepted October 1, 2021-May 16, 2022.

2021-2022 Income Guidelines

There are many ways to apply:
By PHONE: Call 1-800-506-5596
Online: <https://energybenefit.wi.gov/>
In Person: Call Western Dairyland at 715-836-7511
Paper Application: Call Western Dairyland at 715-836-7511

Household Size	1 Month Combined Household Income*	Annual Income
1	\$2591.92	\$31,103
2	\$3389.42	\$40,673
3	\$4186.92	\$50,243
4	\$4984.42	\$59,813
5	\$5781.92	\$69,383
6	\$6579.42	\$78,953
7	\$6729.00	\$80,748
8	\$6878.50	\$82,542

Western Dairyland is open
Monday-Friday, 8:00 am-4:00 pm.
For more information on Energy Assistance,
go to <https://www.westerndairyland.org/>

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CELEBRATE FAMILY CAREGIVERS

Jane Mahoney
Older American's Act Consultant
Greater Wisconsin Agency on Aging Resources

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife whose mobility is failing; the woman who gently nudges her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do some repairs on his parent's house. They are everywhere – family, friends and neighbors who help their loved ones with the daily tasks of life, allowing them to maintain their independence, dignity and quality of life. The role of the unpaid caregiver is invaluable and yet they often don't recognize their own worth. Our caregivers deserve to be celebrated!

Let's Celebrate Caregivers this month!

Below are some simple things you can do to help a caregiver and let them know they are important and appreciated.

1. Stop by their house and say hello. You don't have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.
2. Call the caregiver and check in on how THEY are doing. Too often the conversation is about the person needing care and the caregivers' needs are forgotten. Listen to them without judging or advising. An opportunity to share their feelings openly and in confidence can be a great help and comfort.
3. Offer to help. Instead of telling them to call if they need something, be more persistent in offering your help. Try this. "I am going to help you. Do you want me to bring a meal or a mop?" Or ask what they need from the grocery store or when is a good time to send your teenage son over to mow/rake/shovel snow. Be specific and gently insist on helping.
4. Invite them to do something – go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.
5. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to visit the ADRC to find out the various types of support that are available.
6. Attend a support group meeting with them. Sometimes it is hard to go alone, and your presence will open up this valuable resource to them.
7. Check in regularly. A weekly phone call to ask how things are going can alleviate feelings of loneliness and help them feel special and important. Sometimes they just need someone to listen to them, and sometimes hearing about someone else's life gives them a break.

If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break. Take some time to recognize and thank the family caregivers that you know.

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

Eau Claire Memory Café

Tuesday, November 9, 2021

10:00 - 11:30 am

Chippewa Valley Museum
1204 E. Half Moon, Eau Claire

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

Join us in November as we create winter survival kits for the Community Table. All hands welcome!

WINTER

Dementia 101



Monday, November 15, 2021

1:00 - 2:30 pm

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

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, and community resources.

Making Spirits Brighter: Happier Holidays for Families Coping with Dementia

Wednesday, December 1, 2021

12:00 - 1:30

Virtual

Join retired chaplain, author, and caregiver Moira Kneer, for an afternoon webinar of learning, conversation, and practical self-care tips for happier holidays.

Register online at www.adrcevents.org or call
715-839-4735

Dementia

An umbrella term used to describe a collection of brain diseases and their symptoms, which include: memory loss, impaired judgment, personality changes, and an inability to perform daily activities.

<p>Alzheimer's Disease</p> <p>Prevalence 60-70% of dementia cases</p> <p>Characterized by Amyloid plaques and beta tangles.</p> <p>Symptoms include Impairments in memory, language, and visuospatial skills.</p>	<p>Vascular Dementia</p> <p>Prevalence 10-20% of dementia cases</p> <p>Characterized by Disease or injury to the blood vessels leading to the brain.</p> <p>Symptoms include Impaired motor skills and judgement.</p>	<p>Frontotemporal Dementia</p> <p>Prevalence 10% of dementia cases</p> <p>Characterized by Deterioration of frontal and temporal lobes of the brain.</p> <p>Symptoms include Personality changes and issues with language.</p>	<p>Lewy Body Dementia</p> <p>Prevalence 5% of dementia cases</p> <p>Characterized by Lewy body protein deposits on nerve cells.</p> <p>Symptoms include Hallucinations, disordered sleep, impaired thinking and motor skills.</p>	<p>Other Dementias</p> <p>Prevalence 5% of dementia cases</p> <p>Dementias related to</p> <ul style="list-style-type: none"> • Parkinson's disease • Huntington's disease • HIV • Crutzfeldt-Jakob Disease • Korsakoff syndrome
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