



1805 N. 16th Street, Superior, WI 54880
715-394-3611
www.seniorconnectionswi.org
www.facebook.com/seniorconnectionswi

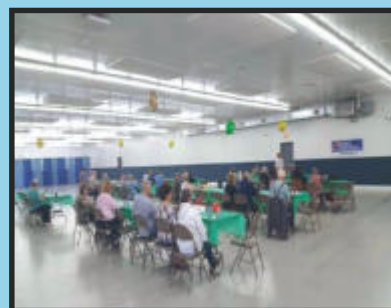
SEPTEMBER-OCTOBER 2021



Thank you
Head of the Lakes Fair
for sponsoring Senior Bingo
on July 21st & to the gener-
ous guest that donated to
help break a tie in game 16!



If you couldn't join us this
year, we sure hope to see
you at Senior Bingo 2022!



Wednesday, October 27, 2021
9am to 2pm

Go Show (formerly the Senior Expo)
Duluth Entertainment Convention Center
"The Show for Those 55+"



Inside This Issue

Bingo at the Fair!	1	UWS-Continuing Education	8
Executive Director Corner	2	Nutrition for Mental Health & Pain	9
Caregivers Corner	3	Word Find Puzzle	10
Caregivers Corner, cont.	4	Transportation	
Caregivers Corner, cont.	5	55 Years of Age & Older	
Elder Benefit Corner	6	Dates & Events	11
Senior Connections Needs Your Help	7	UW-Extension Food Wise	12
		Malnutrition Awareness Week	13
		UW-Extension Strong Bodies	14
		Gift Certificates & Donations	15

FROM THE DESK OF THE EXECUTIVE DIRECTOR



Fall is coming!!! This my favorite time of year and I hope you get to enjoy all the things the Northland has to offer!!!

At this time we are planning to resume in-person dining at all our meal sites throughout Douglas County (except Campus Café possibly opening January 2022) beginning Monday October 4th. There will be protocols in place to ensure staff and participant safety. Just like before, you will need to contact the office the day before to reserve or cancel your meal and then confirm with the Site Operator if you want a meal the next day. The meal site is closed at the Kro Bar in Brule so those folks are encouraged to go to the Wentworth meal site on Tuesdays and Wednesdays to have a meal, call the office to reserve. We are working on another site somewhere out in that area so stay tuned. All other meal sites will resume their previous schedules. We will still offer to-go meals for those wishing to do that. We continue to follow Health Department guidelines so there could be a possibility that things may change but we will update you as things progress on our website www.seniorconnectionswi.org and Facebook page www.facebook.com/seniorconnectionswi or by calling our office with any questions at 715-395-3611. Our office hours are 8-4:30 Mon-Fri.

We have been notified that those receiving rides with our Transportation Dept by MTM (Medical Transportation Management) will be changing to Veyo beginning November 1st. Participants will be notified by Veyo and given any information needed to continue scheduling their rides during this transition. All other riders will have no change.

We will be serving lunch at the Farmer's Market on Wed Sept 8th from 10-2pm with the proceeds going to the Alzheimer's Memory Walk so stop by, grab a bite and support a great cause!

Senior Connections will have a booth display at the Go Show (formerly the Senior Expo) at the DECC on Tuesday October 27th from 9-3pm, hope to see you there!

We are currently looking for some fill-in site operators and nutrition drivers to help. These positions are on an on-call basis and for the right candidate this can put a little extra cash in your pocket. If you are interested please contact Molly, Nutrition Director at 715-394-3611 or nutritiondirector@seniorconnectionswi.org.

Stay safe out there!

Dale Johnson, Executive Director

CAREGIVERS CORNER



The pandemic has been hard for everyone to navigate but at times particularly difficult for caregivers. I would encourage caregivers to take time for themselves. Self-care is important in order to care for others.

There are numerous educational and informational opportunities being offered in the months ahead. Please take time to review the various workshops to see if one might be valuable to you or someone you know. Many but not all are being offered virtually. **If you are hesitant about using technology or do not have it available, please contact Senior Connections, we will assist you with our tablet loan program and get you connected.** Call Luann at Senior Connections, 715-394-3611, with any questions or for additional information.

Caregiver Conversations-Meeting in person the third Wednesday of each month from 1pm-2pm at the United Presbyterian Church, 229 N 28th St. Superior. A confidential group offering support, information, and education to family caregivers.

Powerful Tools for the Caregiver Virtual Workshop-Meets once a week for six weeks, focused on the health and wellbeing of the family caregiver. Mondays Sept. 13th – Oct. 18th, 1-3pm To register, contact Carrie Myers, 715-395-1234.

Boost Your Brain and Memory Virtual – Learn what You can do to keep your brain healthy and sharp. Tuesdays, Sept. 14th -Nov. 2nd 3pm – 4pm. To register contact Carrie Myers, 715-395-1234.

Savvy Caregiver Virtual Workshop- Learn skills, knowledge and techniques needed to provide care to a person (most often a friend, or family member) who has been diagnosed with Alzheimer's disease (or any other dementia). Wednesdays, Sept. 22nd -Oct. 27th, 9am-11am. To register contact Lisa Wells, 715-839-4734 or www.adrcevents.org

Northwood Technical College (formerly WITC) Virtual Caregiver Conference – Understanding Your Needs as a Caregiver with Teepa Snow- Friday, Sept 24th 9am-12pm, 1pm-4pm. Teepa Snow is one of the world's leading advocates and educators for anyone living with dementia or other forms of brain change. Visit bit.ly/VirtualCaregiverConfTeepaSnow or call 715-394-6677 ext. 6050 to register.

Dementia Live and Understanding Alzheimer's and Dementia – Thursday, September 30th Superior Public Library, Dementia Live sessions from 4pm -5pm Presentation at 5pm -6pm. Please contact Carrie at the ADRC at 715-395-1234 to RSVP and sign up for a Dementia Live timeslot.

Trualta-Free education portal to access modules on information about caring for a loved one with a chronic illness. Topics include Stroke recovery, Dementia Care, Caring for the Caregiver, Music Therapy, Grief & Loss, Providing Personal Cares and much more. Contact Luann at Senior Connections to learn more and get registered.

Please consider taking advantage of these opportunities and check out our website for any updated program information! www.seniorconnectionswi.org

HEALTH PROGRAMS



Evidence-Based Health Programs – Invest in yourself!



September is Falls Prevention Month

Try a Matter of Balance!

In recognition of Falls Prevention Month, Senior Connections will be offering a free virtual **A Matter of Balance Workshop**. Through this evidence-based program you will learn to view falls as controllable, make changes to reduce fall risks at home, a series of chair exercises to increase strength and balance, and set goals for increasing activity. The workshop will be offered online starting Tuesdays, September 21st – November 16th from 10am -12pm. Not sure about an online workshop? We will help you get connected. Please contact Luann at Senior Connections, 715-394-3611 to register or for more information.



Free Virtual Living Well Workshop

Meets once a week for six weeks starting Thursday, September 16th -October 21st 1pm-3pm. This workshop helps build self-confidence in your ability to manage ongoing health conditions and live a healthier life.

You will get information on relaxation techniques, healthy eating, nutrition, communicating effectively with family & medical team, stress management, and fitness for fun & exercise.

For more information or to register contact Luann at Senior Connections, 715-394-3611.

COMMUNITY UPDATES

Update to Groceries- To -Go- Program



North Country Independent Living (NCIL) and Age Well Arrowhead are partnering to support individuals with disabilities and older adults living in Douglas County with grocery shopping and delivery through Age Well Arrowhead's Groceries-To-Go-Program at a **discounted delivery rate!** Groceries will be shopped from Super One by volunteers and delivered to your home. This Pilot Program is supported by funding through Essentia Health's Community Contributions.

If you are interested or have any questions, please contact Peter Hafften, at Age Well Arrowhead at 218- 623-7800 and to receive the discount on the delivery fee tell them North Country Independent Living sent you. Age Well Arrowhead is also seeking volunteer shoppers, if interested call 218-623-7804.

COMMUNITY NEWS



The Superior Douglas County Family YMCA is seeking part-time childcare staff for before school care, Monday – Friday 7am -9am at the following schools: Bryant Elementary, Cooper Elementary, Four Corners Elementary, Great Lakes Elementary, Lake Superior Elementary, and Northern Lights Elementary. Applications are available at the Member Services Desk and on their website www.superiorymca.org.

For additional information contact Kim Martin, Childcare Director, 715-392-5611 Ext. 101.

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



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

Senior Connections, Superior, WI

A 4C 02-1028

ELDER BENEFIT CORNER

IT'S THAT TIME OF YEAR AGAIN!

Medicare Open Enrollment

October 15 – December 7

Time to review your Medicare Part D Prescription Drug Plan!

THE EBS WILL ONLY BE CONDUCTING TELEPHONE INTERVIEWS FOR 2021



Four Reasons to Check Your Prescription Drug Plan:

1. Your plan may cost more next year *due to changes in deductibles, premiums, and co-pays.*
2. Your plan may no longer cover all your medications *because insurance companies change their formularies.*
3. Your plan may have put restrictions on some of your medications *such as preauthorization, quantity limits and step therapy.*
4. You may be taking different medications now.

Go online to www.medicare.gov to check your plan using the Medicare Plan Finder. *If you would like assistance contact:*

- **Senior Connections**
Laura Killian- Elder Benefits Specialist 715-394-3611
- Prescription Drug Helpline
1-855-677-2783
- Medigap helpline
1-800-242-1060

Did you
know?



Every year insurance companies can change their formularies, premiums, deductibles, and copays so ALL Medicare Part D plans should be reviewed every year!



LOCAL HELP FOR PEOPLE WITH MEDICARE



SENIOR CONNECTIONS NEEDS YOUR HELP

Senior Connections is Hiring
Meals on Wheels Nutrition Drivers
"Be a Meals on Wheels Hero"



Part time hours, \$11.90 per hour—great for retirees, students, stay-at-home moms, or if you're looking for supplemental income!

Please call Senior Connections at 715-394-3611 to apply.

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Jeff Cushman



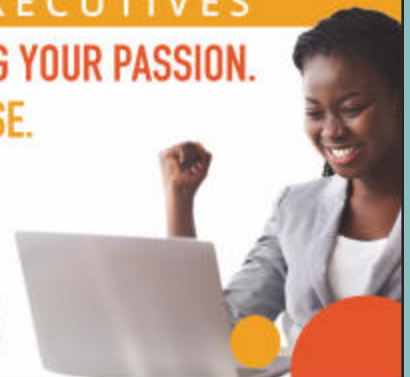
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Senior Connections, Superior, WI

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Coffee Break with UW-Superior's Continuing Education

Grab a cup of coffee or tea and learn with us!

If you have been following our gardening series, you'll know that in the last newsletter we finished up our gardening tips. By now, you should have enough know-how to create your own garden. But what good is a garden if you don't harvest what you grow? In this Coffee Break we'll learn from one of our recent workshops, "*Functional Movement & Nutrition for Mental Health & Chronic Pain Management*" led by one of our own UW-Superior faculty members!

As adults, we need a variety of colors from real food every day. We need to be eating a rainbow of fruits and vegetables in our diet. Different colors in our food can indicate the superpowers found within the plant, such as:

Red foods like apples, beets, cranberries, strawberries, and red onions help contribute to healthy hearts, skin, and reduce certain cancers.

Orange and yellow foods like lemons, cantaloupe, carrots, yellow and orange peppers help with vision and build and repair healthy skin – both internal and external (digestive, airways, and urinary tracts, etcetera).

Green foods such as Brussels sprouts, cucumbers, limes and avocados promote hormone and digestive balance, support detoxification, vision and reduce risk of certain cancers.

Blue and purple foods like berries, eggplant, and figs help with cognitive, oral and heart health, and help reduce risk of certain cancers.

White and brown foods like mushrooms, garlic, bananas and onions promote gastrointestinal, liver health and help reduce risk of certain cancers.

If you'd like to learn more about this topic, you can email us at conted@uwsuper.edu!

We continue to be interested in hearing from you: what topics and learning experiences would be helpful for you now? Let us know by writing us by email conted@uwsuper.edu or a letter to the University of Wisconsin – Superior, Center for Continuing Education (Old Main 100), P.O. Box 2000, Superior, WI 54880.

Back to School

S L E T A M E L E E E E A A D A L A Q
 T L E E Y O E J N B L Y R N T O M A U
 S A B G Q A A O O I T S U S C A A I I
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Word List:

SCHOOL
 PENCIL
 DICTIONARY
 EDUCATION
 GRAMMAR
 LEARNING
 READING
 SCIENCE
 TESTS
 BASKETBALL

TEACHER
 CLASSES
 DRAMA
 FOOTBALL
 GRADES
 LIBRARY
 PLAYGROUND
 SCISSORS
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 ERASER
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 JANITOR
 MATH
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 SPORTS
 ASSEMBLY
 FALL

TRANSPORTATION (55 YEARS OF AGE & OLDER)

715-394-3611

Ask for Liz!



Call Liz at Senior Connections to get to your destination safely. We drop you off at the front door of your destination and pick you up when your appointment is over.

We eliminate the hassle of paying for parking and the worry about walking long distances.

Available to those 55 & over, and for persons with disabilities.

Senior Connections transportation is very reliable! Please call at least 24 hours in advance to book your ride.

>Superior, WI rides are \$6.00 one way.

>Duluth, MN medical rides \$9.00 one way (pricing for rides outside of downtown Duluth will vary)

>Outside of the City of Superior, the price is \$2.00 per mile and then reverts to the regular pricing for Superior or Duluth.

>Superior, WI rides consist of non-medical and medical appointments.

DATES & EVENTS

September & October Holidays/Events

- ♦ Labor Day-September 6th
- ♦ Visit us at Farmers Market-September 8th (10am-2pm grilling brats & hot dogs)
- ♦ Walk to End Alzheimer's-September 11th
- ♦ GO Show at DECC- October 27th @9am

Senior Connections—Closed Labor Day
We are closed on Monday, September 6

Meals on Wheels Participants

It is very important to keep our food safe so that it does not have the potential to make someone sick. Senior Connections staff **MUST** deliver meals into the hands of the recipient, a caregiver, or another person designated by the recipient. Leaving meals outside, in coolers, or otherwise unattended areas is prohibited. We must keep your food safe!



Wisconsin Commodity Supplemental Food Program (Commodity Food Boxes)

Northwest Wisconsin Community Services Agency, Inc. has partnered with the Wisconsin Commodity Supplemental Food Program to provide a supplemental food package for seniors. This program is designed to assist those 60 years of age or older, living in Douglas County, Wisconsin, and qualifying under 130% of the Federal Income Poverty Guidelines. \$1,383 per month for (Household-1) and \$1,868 per month (Household-2). The food will be distributed the **3rd Tuesday of the month, drive through every other month from 1pm-3pm. Food boxes can be picked up at the Senior Center (1527 Tower Avenue) or Northwest Community Action (1118 Tower Avenue)** Pre sign-up is encouraged.

For more information contact: Jenny at the Senior Center, 715-394-3644.



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Senior Connections, Superior, WI

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Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.

Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.

Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.

Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.

Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

Enjoy a yogurt parfait for breakfast made with low-fat dairy milk or fortified soymilk. Top with fruit and nuts to get in two more food groups.

Drink and eat less sodium, saturated fat, and added sugars

Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use the Nutrition Facts Label to compare foods.

MALNUTRITION AWARENESS WEEK



October 4th – 8th is Malnutrition Awareness Week.

It is important for older adults as well as caregivers to be proactive and ask about their nutrition status. This poster can help you recognize the signs of malnutrition so you can talk to your healthcare provider about treatment.

ADRC
Aging & Disability Resource Center
of Douglas County

The Aging & Disability Resource Center of Douglas County is the first place to go with your aging & disability questions.

Services include:

- Information and Assistance
- Long Term Care Options Counseling
- Disability Benefits Counseling
- Elderly Benefits Counseling
- Health & Wellness

All Services are free of charge.
M-F 8am-4:30pm or by appointment
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Be Active for Better Health

Eating well and staying active helps doing everyday activities easier. UW Madison Extension provides free Strong Bodies exercise classes to prevent chronic disease, promote muscle strength and build better balance. Join UW-Madison, Douglas County Extension Educators Tarah & Julie for Strong Bodies exercise class by phone or computer. Register electronically by typing in the link below or call Ellen at the Douglas County Extension office 715-395-1363 for assistance.

Sign Up Today!

New Strong Bodies Classes start September 14th
Class meets Tuesdays and Thursdays from 9:00 am –10:15 am

Join us from the comfort of your home

New Participants Register at:

<https://go.wisc.edu/745t99>

Returning participants do not need to re-register
Limited exercise equipment available for participant use



Extension

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DOUGLAS COUNTY

STRONGBODIES

GIFT CERTIFICATES AND DONATION FORM

Gift certificates are now available for purchase at Senior Connections!

They can be purchased at our main office in any amount. The gift certificates can be used for Meals (Congregate, Meals on Wheels, Campus Café) or Transportation. Call (715) 394-3611 or stop in to pick one up at 1805 N. 16th Street.

GREAT GIFT IDEA!



DONATION DESIGNATION FORM FOR SENIOR CONNECTIONS

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715-394-3611



I want to help Senior Connections of Douglas County continue its effective community service to older adults and individuals with disabilities and their families.

Please designate this donation:

In Memory of _____

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Please make checks payable to:

Senior Connections

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Superior, Wisconsin 54880

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1805 N. 16th Street, Superior, WI 54880

Place Stamp Here

Senior Connections offices are located at 1805 N. 16th Street, Superior, WI 54880



The mission of Senior Connections is to provide advocacy and services to the aging of our community which promote health, dignity, honor and independence.

In doing so, we will efficiently provide access to low cost transportation, nutritious meals, and other services designed to sustain our citizens in their communities.

Senior Connections will continually assess the needs of the elderly within the County and utilize available resources to provide needed services.

www.seniorconnections.wi.org

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