

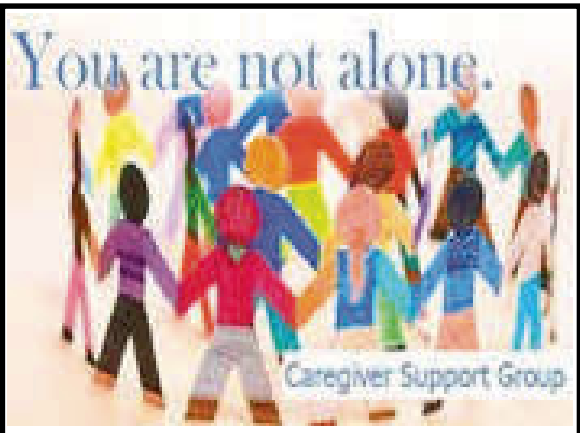


1805 N. 16th Street, Superior, WI 54880
 715-394-3611
www.seniorconnectionswi.org
www.facebook.com/seniorconnectionswi

JANUARY-FEBRUARY 2022



Join us for **Caregiver Conversations** the 3rd Wednesday of each month at the **United Presbyterian Church**, 229 N. 28th Street, Superior, WI from 1pm-2pm. The group provides people a confidential, open forum to share concerns and receive **useful advice and support** from other caregivers and trained facilitators from the Aging and Disability Resource Center and Senior Connections. The group is open to all and is **offered at no cost**. Have questions? You may contact Luann at Senior Connections, 715-394-3611.



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FROM THE DESK OF THE EXECUTIVE DIRECTOR



Winter is definitively here! Please be careful when walking, and driving. If you must go out in the wintry weather please be sure that you wear additional clothing, and if you have a cell phone take it with you to call for assistance if needed.

As a reminder, like all our nutrition programs (congregate and Meals on Wheels), the programs are subsidized by federal monies, county match monies, and YOUR contributions. We are fortunate that our contributions are generally enough that we don't have to establish waiting lists, unlike many counties around the state. Please continue to support the programs Senior Connections are able to provide in Douglas County, we couldn't do all we do without your continued contributions. Thank you!

As 2022 starts off, we will continue to be very busy ensuring the new year starts off right and as the pandemic continues to be with us, we are making sure to keep staff and participants safe as we move through the year.

All of our meal sites are open and serving meals in person or providing to-go meals for those wishing to do that. We need at least 24 hours notice to reserve or cancel a meal at our sites or our home delivered meals by calling our office at 715-394-3611.

Our Specialized Transportation service is ready to serve those needing affordable rides in and around the Twin Ports. One way trips in Superior are \$6 and medical-only rides to Duluth are \$9 each way. Due to the ongoing pandemic we are only able to have one rider at a time in the vans, unless you need an escort or helper to your appointment as they ride for free. So please be patient when using this service with the limited capacity. Masks are required in all vans for everyone.

Don't forget that if the School District of Superior closes due to weather, Senior Connections will be closed as well. That means no meal or transportation services will be available. During this pandemic, if the school district is already closed and the weather is bad, I will make sure we can provide services in a safe manner, and if not, Senior Connections will be closed. I will post a message on Facebook and our website as well as the local television stations.

Remember to be kind to others and reach out to those in need because sometimes all it takes is a kind word or gesture to make a difference in someone else's life.

A healthy and happy new year to you all!

Dale Johnson, Executive Director



Please LIKE us on Facebook
<https://www.facebook.com/SeniorConnectionsWI>

We also have a website for your convenience
www.seniorconnections.org

CAREGIVERS CORNER

Sip n Swipe Computer Workshops

Are you interested in learning basic computer skills on a tablet? Senior Connections would like to relaunch Sip n Swipe workshops, a two-day, two hour each day class to learn basic computer skills on a tablet – swiping, using the internet, e-mail, and taking photos. It is a self-guided computer program from Generations Online with an onsite coach. **Senior Connections has tablets that you may use, or you can bring your own. The class is free, but limited in size.** Time and dates of class will be determined by individuals interested. For more information or to register please contact Luann at Senior Connections, 715-394-3611.



Holidays, Interesting Dates, and Observances



January 1 – Happy New Year!

January 17th – Martin Luther King Jr. Day – Federal and State Holiday-**Senior Connections Open**

February 2nd – Groundhog Day

February 4th -20th – Winter Olympics in Beijing, China

February 14th - Valentine's Day

February 21st – President's Day – Federal and State Holiday-**Senior Connections closed-No Services that day.**

The month of January is National Glaucoma Awareness Month

www.glaucoma.org

February is Black History Month

www.africanamericanhistorymonth.gov

American Heart Month and Macular Degeneration/Low Vision Awareness Month are also in February

www.heart.org

www.aao.org

CAREGIVERS CORNER



Protect the Ones You Love – Get Vaccinated and Boosted for Covid-19

Vaccines greatly reduce an older person’s risk of getting a severe case of Covid-19.

Did you know? By being fully vaccinated, older adults reduce their chances of being hospitalized by 94% and of dying by 91% if they get Covid-19.

The greatest risk of infections comes from family members and friends who visit indoors and don’t know they have Covid-19.

Did you know? Even if you are fully vaccinated, it is still possible to , but less likely for you to get and transmit Covid-19 to family and friends. The virus is spread through the air. Therefore, everyone needs to be especially careful around unvaccinated individuals.

Protect the ones you love, and who love you!

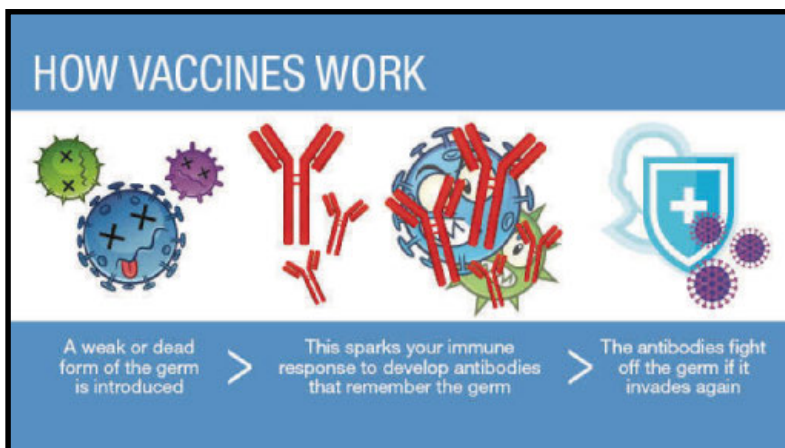
Get vaccinated or get a booster shot. If you have questions or concerns, contact your healthcare provider. If you visit with family, friends, or other people, it is safest to do so in open air spaces or well-ventilated spaces. Social distance when possible.

If you are not fully vaccinated, don’t endanger yourself or loved ones: avoid close contact indoors unless you wear masks.

**Information provided by Resilient American Communities/BellAge with statistics current as of 11-28-21 from www.cdc.gov

The Community Based Covid-19 Vaccine Clinic has a new location as of 12/21/2021 – Northwood Technical College(formerly WITC), 600 N 21st St. Superior. Hours of operation Tuesday-Friday 11am-7pm Saturday: 11am-3pm. Appointments are encouraged but not necessary.

Vaccines are also available through healthcare providers and pharmacies. Call for availability.



HEARING CLINIC

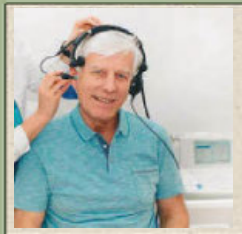
Dr. Robert Neve will be at the Lew Martin Senior Center on the following dates:

Friday, January 28th
1pm-4pm

Friday, February 25th
1pm-4pm

WELCOME TO THE
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Specialist

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(formerly Avada Hearing Care)



Lew Martin Senior Center
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Superior, WI

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- CLEANING
- SUPPLIES
- QUESTIONS



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or activities

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This project was supported, in part by grant number 90MPGG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Senior Connections, Superior, WI

A 4C 02-1028

UWS-CONTINUING EDUCATION



Coffee Break with UW-Superior's Continuing Education

We hope you will join us for coffee and refreshments in-person this April at UW-Superior for our brand-new *Healthy Minds, Healthy Bodies Lifelong Learning Series*, focused on Well-Being for Older Adults! These sessions will be led by professionals from the UW-Superior Pruitt Center for Mindfulness & Well-Being. Join us for this educational program and have an opportunity to connect with other older adults in the community.

Upcoming In-Person Sessions at UW-Superior:

Self-Care Strategies for Older Adults | Wednesday, April 6, 2022 | 2:30pm-4pm

Utilizing the science of awareness and acceptance in everyday activities – such as eating, sleeping, and moving – resulting in powerful health benefits.

Mind Health as We Age | Wednesday, April 13, 2022 | 2:30pm-4pm

Incorporating what the research shows regarding ways of changing the physical structure of the brain, leading to tangible and positive results. This includes all aspects of brain health, including improved memory, better emotional regulation, and reducing stress levels.

Our Relationships with Social Connections | Wednesday, April 20, 2022 | 2:30pm-4pm

As we age, relationships with ourselves and others change. We'll learn ways of living with these changes (some chosen, some not) such as isolation, loneliness, grief, and love.

A Purpose-Driven Life | Wednesday, April 27, 2022 | 2:30pm-4pm

How do we maintain our meaning and purpose as we experience different life stages? In this workshop, we'll explore creating meaningful hobbies, ways of giving back to our community, and how adversity can lead to growth and resilience.

Fee: \$7/per session (includes refreshments)

If you'd like to learn more, or register, please call us at **(715) 394-8469**.

*If you are interested in any of these programs but are unable to afford the fee, limited scholarships are available through Senior Connections. Contact **Luann** at **715-394-3611**.*

MEALS ON WHEELS

DELIVERING SO MUCH MORE THAN JUST A MEAL

Meals on Wheels has been guided by a single goal since the first known U.S. delivery by a small group of Philadelphia citizens in 1954 – to support senior neighbors to extend their independence and health as they age. What started as a compassionate idea has grown into one of the largest and most effective social movements in America, currently helping nearly 2.4 million seniors annually in virtually every community in the country.



Nutrition program participants:	Home-delivered	Congregate
Are 75 or older	62%	53%
Are women	64%	65%
Live alone	58%	51%
Are veterans	15%	12%
Live in rural areas	32%	34%
Self-report fair or poor health	50%	28%
Take 3+ medications daily	87%	68%
Do not have enough money to buy food	33%	17%
Report 3+ medical conditions	90%	85%
Are Black or African American	19%	12%
Are Hispanic or Latino	7%	11%
Are Native American/Alaskan or Hawaiian/Pacific Islander	5%	3%

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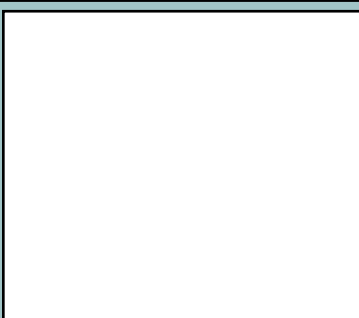
- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | 1-855-225-4251

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Good Taste, Guilt Free

Get a taste for good nutrition! Enjoy being active.

- 1 **Enjoy a variety of local foods!** There are a wide variety of food choices in our grocery stores. Choose colorful, healthy foods that taste great. Treat your taste buds. Try new foods with your family!
- 2 **Enjoy all your favorite foods in moderation!** You decide how much and how often you eat different foods. Eat smart! A healthy diet is what you eat over several days, not just one meal or one day.
- 3 **Be a healthy weight!** You are at greater risk for health problems if you are overweight. Healthy eating and physical activity will make it easier to maintain a healthy weight.
- 4 **Balance your food choices with your activity level!** Eat the amount of food that you need to be a healthy weight. If you are overweight, be more active and/or eat less. Become a healthy weight. Stay a healthy weight.
- 5 **Be active!** Enjoy a variety of ways to be active. Make a list of your activities — walking, biking, swimming, gardening, mowing, cleaning and others. Plan to do at least one of these activities every day. You will be healthier and feel better!

Good health starts with nutrition and physical activity!

Turkey & Veggie Burritos

12 ounces sliced turkey
 1/2 cup shredded carrots
 1/2 cup chopped broccoli
 1/2 cup chopped cauliflower
 2 tablespoons chopped onion
 2 tablespoons chopped green pepper
 1/4 cup low fat ranch salad dressing
 1/2 cup shredded cheddar cheese
 4 (7 inch) tortilla shells

Combine carrots, broccoli, cauliflower, onion, green pepper, salad dressing and cheddar cheese in a bowl. Place two slices of turkey on each tortilla. Spoon about 1/2 cup of the vegetable mixture on top of the turkey. Wrap tortilla around the vegetable mixture. Serve!

4 servings—306 calories
 12 grams fat
 35% calories from fat and 2.5 grams of fiber in a tortilla.



The Unexpected Caregiver: How to Support Others While Taking Care of Yourself



Presenter: Kari Berit

Kari Berit is passionate about helping family caregivers find peace and energy as they give care. For 30 years, she has taught caregivers how to find creativity and sanity in the ups and downs of family caregiving. She is the author of "The Unexpected Caregiver" and "Mental Fitness Instructor's Guide," both offering a wide range of simple, practical, and activity-oriented ideas to better connect with aging parents. Kari is an active writer, coach, and international presenter. Even virtually, her energy is contagious. Kari is fun, inspirational, and down-to-earth. Her goal is to help you become a healthier caregiver. To learn more, visit Kari's website, unexpectedcaregiver.com.

Date/Time: Thursday, Jan 20, 2022 | 1:00p - 4:00pm

Presenter: Kari Berit

Catalog #: 47-520-405

Class #: 25068

Mode: [Online Live via Zoom](#)

Fee: \$19.10 | \$5 (62+)

Register by phone: 715-394-6677 Ext. 6050

No Zoom? Would you be interested in a watch party at Senior Connections? Contact Luann at 715-394-3611 for details and registration information.

Session Information:

Tag—You're it! You've become an unexpected caregiver, a job that requires you to take care of someone who may not remember you, let alone like you. You need to show up every day, with a renewed sense of energy and creativity to handle both surprises and indifference from your loved one. When is there time to take care of your needs? Let us teach you how to carve out time for necessary self-care, set up clear boundaries to avoid family drama, and use creative tools in connecting with loved ones. It doesn't matter if you are currently in the midst of giving care or just beginning, whether you have chosen this role or it fell into your lap, learn how to be a S.A.N.E. caregiver —Supported, Appreciated, Not Guilty, and Energized.

This Virtual Workshop will be divided into three sections:

- **1) Emotional Baggage** — What is it? Why do we hold onto it? How can we let it go?
- **2) Getting to S.A.N.E.** — How can you feel Supported, Appreciated, Not Guilty, and Energized during your caregiving journey and when you are no longer a caregiver?
- **3) Creative Outlets** — Learning how to creatively connect makes a world of difference in how you give care.

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

January & February Holidays/Events

- > January 1st-Happy New Year!
- > January 17th-Martin Luther King Jr. Day
- > February 2nd, Groundhog Day
- > February 4th-20th, Winter Olympics in Beijing
- > February 14th-Valentine's Day
- > February 21st-President's Day **(CLOSED)**

Senior Connections will be closed on Monday, February 21st (President's Day)

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!



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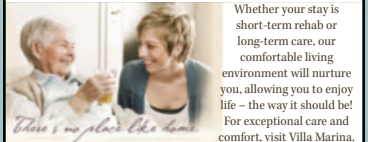
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Mushrooms
Hickory Nuts
Wood Violet
Caramel Corn
Ice Cream
Potatoes
Dairy

Honey
Sun Prairie
Robin
Bratwurst
Butter
Pigs
Cranberries

Poultry
Green Bay
Red Banks
Milk
Green Bay Packers
Hay
Cattle

Maple Syrup
Madison
Pickled Eggs
Beer
Soy Beans
Eggs
Broilers



INCLEMENT WEATHER POLICY

If the School District of Superior closes due to weather conditions (e.g. snow or low temperatures) Senior Connections will also close. **No meals will be delivered on those days (at any location or home-delivered) and our offices will be closed.** Please make sure you have food on hand in the event of a closing. All closings are posted online at www.seniorconnectionswi.org

If you dine at a rural meal site and the school district in which that site is located closes due to weather conditions, the site will be closed on that day. **If you live in a rural school district (e.g. Maple, Solon Springs) and that district closes there will be no home delivered meals that day.** Gordon meal site & Gordon area home-delivered meals could be affected if either Solon Springs or Minong (Northwoods) school districts close.



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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Senior Connections, Superior, WI

D 4C 02-1028

Will I Lose My Wisconsin Benefits in January? *By the GWAAR Legal Services Team*

The short answer: No.

The long answer: If you were already eligible for or became eligible for Wisconsin benefits (SeniorCare, Medicaid, Medicare Savings Programs, or FoodShare) after March 2020, your benefits have been extended throughout the Federal Public Health Emergency – which remains ongoing. This means that even if you became ineligible for any of these programs after March 2020, your benefits have continued.

Many people are concerned that their benefits will be terminated at the end of 2021, or later without warning. This is not the case. Once the PHE has ended, which it has not yet, you will receive notice in the mail and be given time to complete a renewal before there is even a possibility of loss of benefits.

What you can do now:

Report changes. If there have been any changes to your household status, income, or other changes since March 2020, you should contact your local Income Maintenance Consortium and provide these updates. This will make it easier to complete renewals when the PHE does ultimately end.

Update your address. Make sure your Income Maintenance Consortium has your updated address. If you have moved residences at all since March 2020, you may miss your notice of renewal or benefits termination if it ends up being sent to a different address.

Watch your mail. Make sure to open all of your mail and carefully read any notices about Medicaid or other Public benefits. Respond timely if requested.

Laura Killian, Elder Benefit Specialist/SHIP Counselor (715) 394-3611



GIFT CERTIFICATES AND DONATION FORM

Gift certificates are now available for purchase at Senior Connections!

They can be purchased at our office in any amount. The gift certificates can be used for Meals (Congregate, Meals on Wheels) and Transportation.

Call us at:

(715) 394-3611 or stop in to pick one up at 1805 N. 16th Street.

GREAT GIFT IDEA!

Gift Certificate:

Congregate Meal Meals on Wheels

Transportation Ride Campus Cafe

To: _____ From: _____

MEALS ON WHEELS DOUGLAS COUNTY

See backside for details

DONATION DESIGNATION FORM FOR SENIOR CONNECTIONS

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Superior, WI 54880
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 _____

or In Honor of _____

and notify _____

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Please make checks payable to:

Senior Connections

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Superior, Wisconsin 54880

Your Gift is deductible to the extent provided by law.



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.seniorconnectionswi.org

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