

FREE

November/December 2021

# ADRC

Aging & Disability Resource Center  
of Trempealeau County

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**Don't forget to move your clock back an hour on November 7th!**

## November is National Family Caregivers Month & National Alzheimer's Awareness Month

Nearly everyone will be a caregiver at some point in life. And nearly everyone will need a little help providing that care. The National Family Caregiver Support Program (NFCSP) provides services and supports that help family members and informal caregivers care for older adults at home. It is also available to grandparents or other relatives age 55+ who are the primary caregivers for youth under the age of 19. The Wisconsin Alzheimer's Family and Caregiver Support Program (AFSCP) is similar to NFCSP, but serves people with a diagnosis of Alzheimer's disease or dementia. These programs offer information about services to help make caregiving easier such as: Caregiver groups, Adult Day Care, Home Health & Personal Care Services, Home Delivered Meals, Rides & Transportation and more. Funds may be available for items such as activities or hobby supplies, caregiver education classes, specialized clothing for people with dementia, home safety modification, respite care or adult day care and emergency response and home safety/alarms. Contact the ADRC for more information about the Family Caregiver Programs.

## Medicare Open Enrollment Reminder

*Medicare's Open Enrollment Period runs from October 15th – December 7th. Call the ADRC today at 715-538-2001 option 2 and make an appointment to ensure you have the right plan to meet your needs next year.*

## Wanek Senior Dining Grand Opening in Arcadia

On Friday, September 17<sup>th</sup>, the ADRC along with the Wanek Center and Ashley Pub celebrated the "Grand Opening" of the Wanek Senior Dining, serving a record number of diners. The Wanek Senior Dining is a new Senior Dining Site for seniors aged 60+ to gather for great food and fellowship. The meals are catered by the Ashley Pub and are served every Wednesday and Friday from 11:30am to 12:30pm. Reservations are required at least 24 hours in advance, and can be made by calling the Wanek Center at 608-409-2470.

Ashley Brekke, Nutrition Coordinator; Kristine Rugotzke, Wanek Center Director; Terri Wojcik, Ashley Pub Manager; Melissa Youngbauer, ADRC Supervisor.



# November is National Family Caregivers Month!

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! 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. Here are some simple things you can do to really help a caregiver and let them know that 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.
8. 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. They deserve to be celebrated!

Greater Wisconsin Agency on  
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## COMMUNITY NEWS

### Upcoming Events

#### Senior Bingo

Thursday, December 9th at 1:30 pm at the Independence City Hall. Join the Independence Public Library and ADRC staff for a fun afternoon playing bingo. We will be playing several rounds. This event is FREE, though prizes will be awarded. The ADRC is offering transportation to Senior Bingo. Please contact the ADRC at 1-800-273-2001 option 1 to schedule a ride.

#### Hometown Holiday Fair- Through the Woods

Rainbow Community Club is hosting their 43rd annual Hometown Holiday Fair on November 21st from 9:00am-3:00pm at the Independence Public School. Admission is \$1, children 12 and under are free. There will be arts, crafts, gifts, decorations, lunch, dessert, and cookbooks.

#### Creative Caregiving From Coast to Coast

In celebration of National Caregivers Month, Ramie Liddle, co-author of Driving Miss Norma, will share the incredible cross country caregiving journey she and her husband took with her 90-year-old mother-in-law, Norma. Join us November 10th from 6:00-7:30 pm via Zoom for the tale of this transformative journey of caregiving and living life on your own terms. To register, call 608-789-7145; email: [programteam@lacrosselibrary.org](mailto:programteam@lacrosselibrary.org), or visit [lacrosselibrary.org](http://lacrosselibrary.org).



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Aging Disability Resource Ctr. of Trempealeau, Whitehall, WI

A 4C 01-2048



## WELLNESS

### Strong Bodies

Starting in January! The **Aging & Disability Resource Center of Trempealeau County** will be offering an evidence-based strength training program Tuesdays and Thursdays, for 1 hour, January 4th – March 29<sup>th</sup>, 2022 at Brookside Apartments in Whitehall.

The program includes progressive weight training, flexibility, and balance activities. The easy to learn exercises are safe and effective for individuals of all ages and abilities, including those who are not in perfect health.

Research shows that Strong Bodies:

- Improves bone density & muscle mass.
- Restores balance & reduces falls.
- Reduces the risk for chronic conditions such as diabetes,
- heart disease, osteoporosis and arthritis.
- Increases strength and flexibility.



Class Registration is a first come, first serve basis. Phone the **Aging & Disability Resource Center of Trempealeau County** at 715-538-2001 option 2 for more information or to learn how to register. There is not a fee to attend classes, but a donation for attending the program is suggested.

### Tips to Have a Healthy Holiday Season

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy – and ready to enjoy the holidays.

- **Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
- **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
- **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
- **Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
- **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.
- **Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
- **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
- **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

<https://www.cdc.gov/healthequity/features/holidayseason/index.html>

# Brain Health

Please stop in at a location near you for a free, confidential Brain Check with Dementia Care Specialist Becky Woodke! What is a Brain Check? It's the opportunity to explore ways to keep your brain healthy and learn about diseases of the brain such as dementia and how you can best fight against them. Becky will also offer you the chance to do a Memory Screen, a quick and easy way to see how your brain is functioning right now! If you would rather meet with Becky in person or none of the times work in your schedule, give Becky a call at 715-538-1930 and schedule your time!

- 11/10 - Whitehall Library - 9:30am- 10:30am
- 11/12 - Wanek Center in Arcadia - 10:30am- 1:30pm
- 11/15 - Strum Library - 10:30am - 11:30am
- 11/17 - Blair Library - 1:30pm - 2:30pm
- 11/22 - Trempealeau Library - 1:30pm - 2:30pm
- 11/23 - Osseo City Hall - 10:00am - 11:00am
- 11/29 - Independence Library - 10:30am - 11:30am

## Circle of Support – New Virtual Support Group

Join us virtually for a relaxed conversation about caring for someone living with dementia .We will share stories, struggles, and successes. We will meet on the first Monday of every month from 10:00am-11:00am. Meetings will be held on Zoom.  
If interested, please call Becky Woodke, ADRC Dementia Care Specialist at 715-538-1930.

### Facts about Alzheimer's Disease

Alzheimer's is a degenerative brain disorder. **NOT** a normal part of aging.

More than **5.8 MILLION** Americans are living with Alzheimer's

Alzheimer's is projected to nearly **TRIPLE** by 2060

No one should be afraid to speak about **Alzheimer's disease**

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# Keeping Yourself Safe During Flu Season

The flu is caused by influenza viruses that spread easily from person-to-person. The virus infects the nose, throat, and lungs. Anyone can get the flu. People who have pre-existing medical conditions, those who live in long-term care facilities, and children younger than 5 are at greater risk for more severe illness from the flu. However, it is important to remember that even young and healthy people can also become very sick.

There are a number of steps you can take that drastically decrease the likelihood that you will get sick from the flu, such as getting vaccinated, avoiding close contact with people who are sick, washing your hands often, and avoiding touching your eyes, nose, and mouth.

## Why Should You Get the Flu Vaccine?

The best way to protect yourself and the people around you from the flu is to get the flu vaccine every year in the fall. Even if you typically don't get sick, getting vaccinated will stop you from spreading it to others at higher risk of getting hospitalized or dying from the flu.

This year, with COVID-19 spreading during flu season, it is more important than ever to get vaccinated against the flu. While it won't protect you against COVID-19, it can protect you from the flu and keep you and your loved ones out of an already overburdened health care system.

<https://www.dhs.wisconsin.gov/influenza/prevention.htm>



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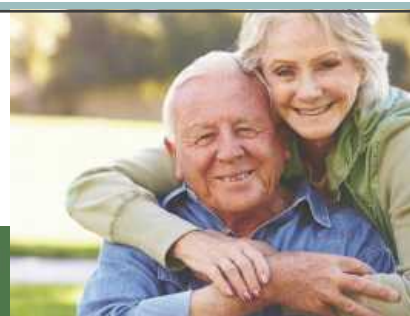
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# NUTRITION

## Home Delivered Meals

Home Delivered Meals are offered to members in our community that are 60 years old or older, currently home bound by reason of illness, disability or isolation and whom are unable to prepare their own meal. We are currently delivering hot noon meals to over 100 Trempealeau County residents Monday through Friday. Below is a list of our Home Delivered Meal Providers and the communities in which they serve.

**Rainbow Restaurant (Blair):** Arcadia, Independence, Whitehall, Pigeon Falls

**Dove Healthcare (Osseo):** Eleva, Strum, Osseo

**Grandview Care Center (Blair):** Blair, Ettrick, Galesville, Trempealeau



Wanek Senior Dining

*A few reminders as we approach the holidays and wintry weather:*

- Senior Dining Sites and Home Delivered Meals will be closed on the following days in observance of the holidays: November 25<sup>th</sup> and 26<sup>th</sup>, December 23<sup>rd</sup>, 24<sup>th</sup> and 31<sup>st</sup>.
- For the week of Thanksgiving, frozen meals will be delivered on Wednesday, November 24<sup>th</sup>.
- If Public Schools are closed for bad weather, then the Senior Dining sites are closed and home delivered meals are canceled.

If you are interested in receiving Home Delivered Meals, please contact Ashley at 715-538-2001 or 1-800-273-2001 option 1.

## Thanksgiving Meal Options for Thursday, November 25th

- **Rainbow Restaurant** (Blair), 11 am – 2 pm. FREE. No registration required.
- Osseo Lions Club is sponsoring a Drive-Thru Dinner at the **Osseo Evangelical Lutheran Church**, 11 am – 2 pm. Free will donation. Call 715-299-1775 to make a reservation.
- **G-E-T Middle School** (Galesville), 11 am – 2 pm. Carry-out only. No registration required. Home delivery available for homebound by calling 608-534-6118 by 11/24.



## Volunteer Spotlight: Meet Bonnie Johnson!

**When did you start delivering home delivered meals?** Two years ago.

**What made you want to volunteer to deliver meals?** I always said that when we got through with our travels, which was full time in an RV for 20 years after retiring, I would like to do some volunteer work. The opportunity to deliver meals, I thought was a good fit for me. I love to drive and bringing food to people seemed like a good idea.

**What do you enjoy most about volunteering?** They all seem happy to be getting their food and I enjoy having a short visit with them each day. Some days we talk about days gone by.

# TRANSPORTATION/CONGREGATE MEAL SITES

**ADRC Bus:** The 8 to 9 passenger bus, with a wheelchair lift, travels monthly to Eau Claire and La Crosse for shopping, errands and visiting. The bus requires a minimum of 3 passengers to operate. The cost is \$4.00 per trip.

**Bus Schedule:** The bus is scheduled for the following: La Crosse on November 10th and December 8th, Eau Claire on November 17th and December 15th, Black River Falls on November 19th and December 17th.

**Volunteer Driver Program:** Volunteer drivers provide transportation exclusively to medical appointments, using their own private vehicles. The cost is \$0.28 per mile. Miles are billed from the driver's home, to the appointment, back to the driver's home. The ADRC does its best to schedule the closest available driver; however that is not always possible due to driver availability.

**Vans:** Local van service is available for local medical appointments, grocery shopping and errands. The cost is \$1.50 per trip. Services depend on driver availability.

## SENIOR DINING/CONGREGATE MEAL SITES:

Current Meal Sites include: Wanek Senior Dining in Arcadia, Wednesday & Friday, 11:30am-12:30 pm. (Reservations required at 608-409-2470). Rainbow Restaurant in Blair, Monday-Friday, 11am-1pm. Sacred Heart Church in Pine Creek, Tuesday & Thursday at noon (Reservations required: 608-539-5391). Boon Docks Locker Room in Galesville, Monday-Friday, 11am-Noon. (Reservations required: 608-582-4401).



**On 11/24, Wanek Senior Dining will celebrate Thanksgiving by serving Grilled Chicken Breasts, Garlic Mashed Potatoes & Gravy, California Vegetables & Dessert.**

The suggested donation is \$4 per meal. Contact the ADRC at 1-800-273-2001 option 1 for more information.



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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.





# Wisconsin Home Energy Assistance Program

Western Dairyland will again be coordinating the Wisconsin Home Energy Assistance Program (WHEAP). WHEAP provides eligible households with assistance for heating costs, electric costs, and energy crisis situations.

When you apply for WHEAP Energy Assistance, you may qualify for multiple programs:

**Heating Assistance** is a one-time payment during the heating season. The funding pays a portion of the heating cost, but is not intended to cover the entire cost of heating. Follow the application instructions below to apply for Heating Assistance.

**Electric Assistance** (Non-Heating) is a one-time benefit during the heating season intended to pay a portion of the household's non-heating electrical costs. Follow the application instructions below to apply for Electric Assistance.

**Crisis Assistance** may be available if you have no heat, have received a disconnect notice, or are nearly out of fuel and do not have the money to purchase more.

**Furnace Repair & Replacement** may be available to eligible homeowners or renters if a furnace or other heating system is not operational.

**Weatherization** helps households save on energy costs by making homes more energy efficient. Common Weatherization services include installing attic and sidewall insulation, sealing major air leaks, repairing or replacing hot water heaters. Depending on age, some old refrigerators and freezers may be replaced.

## How Do You Apply for WHEAP?

### Trempealeau County Residents

**Option 1:** Call 715-985-2391 to schedule an appointment.

**Option 2:** Fill out an online application on the HomeEnergy+ website at <https://energybenefit.wi.gov>

**Option 3:** You may also request an application be mailed to you by calling 715-985-2391 or send an email to [energytc@wdeoc.org](mailto:energytc@wdeoc.org). The completed application and required documents may be returned by mail or dropped off at the Western Dairyland office in Independence. Their mailing address is 23122 Whitehall Road, PO Box 125, Independence, WI 54747

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# November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Learn how to register for all virtual support groups at <a href="http://www.wisconsin caregiver.org">www.wisconsin caregiver.org</a>	1 Virtual Circle of Support 10:00am	2 Virtual Care-giver Support Group 1:30pm	3 Virtual Arts Memory Café 1:00pm	4 Virtual Think Cap Café 11:00am	5 Virtual After-noon Social Hour/Memory Café 1:30pm	6 Strum Area Food Pantry 9:00am-11:00am
7 Daylight Saving Ends 	8 Virtual Care-giver Coffee Hour 10:00am	9 Osseo Food Pantry 3:00pm-4:30pm	10 ADRC Bus to La Crosse Brain Check Whitehall Library 9:30am	11 Virtual Arts Memory Café 1:00pm	12 Blair Food Pantry 10:00am-12:00pm Brain Check Wanek Center	13 World Kindness Day 
14 World Diabetes Day 	15 Brain Check Strum Library 10:30am	16 Virtual Care-giver Support Group 1:30pm	17 ADRC Bus to Eau Claire Brain Check Blair Library 1:30pm	18 Arcadia Community Pantry 3:30pm-4:30pm	19 Virtual After-noon Social Hour/Memory Café 1:30pm	20 Trempealeau County Food Pantry 7am-5pm
21 National Stuffing Day 	22 Brain Check Trempealeau Library 1:30pm	23 Brain Check Osseo City Hall 10:00am	24 Whitehall Food Pantry 11:30am-1:00pm	25 Happy Thanksgiving! Free meal at Rainbow	26 	27 Small Business Saturday 
28 Hanukkah 	29 Brain Check Independence Library 10:30am	30 Virtual Care-giver Support Group 1:30pm	 			

# COVID-19 Vaccine Booster Doses

On 10/21/21, the Centers for Disease Control and Prevention (CDC) Director announced the recommendation for certain populations to receive a COVID-19 booster vaccine. There are now booster recommendations for all three available COVID-19 vaccines in the United States.

DHS recommends that the following populations who received a COVID-19 vaccine SHOULD receive a booster shot at least 6 months or more after their initial series.

- People 65 years and older
- All residents in long-term care
- People ages 50-64 years with certain underlying medical conditions



If you are eligible for the booster dose or haven't received your COVID-19 vaccine yet, there are free walk in vaccine clinics available in Trempealeau County. Please bring your vaccine card with you if you still have it. If you do not, you may still go to the clinics.

Millions of people are newly eligible to receive the booster and will benefit from additional protection. The available data shows that all 3 of the COVID-19 vaccines approved or authorized in the United States continue to be highly effective to reduce the risk of severe disease, hospitalization, and death and even against the widely circulating Delta variant. For additional information on the vaccine or the booster vaccine, visit the CDC website or talk to your medical provider. You may also contact the Trempealeau County Health Department for locations of vaccine clinics or for more information at 715-538-2311, Ext. 220.

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)





# December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Contact the ADRC if there are events you would like added to our calendars.	1 Virtual Arts Memory Café 1:00pm	2 Virtual Arts Memory Café 1:00pm	3 Virtual Afternoon Social Hour/Memory Café 1:30pm	4 Strum Area Food Pantry 9:00am-11:00am
5 International Volunteer Day 	6 Virtual Circle of Support 10:00am	7 <b>Medicare-Open Enrollment Ends</b>	8 ADRC Bus to La Crosse	9 Virtual Arts Memory Café 1:00pm Senior Bingo	10 Blair Food Pantry 10:00am-12:00pm	11 International Mountain Day 
12 National Gingerbread House Day 	13 Virtual Care-giver Coffee Hour 10:00am	14 Osseo Food Pantry 3:00pm-4:30pm	15 ADRC Bus to Eau Claire	16 Arcadia Community Pantry 3:30pm-4:30pm	17 Virtual Afternoon Social Hour/Memory Café 1:30pm	18 Trempealeau County Food Pantry 7am-5pm
19 Look for an Evergreen Day 	20 Virtual Care-giver Coffee Hour 10:00am	21 Virtual Care-giver Support Group 1:30pm	22 Virtual Support Group for Dementia Caregivers 10:00am	23 Blair Food Pantry 4:00pm-6:00pm	24 Virtual Afternoon Social Hour/Memory Café 1:30pm	
26 National Candy Cane Day 	27 Virtual Care-giver Coffee Hour 10:00am	28 Virtual Care-giver Support Group 1:30pm	29 Whitehall food pantry 11:30am-1:00pm	30 Virtual Arts Memory Café 1:00pm	31 <b>NEW YEAR'S EVE</b>	