



Hi SENIOR Lites

- MYTH BUSTERS: IMMIGRANTS, TAXES, AND PUBLIC BENEFITS
- MARCH SUPPORT GROUPS
- LONG-TERM CARE ELIGIBILITY
- THE HIDDEN MALE CAREGIVER
- CALLING ALL RETIRED PUBLIC SCHOOL PERSONNEL!
- NEW YEAR, NEW YOU...SAME W-2 TAX SCAM
- AARP INCOME TAX ASSISTANCE

RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

MYTH BUSTERS: IMMIGRANTS, TAXES, AND PUBLIC BENEFITS

By the GWAAR Legal Services Team



Submitted By Bethany Schneider, ADRC Elder Benefit Specialist

MYTH: Undocumented immigrants don't pay taxes.

FACT: Many undocumented immigrants find ways to pay both federal income and payroll taxes even if they don't have a Social Security number (which is normally required), and even if their income was earned by working illegally (paid "under the table"). Many undocumented immigrants pay taxes to show good moral character should that ever be a consideration for citizenship (even though this is not required).

Additionally, undocumented immigrants also pay sales taxes, gasoline taxes, property taxes (either through renting or owning property), and many other types of taxes, directly and indirectly.

MYTH: Undocumented immigrants do not pay into the Social Security system.

FACT: Collectively, undocumented immigrants pay an estimated \$11.64 billion in state and local taxes every year. Undocumented immigrants also help make the Social Security system and Medicare program more solvent, as they pay into the system but are ineligible to collect benefits upon retiring. Undocumented immigrants contributed \$13 billion into the Social Security funds in 2016 and \$3 billion to Medicare.

MYTH: Non-citizens can't get Social Security Numbers.

FACT: Only certain non-citizens are eligible to receive a Social Security number. If an immigrant is authorized to work temporarily through a work visa, a temporary work-authorized status (like Deferred Action for Childhood Arrivals (DACA)), or Temporary Protected Status, a Social Security number is issued and remains valid for the length of the work authorization period. Green card holders, refugees, asylees, and certain other non-citizens who are allowed to live and work in the United States indefinitely are also eligible for a Social Security number with no restrictions. Only undocumented immigrants are not eligible to obtain a Social Security number.

MYTH: Undocumented workers can't file tax returns without a valid Social Security Number.

FACT: Although certain non-citizens are eligible to receive Social Security numbers to pay taxes, unauthorized immigrants are ineligible to receive one. However, the law still requires that individuals who reside in the United States (whether legally or not) and earn income here must pay taxes on that income. This means they



must file a tax return regardless of whether the income was earned as an undocumented worker. The IRS will not allow a tax return to be filed with a fake or stolen Social Security number, therefore, unauthorized workers who wish to file their taxes must find another way. Many use the Individual Taxpayer Identification Number (ITIN), which allows immigrants without Social Security numbers to legally file tax returns and claim the income reported on their W-2s to the IRS.

MYTH: Undocumented immigrants receive public benefits to which they are not entitled.

FACT: Undocumented immigrants are eligible for very few federal benefits, which are limited to emergency service Medicaid and the Child Tax Credit (for ITIN holders only). Undocumented immigrants cannot receive the following public benefits: Social Security (retirement or disability), Supplemental Security Income (SSI), Medicaid (other than emergency), Supplemental Nutrition Assistance Program (SNAP or "food stamps"), Unemployment Insurance, Affordable Care Act Marketplace Subsidies, or Pell Grants & Student Loans.

Aging & Disability Resource Center of Dunn County
3001 US Highway 12 East, Suite 160, Menomonie, WI 54751 Phone: 715-232-4006

Manager: Loni Dodge
Social Workers: Amy White/Ruth Huske/ Ashley Williams/ Wendy Sterry/Kelly Bien
Nutrition Director: Bobbette Tunnyhill
Elder Benefit Specialist: Bethany Schneider
Caregiver Coordinator: Lynne Shaffer
Disability Benefit Specialist: Lisa Schuler

TUESDAY’S TABLE: Free HOME COOKED meal. Tues, 5 to 6 p.m. St. Joseph’s Church basement 10th St and Wilson Avenue in Menomonie. Come and enjoy good company, Handicapped accessible.
WEDNESDAY’S TABLE Free meal served from 5 to 6:00 p.m.at Christ Lutheran Church, 1306 Wilcox Street, Menomonie, every Wednesday
THURSDAY’S TABLE: First Congregational Church, 420 Wilson Ave. Menomonie.Free meal 5-6pm.
STEPPING STONES OF DUNN COUNTY: three vital programs: Stepping Stones Food Pantry, Stepping Stones Shelters, and Community Connections Program. If you or anyone you know needs assistance, call 715-235-2920. People interested in volunteering are always welcome.
Community Connections Program matches volunteers with seniors, isolated, disabled, and others in need of transportation, respite, companionship, shopping, yard work, light housekeeping, meal preparation, small fix-it repairs, and telephone reassurance as volunteers are available.
Stepping Stones Food Pantry provides food/personal necessities to low income families, seniors on fixed incomes & others in emergency situations.
The Stepping Stones Shelters provide temporary housing to homeless individuals and families for up to 30 days. During their stay, referrals and information are given to the residents to help secure stable housing and other needed services.
Visit www.steppingstonesdc.org for information like pantry hours and other program details.

Stepping Stones Food Pantry Hours:
• M, Th, Fr. 11:00-2:00
• T, W: 3:00-6:00
• Sat: 10:00 – Noon
STEPPING STONES POPUP FOOD PANTRIES
1st and 3rd Thursday of the Month
• Sand Creek Community Cntr 11:30-12:30, E9311 Cty R I, Sand Creek
• Ridgeland Community Cntr 2:00 -3:00, 200 Diamond St, Ridgeland
2nd & 4th Thursday of the Month
• New Hope Lutheran Church 11:30-12:30, hwy 25+460th St, Downs ville
• Colfax Viking Bowl 2:30-3:30, Hwy 40, Colfax
SENIOR FOOD COMMODITY BOXES
A FREE monthly food package, worth about \$35. Who is Eligible?
• Persons age 60 and older
• Income is at or below \$1,354 for a single person or \$1,832 for a family of two. Boxes are distributed to those who have registered once every month at Stepping Stones. Applications are available at Stepping Stones, 1602 Stout Road, Menomonie or by calling 715-235-2920.
FOOD HARVEST MINISTRY: Food distribution will be the third Saturday of each month 8:00 am until 10:00 am located at 1002 Main Street, Boyceville. No Requirements and No Questions Asked!!!All food is good quality surplus, some perishable, that otherwise would be wasted!!! Please bring bags or boxes to carry your food. If you have any questions or your church or organization would like to become involved, please call 619-6979.
COLFAX CARING MINISTRY EMERGENCY FOOD PANTRY- Must live within Colfax School District-appointments only - 715-704-9571.

DUNN COUNTY TRANSIT
“STEP UP AND RIDE”
Doorstop bus runs in the city of Menomonie within a specific route. A 2 hour or day before advanced notice is preferred to schedule a ride on the bus. Disabled and/or 60 years of age are eligible to ride the Doorstop bus.
• Monday – Friday 7:30 am – 5:10 pm
• \$3.00 per ride
• Tokens are available if you would like to prepay
• Call 715-235-7433 to set up your ride
Community public bus travels in the city of Menomonie on a specific route, scheduled stops in the city including Wal-Mart, Stepping Stones, Community Services building, Mayo, Market Place etc.
• Monday – Friday 7:20 am – 4:10 pm
• \$1.50 per trip/ .75 cents for disabled and/or 60 years of age
• Monthly, daily & 1 trip passes are available
Correct change is required. All of our buses are wheelchair accessible. Schedules can be found by liking us on FACEBOOK and at www.co.dunn.wi.us under departments/Transit.



Dunn County Transit offers the Doorstop “door to door” bus service within the city of Menomonie to disabled persons and/or persons of 60 years of age and over. By contacting DCT, either the day before or a few hours in advance, DCT will pick you up at your door and get you to your destination. The Doorstop bus does run on a specific route with specific times for each area of the city. Cost to ride the Doorstop bus is \$3.00 for each time you board the bus. Call to schedule a ride and the dispatcher will advise you of an approximate time to pick you up to make sure that you make it to your appointment on time. Dunn County Transit also offers the Community bus, which is available to all of the public and used within the city of Menomonie. Community bus travels on a specific route throughout the day, with scheduled stops at various locations in the city. You can get on the Community bus just by catching it at any of the stops. Cost to ride the Community Bus is \$1.50 and .75 cents for Disabled and/or persons of 60 years of age and over. All of Dunn County Transit buses are Wheelchair and walker accessible; drivers are friendly and care about their passengers. Dunn County Transit, through ADRC also coordinates volunteer rides for those in Dunn County that may need transportation outside of the city of Menomonie for appointments. Contact ADRC to see if you may be eligible for the volunteer driver program. Any questions feel free to contact Dunn County Transit at 715-235-7433 and we will be happy to try and answer them for you.

For Rent
Income Based Housing
1 Bedroom newly remodeled
Sunnyside Apartments
Knapp, Wisconsin
This institution is an equal opportunity provider and employer
715-308-3158
Equal Housing Opportunity

For Rent
Income Based Housing
This institution is an equal opportunity provider and employer.
Memorial Heights Apts.
Menomonie, Wisconsin
715-235-0656
Equal Housing Opportunity

Cremation Society of Wisconsin
• Professional
• On-Site Crematory
• Dignified • Economical
cremationsociety-wi.com
PLEASE SEND YOUR FREE-NO OBLIGATION BROCHURE ABOUT CREMATION TO:
Name
Address
City State Zip
MAIL TO: CREMATION SOCIETY OF WI OR CALL: 715.834.6411
535 S. Hillcrest Pkwy, Eau Claire WI 54720 888.317.2794 Toll Free

Editor/Publisher: Mary Dale.
Offices: Senior Hi-Lites
2483 Woodhaven Rd. E.C WI 54703
For Advertising :715-835-8929, email: Mary@seniorreview.com
Aging & Disability Resource Center of Dunn County and Senior Review Publications assumes no responsibility for the advertising content or copy of the Senior Hi-Lites, for any mistakes or omissions there in. No endorsements of any products or services is made and none should be inferred. The terms and conditions under which the advertisement will be honored are the sole responsibility of all the advertisers and not the Aging & Disability Resource Center of Dunn County or Senior Review Publications. A telephone call to the advertising merchant may eliminate confusion

to any exceptions in the advertisements.
Senior Review is owned by Capital Ideas, © 2020 Graphics illustrating articles are from IStock. See www.seniorreview.com

Housing Authority of the City of Menomonie
Is Accepting Applications For Affordable Rentals
Attention Seniors! (55 Years and up)
1&2 Bedrooms available for: Elderly (55 years and up), or disabled or pending disability. Most utilities included.
Pick up an application at our office:
1202 10th St., East, Menomonie
715-235-0656
Equal Housing Opportunity

Johnson MONUMENT Since 1917
Turn your memories into a lasting memorial
715.723.5576
Between Eau Claire & Chippewa Falls
johnsonmonument.com
LOCALLY CRAFTED

CHIPPEWA VALLEY CREMATION SERVICES
Caring and Affordable Services
Thinking Cremation?
We can help. And save you thousands. Go online or call today. We're here to help.
715.835.3333
Celebration of Life Center 1717 Devney Dr - Altoona
chippewavalleycremation.com

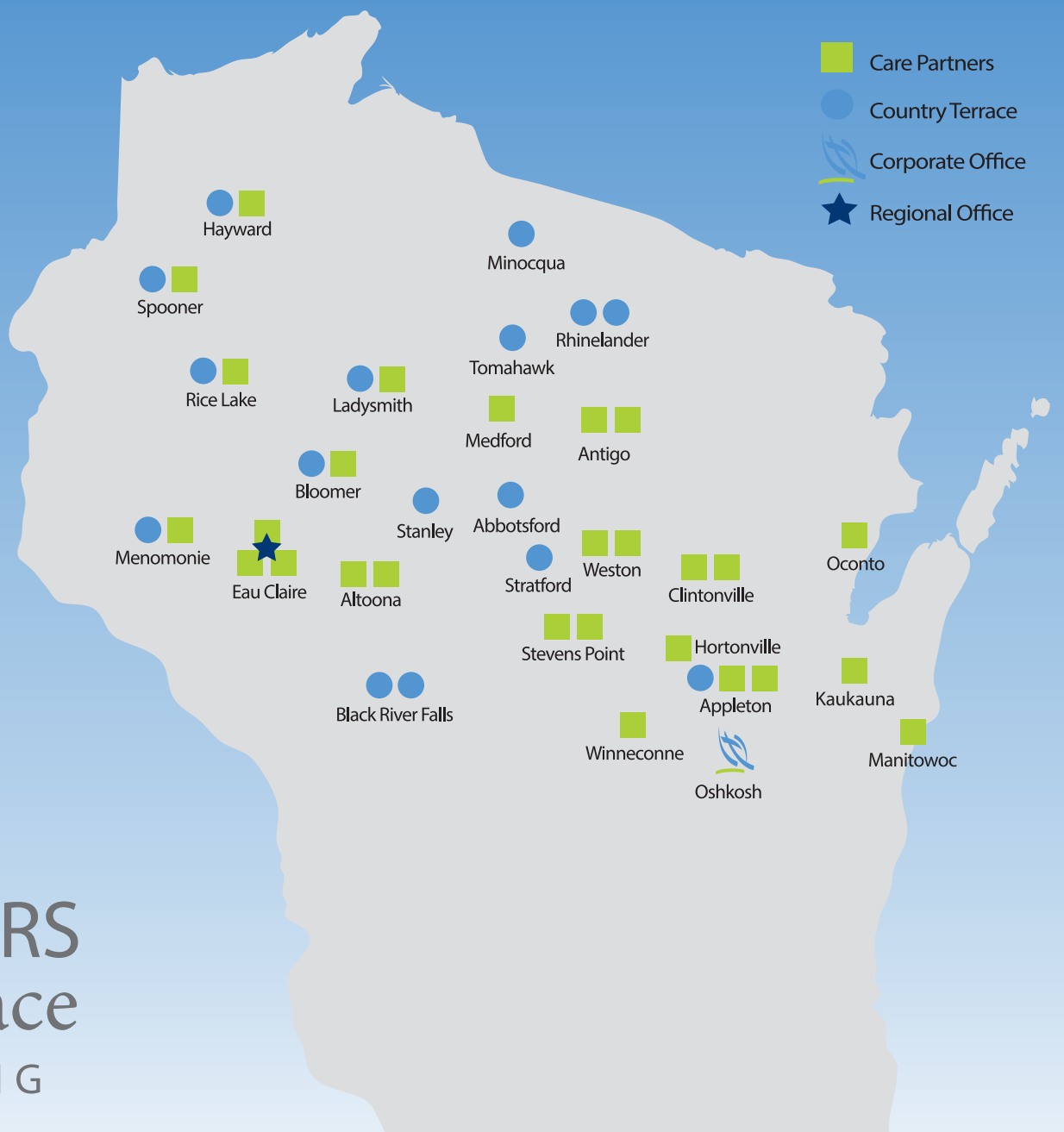
PUT ME ON THE MAILING LIST
If you consider yourself homebound and are interested in having the Senior Hi-Lites delivered to you by mail, please complete the information slip below and return to our office. We will gladly add you to the list. Please Print. Check the box if you are interested in receiving information on the Home Delivered Meal Program.
Name
Address
City Phone



STATEWIDE LOCATIONS NEAR YOU
www.carepartners-countryterrace.com



CARE PARTNERS
Country Terrace
ASSISTED LIVING



ADRC DUNN COUNTY NUTRITION PROGRAM

Colfax	M, T, Th	962-2550	Ridgeland	M - F	949-1937
Eau Galle	M + W	283-4252	Tantara in Menomonie	M - F	556-0266
Knapp	M-F	665-2215	Sand Creek	M - F	658-1335
Hosford-Rich Apts.	M, T, Th, F	235-4047	ADRC Office for Dunn County	M - F	232-4006



RECORD KEEPING -
POWER OF ATTORNEY
FOR HEALTH CARE

Is it a good idea to keep the original Power of Attorney for Health Care document in a safe deposit box? Generally, that is fine. However, you may consider the following tips:

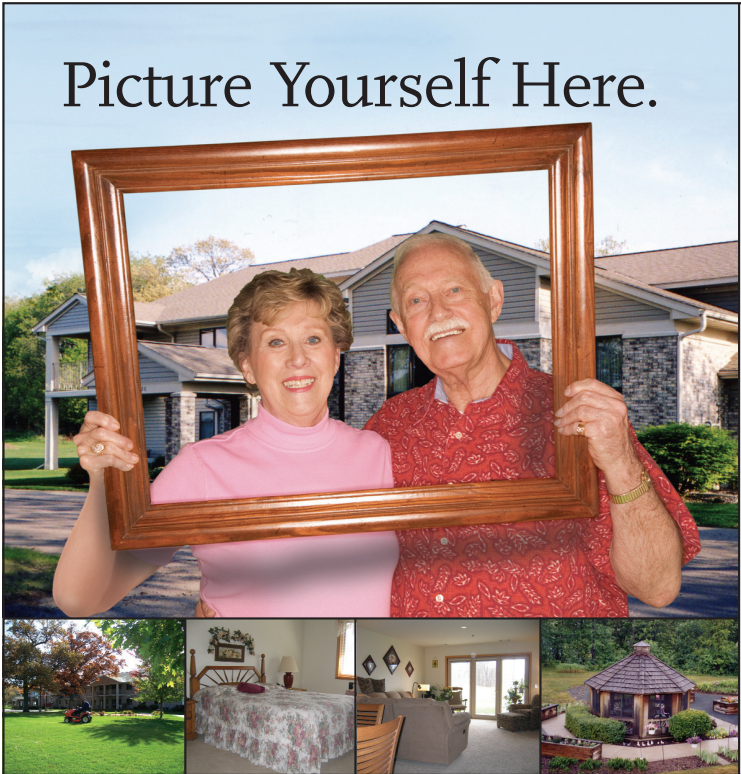
1. Make sure your agents under the Power of Attorney are also co-owners of the box with you. Otherwise, they will not have access to the document.
2. Make sure you keep a copy of the signed document in a place other than the box. This document is likely to be needed at night, on a weekend or on a holiday where you or your agent will not have access to the bank.
3. Make sure you keep the original document. Even though there is a suggestion that the original be left with your physician, you may deal with more than one doctor, the doctor can move, retire or otherwise be unavailable, and the document may not be kept as part of your permanent record. Hand out copies of the document when asked.
4. Generally, the attorney that drafted the document does not keep a signed copy. The original is generally given to the client.

Mary Beth Gardner - Attorney at Law
2411 N. Hillcrest Parkway, Suite 9, Altoona, WI 54720
715-832-4444

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Roast beef, Mashed potatoes, Seasoned peas, Wheat bread, Pineapple tidbits	3 Meat lasagna, Broccoli cuts, Garlic bread, Mandarin oranges	4 Baked ham, Boiled potato, Seasoned cabbage, Carrots, Buttered rye bread, Butterscotch pudding	5 Beef stew, Romaine and onion salad, Biscuit, Fruit fluff dessert	6 Breaded baked fish, Buttered new potatoes, Baked beans, Peach shortcake
9 Breaded pork chops, Country potatoes, Baked spinach and bacon, Pumpkin bread	10 Herb baked chicken, Buttered new potatoes, Dilled carrots, Wheat bread, Chilled pears	11 Baked spareribs, Sauerkraut, German potato salad, Pinto beans & bacon, Apple crisp	12 Roast turkey, Mashed potatoes, Turkey gravy, Baked winter squash, Cherry torte bar	13 Parmesan baked fish, Baked potato, Creamy coleslaw, Wheat bread, Fresh fruit in season
16 Chopped steak, Sautéed onions, Twice baked potatoes, supreme, Vegetable blend, Wheat bread, Cinnamon applesauce	17 Turkey wrap, Three bean chili with canned beans, Soft molasses cookies, Fresh banana	18 Open-face roast pork sandwich w/gravy, Mashed potatoes, Herbed baby carrots, Bread pudding, Vanilla butter sauce	19 Creamed chicken and vegetables, Seasoned peas, Biscuit, Pistachio crumb delight, Juice of choice	20 Braised liver and onions, Boiled potato, Mixed green salad w/dressing, Fresh banana
23 Hot turkey sandwich w/gravy, Mashed potatoes, Seasoned Brussel sprouts, Rosy pears	24 Glazed ham, Sweet potato casserole, Pinto beans & bacon, Glazed applesauce cake	25 Old fashioned meatloaf, Buttered new potatoes, Whole kernel corn, Wheat bread, Great pumpkin dessert	26 Deluxe chicken pot pie, Glazed carrots, Dinner roll, Fruit cobbler	27 Crumb topped baked fish, Basil garlic potatoes, Broccoli cuts, Wheat toast, Fruit ambrosia salad
30 Savory pork chops, Mashed sweet potato, Seasoned peas, Wheat bread, Peaches	31 Beef pot roast, Baked potato, Harvard beets, Whole wheat rolls (scratch), Applesauce bars			



FIND US AT
SENIORREVIEW.COM



- Independent living
- Private one and two bedroom apartments
- Noon meal daily
- Housekeeping and cable TV
- Transportation
- Walking trails and garden
- Heat and water included



1320 12th Ave. SE ■ Menomonie ■ 235.7793
Enjoy an independent life at The Oaks.
www.mosaicinfo.org/oaks





Community Coffee

A casual gathering for fun and learning.

FREE Coffee
Snacks available for purchase.

Time: 9:00 Coffee and 9:30 Presentation
Place: The Neighbors of Dunn County



DATES



JANUARY 9: Bobbette Tunnyhill, Nutrition Director
Brunch for Your Brain - Food at 9am—\$2.00 per person
RSVP to the ADRC by January 6

FEBRUARY 6: Jane Peterson, League of Women Voters
Getting Registered to Vote and Absentee Ballots

MARCH 5: Dr. Suzanne Bilse ,Audiologist-Marshfield Clinic
Aging and Your Hearing Health—Life is On!

APRIL 2: Menomonie Library Staff
Health Literacy Online

MAY 7: The Neighbors of Dunn County
Springtime Fun

JUNE 4: Margaret Murphy, UW Extension
Companion Planting

For more information, call the Dunn County ADRC 715-232-4006

SENIOR CENTER & ACTIVITY CALENDAR 715-235-0954

Monday	March 2, 9, 16, 23, 30	9-11 am Tai Chi @ SDSC
Monday	March 2, 9, 16, 23, 30	12-3 pm Open Walking in Gym @ SDSC
Monday	March 2, 9, 16	12:30-3:30 pm Embroidery Expl @ SDSC Sign up Req.
Monday	March 9	10 am Book Club @ SDSC
Monday	March 9, 23	8:30 am Foot & Nail Clinic @ SDSC Appt Only \$17
Monday	March 16	10-11:30 am CVLR "Fire Protection" @ SDSC
Monday	March 23	10-11:30 am CVLR "Touring Geneva" @ SDSC
Monday	March 23	1:30-3 pm CVLR "Cooking with Monica" @ SDSC
Tuesday	March 3, 10, 17, 24, 31	8:30-9:15 am Chair Yoga \$2.75 per class @ SDSC
Tuesday	March 3, 10, 17, 24, 31	10 am Cribbage @ SDSC
Tuesday	March 3, 10, 17, 24, 31	1 pm Bridge @ SDSC
Tuesday	March 3, 10, 17, 24, 31	1 pm Hand & Foot Cards @ SDSC
Tuesday	March 3, 10, 24, 31	10 & 11:30 am Strong Bodies Advanced @ SDSC
Tuesday	March 3, 10, 24. 31	1 pm Strong Bodies Basic @ SDSC
Tuesday	March 10	Senior Center Board Meeting
Tuesday	March 10	10-11:30 am CVLR "Political Temperature" @ SDSC
Tuesday	March 17	9-10:30 am ALH/AV Free Blood Pres Clinic @ SDSC
Wednesday	March 4, 11, 18, 25	8:30 am-2 pm Crafts @ SDSC
Wednesday	March 4, 11, 18, 25	10 -2:30 pm Adult Day \$4.50/hr Reg Req 715-235-0954
Wednesday	March 4, 11, 18, 25	8:30 am Foot & Nail Clinic @ SDSC – Appt Only \$17
Wednesday	March 4, 11, 18, 25	10:30-11:45 am Sing Along @ SDSC
Wednesday	March 4, 11, 18, 25	11:45 am Community Friendship Dinner @ SDSC
Wednesday	March 4, 11, 18, 25	1 pm Bingo & Duplicate Bridge @ SDSC
Wednesday	March 4, 11, 25	9:30-10:15 am Zumba @ SDSC
Wednesday	March 4, 11, 18, 25	12-3 pm Open Walking in Gym @ SDSC
Wednesday	March 4	9-11 am Dunn County Energy Assistance @ SDSC
Wednesday	March 11	10:30-11:30 am Jane's Group @ SDSC
Wednesday	March 18	11:45 am "St. Patrick's Dinner" @ SDSC
Wednesday	March 18	10-11:30 am Alzheimer's Support Group @ SDSC
Wednesday	March 18	12:30 pm Betty's Homemakers @ SDSC
Thursday	March 5, 12, 19, 26	8:30-9:15 am Chair Yoga \$2.75 per class @ SDSC
Thursday	March 5, 12, 19, 26	10 am-2:30 pm Adult Day Services - \$4.50/hr Registration Req 715-235-0954
Thursday	March 5, 12, 19, 26	12:45 pm 500 Cards @ SDSC
Thursday	March 5, 12, 26	10 & 11:30 am Strong Bodies Advanced @ SDSC
Thursday	March 5, 12, 26	1 pm Strong Bodies Basic @ SDSC
Thursday	March 5	9 am Bridge to Hope Breakfast @ SDSC
Thursday	March 12	12 pm American Legion Birthday Dinner @ SDSC
Friday	March 6, 13, 20, 27	10 am-2:30 pm Adult Day Services - \$4.50/hr Registration Req 715-235-0954
Friday	March 6, 13, 20, 27	1 pm Bingo @ SDSC
Friday	March 6, 13, 20, 27	12-3 pm Open Walking in Gym @ SDSC
Friday	March 13, 20, 27	10:30-11:30 am CVLR "Great Decisions @ SDSC
Friday	March 6	10:30-11:30 am Alz's Ed "10 Warning Signs (new)" @SDSC

ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF MARCH FOR SITES IN DUNN COUNTY
(CHECK MONTHLY MENU FOR SITE CLOSINGS)

- COLFAX GRAPEVINE SENIOR CENTER** (715-962-2550)
Meals Monday, Tuesday and Thursday at 11:30 am
2nd Tuesday of month 2:00 pm American Legion/Auxiliary
1st Thursday of month 2:00 pm Merry Mixers Meeting
Every Monday 10:30 am Exercise
Every Tuesday 10:30 am Bible Study
Every Tuesday 1:30 pm Card Party (500)
Every Wednesday Puzzles
Every Thursday 10:00 am Blood Pressure Check
Every Thursday 10:30 am Bingo



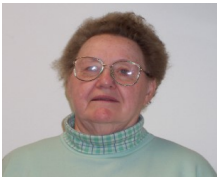
- EAU GALLE CIVIC CENTER** (715-283-4252 or 715-232-4006)
▪ Meals every Monday and Wednesday at 12 noon
▪ Exercise every Monday and Wednesday, 11:45 am to 12 noon
▪ Pfeffer every Monday and Wednesday, 1 to 3:30 pm
▪ Card Party and Snacks, 2nd and 4th Monday, 1 to 3:30 pm
▪ Phase 10 every Monday and Wednesday, 11:15 to 11:45 am



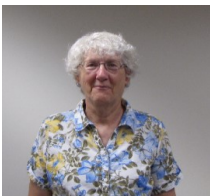
- HOSFORD-RICH APARTMENTS** (715-235-4047)
▪ Meals Monday, Tuesday, Thursday and Friday at 11:30 am
▪ Puzzles and board games – Daily (anytime)
▪ Bingo on Tuesdays from 1 to 2 pm
▪ Coffee Klatch Monday through Friday at 9:00 am
Everyone Welcome!



- BOO'Z IN KNAPP**
▪ Meals Monday through Friday - 11:30 am
▪ Bingo every Tuesday at Boo'z
▪ Plates & Knappkins Food Pantry open every Thursday 2:00 to 4:00 pm
▪ Plates & Knappkins Food Distribution 5th Saturday of the month 7:00 - 10:00 am



- TANTARA APARTMENTS DINING ROOM**
▪ Home Delivered Meals Only
▪ Monday – This Day in History – remembering events in the past
▪ Tuesday – Exercise with Chuckie, Free gentle exercise, jokes for the day with Julie
▪ Wednesday – Current Events with Char, Bingo at 1:30 pm
▪ Thursday – Exercise with Chuckie 9:30 to 10:00 am, Free gentle exercise, Stories with Jan
▪ Friday –Remember When?
▪ Tuesday, Wednesday, Thursday – Exercise 9 to 9:30 am



LONG-TERM CARE ELIGIBILITY



By Ruth Huske,
ADRC Senior Social Worker

When people find themselves or a loved one no longer able to care for themselves, there are programs that can help! This is called Long-Term Care.

Long-term care is services or support needed as a result of getting older, chronic illness, or disability that limits a person’s ability to do things that are part of a daily routine, such as bathing, dressing, making meals, managing medications and paying bills.



In Dunn County if an individual cannot afford to pay for services they need, we have two options for long-term care, Family Care (which is provided through a Managed Care Organization) and IRIS.

Family Care has a team approach to identifying assistance needed which includes, at a minimum, a care manager and a nurse. Many people also include family members and other professionals on their team. Services are arranged by the managed care organization.

In Dunn County we have two managed care organizations that can provide this benefit, Inclusa and Care Wisconsin. In both programs, a member has an interdisciplinary team that they work with to help manage their plan of services and supports.

IRIS stands for: Include, Respect, I, Self-Direct. IRIS offers the same types of supports as Family Care, but is designed for people who are able to self-direct their long-term care needs and have flexibility with hiring their own workers and making purchases within their budget. They are assisted by an IRIS consultant.

Both Family Care and IRIS are for people who have both a functional and financial eligibility. In order to determine if a person meets these requirements, they need to meet with a Resource Counselor at the ADRC who will assist them with this process. A Long-Term Functional Screen will be done to determine functional eligibility. This assessment tool was developed to provide an automated and objective way to determine eligibility. This assessment typically takes place in a person’s home. For financial eligibility, a person must be eligible for Medical Assistance. The Resource Counselors can also provide assistance with the information needed to complete the application for Medical Assistance.

If you have questions or would like to have an assessment done, please call the ADRC at 715-232-4006!

MARCH SUPPORT GROUPS

BREAKFAST WITH THE BRIDGE

9:00 am - 1st Thursday of every month
Shirley Doane Senior Center A different topic each month, discussed over a light breakfast and coffee.



THE BRIDGE TO HOPE: The Bridge to Hope offers FREE and confidential services to victims and survivors of domestic abuse, sexual assault and human trafficking in Dunn and Pepin Counties. For ongoing and current weekly support group dates and times, please call 715- 235-9074.

DIABETES SUPPORT GROUP: From September through May on the 1st Thursday of the month, the Diabetes Support Group meets from 7 to 8 p.m. in the Mayo Clinic Health System in Menomonie Education Center.

MISCELLANEOUS Dunn County Genealogical Society meets on the third Saturday of each month at 10 a.m. at the Russell J. Rassbach—Dunn County Historical Museum. For more information, call 715- 232-8685. Do not meet in August and December

ADRC DUNN COUNTY CAREGIVER & DEMENTIA PROGRAM

Menomonie Area
Memory Café

4th Thursday of each month
10:00 to 11:30 am
United Methodist Church
2703 Bongey Drive
Menomonie, WI 54751

The Memory Café is a **safe, comfortable and engaging** environment for those with early stage memory loss and their caregivers. It is a place where you can **socialize and connect** with others.

We welcome those individuals with dementia (or related diagnosis), with mild cognitive impairment, early to moderate Alzheimer's, along with their family members or caregivers.

Expect: **Social connection with others having a similar experience**
Peer support
An informal, relaxed & stigma-free environment
Laughter
New friends
Delicious refreshments!

For more information, call the Dunn County ADRC at 715-232-4006.

2020	January 23 February 27 March 26	April 23 May 28 June 25	July 23 August 27 September 24	October 22 November 26* December 24*
				*Subject to change due to holiday

Aging & Disability Resource Center of Dunn County

The United Methodist Church

Visiting Angels
LIVING ASSISTANCE SERVICES

Safe @ Home
Senior Care

The Neighbors of Dunn County

House Calls of Menomonie, Inc.
800.800.3414
(715) 232-6475
www.housecallsinc.org

FIND CURRENT COPIES OF
SENIOR HI-LITES AT
WWW.SENIORREVIEW.COM

THE HIDDEN MALE
CAREGIVER



By Lynne Shaffer,
ADRC Caregiver
Coordinator

Many people don't realize that over 40% of family caregivers are men, and that they also need our support. The face of American caregiving is changing and over 40 million Americans caring for a loved one are male.

In many ways, male caregivers resemble their female counterparts, but there are also some differences. Men may be more uncomfortable with hands on personal care and other aspects of caregiving such as dressing and feeding their loved one. They often feel that their new role is daunting and all consuming. Most men have grown up in a culture in which females have been perceived as primary family nurturers. But more men are rolling up their sleeves and rising to the challenge of caregiving.

The way men cope with caregiving may differ than the way women cope. They may approach care differently. Men tend to be fixers. They approach care with a fix it mentality and also may have to deal with the perception that all caregivers are women. They may have challenges with professionals not taking their needs or concerns seriously.

Another difference is that men report that they are less likely to open up to others when they feel stressed or overwhelmed by their caregiving responsibilities. Men may tend to "just hold stuff in".

It is vital for male caregivers to understand that they can't carry caregiving burdens alone. Peer support is absolutely critical. Many men have a hard time opening up to their families and friends about their feelings and health. They do not want to be seen as vulnerable and in need of help.

In a support group, however, being in a room with other men who are also struggling, may make it easier to open up. A men's only support group could make a man feel less awkward about expressing their emotions or discussing specific topics such as relationships. Speaking to other men can be an effective way to find some relief and support.

Men Are Caregivers Too! This is a new support group for men that will be starting on April 1, 2020, in Menomonie. It is for family caregivers that happen to be men. The purpose is to support each other in their present or past caregiving roles.

It will be held at the United Methodist Church at 2703 Bongey Drive in Menomonie, WI, but it is not a religious group. It will take place on the first Wednesday of the month at 1:00 pm for an hour and will be facilitated by a volunteer that has been working with caregivers for many years. It is in partnership with the Aging and Disability Resource Center of Dunn County.

Coffee and snacks will be provided. For more information, please contact the ADRC of Dunn County at 715 232-4006.

CAREGIVERS CORNER - DUNN COUNTY ADRC

- Are you looking for someone to talk to that understands what it means to be a caregiver? Our caregiver support groups offer a place to share and talk to people who know about the experiences and the ups and downs of caregiving. You have the opportunity to share, talk about issues you face, and get ideas and education. Refreshments are served.
- Caregiver Coffee Hour** meets the 1st Wednesday of the month from 9:30 to 11:30 am in Conference Room 56 at the Dunn County Community Services Building
- Caregiver Café** meets the 2nd Thursday of the month from 9:30 to 11:00 am at the Exit 45 Restaurant and Bakery. 2100 County Rd B Menomonie.
- Alzheimer's Caregiver Support Group** meets the 3rd Wednesday of the month from 10:00 to 11:30 am at the Shirley Doane Senior Center.
- Relatives Raising Children** meets the 3rd Thursday of the month from 10:30 am to 12:30 pm in Conference Room 100 at the Dunn County Community Services Building.
- Caregiver Support Group** meets the 3rd Thursday of the month from 6:30 to 8:00 pm in Conference Room 100 at the Dunn County Community Services Building.
- Memory Café**, for caregivers and people with memory loss, meets the 4th Thursday of each month from 10:00 to 11:30 am at the United Methodist Church, 2703 Bongey Drive in Menomonie.

CALLING ALL RETIRED PUBLIC
SCHOOL PERSONNEL!

By The Dunn County Area Educators' Association

The Dunn County Area Educators' Association will meet Monday, March 16, for a noon luncheon at the Menomonie Moose Lodge, 720 19th Avenue East. All retired public school personnel are cordially invited to attend.

Call 715-235-8286 to make your reservation.

MEN ARE CAREGIVERS TOO!

A SUPPORT GROUP FOR MEN ONLY

1st Wednesday of the Month
1:00 pm

United Methodist Church
2703 Bongey Drive
Menomonie, WI 54751

Learn from others, help each other and talk freely about the challenges that male caregivers face.

Relationships
Life Balance
Resilience

Challenges
Resources
Respite
Support

Aging & Disability Resource Center of Dunn County

The United Methodist Church

HELP END ELDER ABUSE

- Emotional Abuse
- Financial Abuse
- Physical Abuse
- Neglect or Self-neglect
- Harassment

COUNTY HELPLINES

DUNN COUNTY DEPT. OF HUMAN SERVICES & ADRC	
Adult Protective Services	715-232-4006
DOMESTIC ABUSE VICTIM ADVOCATE	
24-Hour Crisis Line	800-924-9918
Dunn County Sheriff's Office	715-232-1348
Aging & Disability Resource Center	715-232-4006
Bridge to Hope	715-235-9074



NEW YEAR, NEW YOU... SAME W-2 TAX SCAM

Tax season is in full swing, which means criminals will go to great lengths to separate you from your money, your identity, or anything of value that is within their reach. They may offer seemingly legitimate “tax services” that are actually designed to steal your identity and your tax refund. Often times, criminals will lure you in with an offer of larger write-offs or refunds. Such scams might include fake websites and tax forms that look like they belong to the Internal Revenue Service (IRS) in order to trick you into providing your personal information.

Warning Signs of an Online Tax Scam:

- An email or link requesting personal and/or financial information, such as your name, social security number, bank or credit card account numbers, or any additional security-related information.
- Emails containing various forms of threats or consequences if no response is received, such as

additional taxes or blocking access to your funds.

- Emails from the IRS or federal agencies. The IRS will not contact you via email.
- Emails containing exciting offers, tax refunds, incorrect spelling, grammar, or odd phrasing throughout.
- Emails discussing “changes to tax laws.” These email scams typically include a downloadable document (usually in PDF format) that purports to explain the new tax laws. However, these downloads are almost always populated with malware that, once downloaded, will infect your computer.

The IRS encourages you to forward the original suspicious email (with headers or as an attachment) to its phishing@irs.gov email account, or to call the IRS at 800-908-4490. More information about tax scams is available on the IRS website and in the IRS Dirty Dozen list of tax scams

AARP INCOME TAX ASSISTANCE

Income tax assistance will be provided at the Dunn County Community Services Building, 3001 US Hwy 12 E, Room 60 (basement level), Menomonie, starting February 5 through April 9, 2020. This program is open to all taxpayers and you do not have to be an AARP member to participate. However, the program is designed for individuals with low income or age 60 and over. Volunteers will be available on Wednesdays and Thursdays from 9:00 a.m. until 3:30 p.m. Appointments are required and can be scheduled through the Dunn County Aging and Disability Resource Center (ADRC) at 3001 US Hwy 12 East, Menomonie. The telephone number is 715-232-4006.

Please remember, if you need to change your appointment date or time, this is done through the ADRC 715-232-4006.

What Should I Bring to My Appointment?

- Copy of last year’s income tax return(s)
- For Homestead Credit Claims, bring your 2019 property tax statement or rent certificate
- Proof of health insurance (Including the Affordable Care Act)

- 2019 and 2018 property tax bill (not receipt)
- W-2 forms from each employer
- Unemployment compensation statements
- 1099-SSA form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets
- 1099-misc. showing any miscellaneous income
- 1099-R form if you received a pension or annuity
- All forms indicating federal income tax paid
- Dependent care provider information (name, employer, ID, Social Security number)
- Summary of receipts and canceled checks if itemizing deductions
- Social security cards or other official documentation for yourself and all dependents

Please note: If you do not bring the required information, you may need to reschedule your appointment through the ADRC at 715-232-4006.

CHIPPEWA VALLEY EYE CLINIC



the best
care in
sight.

Chris Buntrock, MD
Roger Gray, MD
Thomas Harvey, MD
Lee Hofer, MD
Heidi Jarecki, MD
Ronald Lange, MD
Spenser Morton, MD
Kristi Lambert, OD
Chad Vieth, OD


•Cataracts
•Corneal Transplants
•Diabetic Retinopathy
•Eyelid Drooping
•Glaucoma
•Low Vision
•Macular Degeneration



OUTREACH LOCATIONS: BLACK RIVER FALLS, CUMBERLAND & DURAND

Eau Claire715.834.8471
Menomonie715.235.8335
Rice Lake.....715.234.8444

www.cveclinic.com



LEAGUE OF WOMEN VOTERS OFFERS VOTER ASSISTANCE

Are you registered to vote in upcoming elections? Do you know where your polling place is located?

The League of Women Voters - Greater Chippewa Valley, a non-partisan/non-profit volunteer organization, will assist you with registering, updating, and other questions about voting. Voter Assistance will be offered at the following times and locations:

- March 11 - Tantara Apartments, 420 Heller Rd., Noon - 1:15 pm.
- March 11 - Wednesday's Table, Christ Lutheran Church, 1306 Wilson Street, 4:30 - 6:00 pm
- March 12 - Hosford-Rich Apartments, 1202 10th Street., 10:00 am - 11:00 am
- March 12 - Thursday's Table, First Congregational Church, 420 Wilson Avenue, 4:30 - 6:00 pm
- March 17 - Tuesday's Table, St. Joseph Catholic Church, 910 Wilson Avenue, 4:30 - 6:00 pm

If you have a WI driver's license or WI ID, please bring that with you. If you don't have a WI Driver's License or WI ID, know the last 4 digits of your social security number and bring a Proof of Residence. A Proof of Residence must include your name and address and includes such documents as hunting or fishing license, pay stub, bank statement, etc.

Your Voice will be heard if you VOTE.

MAN CAVE

...a just a bit of fun...

by Mary & Brad Dale, Editors,
Senior Review, and Senior Hi-Lites



LIVING THE GOOD LIFE

In the spirit of March being the nutrition month, I feel compelled to take somewhat of a stand on the topic of food but more to the point eating .

I like a simple life in my cave.

I don’t want fish eggs on crackers, feta cheese on fresh kale, or infused mayonnaise plopped on anything.

I like meat, ketchup, cheese, iceberg lettuce, mixed nuts and a great cup of coffee.

Back in the ‘72 when I got my first teaching job, what we ate had to be purchased on twenty five bucks a week. With so little buying power the decisions were purely economic. Coupon shopping became a way of life, and free samples at the grocer were valued as were dinners with the parents (money saved.)

As my taste didn’t run to the fancy, I was always very pleased with anything made from burger. For special events we would cover ‘cooks choice’ with mounds of melted cheese (any kind) slathered in ketchup. Chips and snacks were delightful, but ‘spendy’ so we learned to love generic or go without. Getting a soda meant no money for milk on my cereal. Finding change in the sofa cushions was a deal breaker, it meant a possible treat.

But then it all changed. Diabetes 2 does that. I officially said good-bye to my former eating plan and 50 pounds. Now breakfast is coffee with a bit of creamer. Dinner is usually a salad served with 3 oz of meat and a third cup veggies. If my sugar levels are acceptable at dinner time (I test my blood 4 times a day) I may indulge in a French fry, though never more than four. Dessert is sugar free Jello with a dab of cool fluff. If all is well, a handful of almonds will get me thru prime time viewing, and I finish the night with a low carb bar.

Lunch, when it happens, is 2 oz of meat, 1 oz of cheese, 2 petite dill pickles and coffee.

I see two specialist and a g.p. regularly, walk a half mile daily, drink 16 -32 oz of water, watch my medications and give myself a shot each Wednesday at 10 am. I am certainly living the dream. But then that was the point of all of this.

March is national nutrition month. Take a look at what you are doing. It’s important. Your decisions today will impact those you get to make tomorrow. Most of mine are of habit and intent. So much for a simple life!



DIABETES CAN AFFECT NEARLY EVERY PART OF YOUR BODY:

EYES:

Diabetes can cause blurry vision, spots or other symptoms that can lead to blindness.

HEART & BRAIN:

Your risk of heart attack or stroke is two to four times higher is you have diabetes.

NERVES:

Six out of 10 people with diabetes have nerve damage causing problems like numbness, burning, tingling, pain in feet/ hands, carpal tunnel syndrome and delayed digestion of food.



BRAIN:

Diabetics are more likely to be diagnosed with dementia.

GUMS:

Diabetes can raise the risk of gum infections.

KIDNEY:

Diabetes is the leading cause of kidney failure

FEET:

Diabetes causes about 60 % of foot and leg amputations that are not the result of accidents.

TALKING TOO FAST



By Bert Moritz

This past Sunday morning, my wife, our daughter, Anna, and I decided to drive up to the Ice Age Trail just north of Bloomer and hike in the woods. I had my car on cruise control as we headed out of town. Well, I got a speeding ticket. Boy, that hurts!

As I sat in the car waiting for the county deputy to hand me the citation, I looked over at my daughter, and I had suddenly had a feeling of déjà vu. Here’s why...

The last time that I got a speeding ticket, it was 1971, and I was in my first year of college. Now, don’t think for an instant that I have not been guilty of occasionally speeding during the last forty plus years! On the contrary! I am just as bad as the rest of us, and I have been pulled over my share of the time. However, I have usually been able to talk my way out of a ticket. Let me tell you about one of those times!

For the many years, I have helped run the main telescope at Hobbs Observatory in Beaver Creek Reserve. My daughter, Anna, used to accompany me every Saturday night, and she would help me show members of the general public objects in the night sky. She started coming with me when she was five years old, and Anna continued to do so until she was about twelve. Our routine would be to arrive at 9:00 PM and work until all the people had left. Then, we would stay an extra hour or two so we could look at interesting galaxies or nebulae.

One night, when Anna was about eleven, we finished up at one o’clock on Sunday morning, and then, we started to drive home. It was a beautiful clear night and the sky was full of bright stars. We were talking about things that we could see in the sky as we drove along Highway 12 toward Eau Claire. Suddenly, my rear view mirror lit up with red and blue flashing lights! I was stunned as I looked down at my speedometer! I was going about seventy miles an hour, and I knew that the

speed limit was only fifty five. I was really embarrassed to have my young daughter with me as I pulled to the side of the road. Out of the squad car, came a tall officer with a big “Smokey the Bear” hat on his head. I rolled my window down and he leaned close to me and said, “Sir, you were speeding. Why are out here at this time of the night?”

At this point, it occurred to me that the officer was suspicious that I had been drinking. I felt pressure to defend myself, and my brain kicked into high gear. Whenever I go into that mode, my mouth is sure to follow! I sucked in a lung full of air and let fly! “Sir”, I stammered, “I am here with my daughter. We were at the observatory using the telescope and now we are going home. I was telling her about Saturn which is just over there to the south, and I did not know I was going too fast. In fact, sir, this car is very powerful and smooth so it is hard to tell the speed. I haven’t had a speeding ticket since before I was in the army. I didn’t mean to speed. It’s just that ...” Suddenly, Anna interrupted me. She nearly shouted, “Dad stop! You’re babbling!” I shut my mouth and caught my breath. The highway patrolman burst out laughing. Then he took my license and walked back to his squad car.

As we sat there, I wondered how much the ticket was going to be. I apologized to my daughter for embarrassing her. When the officer came back, he handed me my license and a white citation. “I’m going to give you a warning ticket. From now on drive the speed limit. And sir... you were babbling.”

My Uncle Chuck once said that life is one long lesson in humility. Getting a speeding ticket is proof of that. Sometimes, it’s just better to keep quiet and take your medicine.



Feed My People

FOOD BANK

OPEN HOUSE

FREE THURSDAY, APRIL 16
4:30 - 6:30 PM
2610 ALPINE ROAD, EAU CLAIRE



You're invited

TAKE A TOUR OF THE NEWLY EXPANDED FOOD BANK! PLUS, ENJOY REFRESHMENTS.

LIKE MY TIE?



By Ken Anderson

I recently read that the necktie is the most uncomfortable thing for a man to wear. However, I enjoy wearing neckties. I think it comes from having been a teacher for 36 years. I probably went to school on only a handful of days without wearing a tie, and even though I am now retired, I still have all of those ties, plus many new ones. I also have novelty ties that my wife made for special school events.

The necktie originated in the 17th century during the 30-year war in France. Soldiers wore a piece of cloth around their neck as part of their uniform. This cloth gradually changed to a cravat and then evolved into our current necktie style.

When I attend church or go to our bank or meet with our insurance agents or other professional men, rarely are any wearing a tie. It seems casual dress is now acceptable for just about every situation and profession.

Perhaps my fixation with neckties is yet another reason I enjoy The Andy Griffith Show.

In Mayberry, men wear suits and ties all the time. Andy and Barney would never go on a date without wearing a suit and tie. Barney even wore his salt and pepper suit whenever he went to Thelma Lou's to watch television. Andy wore a suit when he took Helen to the movies, and even Otis Campbell, the town drunk, changed into a suit every day after work.

Andy always made sure Opie wore a suit for special occasions. Whenever someone special came to dinner, both Opie and Andy put on their suits. When Opie went to a birthday party, he wore his suit. Opie even had to wear a suit when he went to the

Raleigh Public Library. One time the Taylors and Goober took a trip to Raleigh wearing dark suits while riding in a convertible with the top down on a hot summer day.

Now I realize that casual wear is more comfortable and much easier to care for, but I am fortunate to have a wife who doesn't mind washing and ironing dress shirts. I guess she enjoys being seen with a snappy dresser. I am by nature a traditionalist, so I will continue to wear my ties and suits even though I will be in the minority.

themayberryguru@gmail.com



Toll-free Helpline:
888-818-2611

Fax: 866-813-0974 | Email: smp-wi@gwaar.org

gwaar.org/senior-medicare-patrol

WisconsinSeniorMedicarePatrol

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).



Call us with questions about billing errors, scams and medical identify theft

How SMP Thrives
Volunteer Support

- Distribute Information & Materials
- Give Presentations
- Staff a Table at Events & Fairs

Join the SMP program as a volunteer!

Call us or visit our website to sign-up for our quarterly newsletter, periodic fraud alerts, and to learn about volunteer opportunities



www.gwaar.org



THE ICE MAN COMETH!!!

THE SURPRISINGLY COOL HISTORY OF ICE

By Linda Rodriguez

If you have lived in Wisconsin for any real length you tolerate the ice. But a bit over 200 hundred years ago, Frederic and William Tudor, two rich kids from Boston with little to do but hunt, fish and play thought it would be “cool” and profitable sell it. 30 years later, they were shipping almost 200 tons of the stuff. Frederic became the ‘ice king’ and carved an industry out of frozen water. Pretty cool stuff!

T’was a bit of a rocky start. Pooling their resources and coming up with a plan was a bit easier than finding a Boston ship to carry the ice to the French island of Martinique. Not to be stopped by the small details, they sunk five grand into buying a ship of their own and around Feb of 1806, 80 tons of ice left port.

It arrived just fine, but the folks on the Carribeans didn’t wanted it. (they didn’t see that coming!)

William split and Fred was on his own to find enough money the next winter to send more ice to the islands. This time a silly embargo put Fred on ‘ice’ (excuse the pun) for two years, the same two years that his family ran out of dough. Fred wouldn’t stop. In 1810 he finally did make a profit, but some really bad ‘stuff’ like war, weather and parasitic relatives slowed him down a bit in addition to debtors’ prison and getting pretty skilled at hiding from the sheriff.

He was one stubborn son of

a gun, and this ‘ice thing’ was his ticket to riches. He became a marketing maven for ice, traveling the lands with cooled beverages for all. From teaching restaurants to make ice cream, to training hospitals to cool patients, if it could be done using ice, he tried it. And he was correct. They could not live without it.

By 1821, he was doing well. In 1826 he hired Nathaniel Wyeth to figure out how to cut, harvest, float and store the huge blocks of ice in ice houses until sold. The business was terribly unsafe... incredibly large hunks of ice stacked 80 tall, wicked sharp tools being worked by men with numbed body parts in cold waters...all an accident awaiting and ready to happen in a blink of an eye. Only one-tenth of the ice actually made it to sale.

By 1833, Tudor was shipping 180 tons of ice across the world. He was the ‘ice king’.

By 1847, nearly 52,000 tons of ice traveled the US, half from Boston, and most of that Tudor’s.

Tudor died in 1864, finally rich again. Ice harvesting was big business. Eventually all America had an icebox. And then came the electric freezer and refrigerator.

Today, ice pulls in billions but most of the business is the pre-packaged stuff you get for your cooler.

The only way to end this little story isway cool-eh?

<http://www.mentalfloss.com/blogs/archives/20311#ixzz255QeBHOH>



Managing Your Medications Has Never Been Easier

We know managing multiple prescriptions and other medications can be time-consuming, frustrating and just plain scary. We can help. We can organize your medications by time and day to make it easy.

We can also “sync” your prescriptions - a new way to coordinate all of your prescriptions into one monthly pickup - making it more convenient for you.

SIMPLIFY YOUR REFILLS AND YOUR LIFE. ASK US HOW.

Value Center Pharmacy
715-833-6760

Ed's Pharmacy
715-568-2190

Wally Shong Pharmacy
715-286-2515

Colfax Pharmacy
715-962-3784

www.hometownpharmacyrx.com

Bring in this ad & receive your 1st month of convenience packaging FREE

Valid ONLY at the locations listed in this ad. Not valid with any other offers. Expires 03/31/20



For 80 years, Beltone has been **dedicated to partnership.**

- We take the time to get to know you.
- Provide a lifetime care guarantee.
- Recommend tailored hearing solutions to best suit your lifestyle.
- Offer cutting-edge hearing devices developed with award-winning technology.

At Beltone, every pair of hearing aids comes with a partner included.

Meet **Dave Reimann**,
Your local **Partner in Hearing Care!**



Certified Hearing Instrument Specialist

Start your partnership by scheduling a Free Hearing Screening today

Beltone Hearing Aid Center 1802 Talen Street Menomonie, WI
800-424-6384

Senior Review

WINTER HAVEN SHELTER IN DESPERATE NEED OF VOLUNTEERS TO STAY OPEN

By Heidi Hooten, Shelter Coordinator for Stepping Stones of Dunn County.

For nine years Stepping Stones has run Winter Haven, our overnight shelter for homeless adults, completely with volunteers. Hundreds of Dunn County residents and college students have participated by working overnight shifts (first shift 7:30 p.m. to 1:30 a.m.; second shift 1:30 a.m. to 7:30 a.m.) to keep people safe from the elements. This year, we are really struggling to get volunteers.

There are so many things going on in the world today that require attention that it's overwhelming. For myself, I try to boil it down to one small thing I can do today in my community that will help someone else. I can't take on all the world's problems, but I can do something within my own sphere of influence. At the most basic level, people at least deserve a place to lay their heads at night where they can be safe and comfortable and not freeze during the cold Wisconsin winters.

We need your help. Until the end of March, we desperately need volunteers to help keep Winter Haven going. The people who have been volunteering are fabulous angels of mercy, and we've managed to get through the first portion of

our season by depending on them. But we are going to need to have more volunteers to make it through our season (November 15 through March 31.)

Once this season is over, we'll be having a conversation with our community partners and volunteers about how to make Winter Haven more sustainable.

Since November, the shelter has been utilized by 33 guests. Some of those only stayed a night or two, others have been there since November. Most of them have some kind of barrier that is preventing them from getting into housing without a lot of help. For those who have burned their bridges, there is no going back to where they started so staying at the shelter is their one option for the moment. Some of them are struggling with serious health crises and can't physically afford to be without shelter.

Please talk with your friends, families, church communities, groups, etc. to help us rally volunteers! If you want to volunteer, contact our Community Connections Coordinator, Jill Seichter, to sign up for a one-hour training (715-235-2920 or communityconnect@steppingstonesdc.org. Thank you so much, you have no idea what it means to the Winter Haven guests to have such support from our community.



EMPTY BOWL'S FUNDRAISER

Saturday, March 28; Stepping Stones' Empty Bowls: 11 a.m.-2 p.m. at Menomonie High School (1715 Fifth St. W). Family-friendly annual fundraiser features a tasty soup lunch, hand-crafted bowls, silent auction, entertainment by local musicians, kid's activities, bake sale -- and a chance to visit friends and neighbors, while supporting your neighbors! Tickets are \$15 (meal and bowl) in advance and \$18 at the door, or \$5 (meal only) in advance and \$8 at the door, available online as of March 1. Visit www.steppingstonesdc.org or Stepping Stones' Facebook page for information.



CORN BEEF & CABBAGE

Open House

March 17 from 12-2 p.m.

Enjoy a special St. Patrick's Day lunch and a tour.

HERITAGE COURT
Enhanced and Memory Care Community

3515 E. Hamilton Ave., Eau Claire
heritagesenior.com • 715-379-9609

CHIPPEWA VALLEY WATERCOLOR ARTISTS



CVWA will hold its annual exhibit and sale beginning Wednesday, March 4, 2020 at the Wise Nature Center at Beaver Creek Reserve located at S1 County Road K in Fall Creek, Wisconsin.

An artist reception will be held from 9 a.m. to 2:00 p.m. on Saturday, March 14, 2020 in conjunction with Beaver Creek's French Toast Breakfast.

The show features work from 25 local watercolor artists. A portion of all sales goes to Beaver Creek Reserve.

The show remains in effect through Tuesday, March 31, 2020 and can be viewed during Beaver Creek Reserve open hours, Monday through Saturday from 9:00 a.m. to 4:00 p.m., and Sunday from noon to 4:00 p.m. For more information, contact Beaver Creek at 715-877-2212.



CHIPPEWA VALLEY WATERCOLOR ARTISTS

Annual Show and Sale - 3/4/2020 through 4/1/2020

ART RECEPTION - 3/14/2020 - 9:00 a.m. to 2:00 p.m.
In conjunction with the French Toast Breakfast
at

Beaver Creek Reserve - Wise Nature Center
S1 County Hwy K, Fall Creek, WI

French Toast Breakfast

Saturday, March 14th
8:00 am - 1:00 pm



A 30+ Year Tradition!!

PRESALE TICKETS:

Adults \$7 - Children \$4 (ages 2-12)

AT THE DOOR:

Adults \$8 - Children \$5 (ages 2-12)

No charge for children under 2 years of age



Beaver Creek Reserve
S1 County Rd K, Fall Creek
715-877-2212

www.beavercreekreserve.org

Additional Activities

- Hobbs Observatory open house
- Chippewa Valley Water Color Artists reception, exhibit & sale
- Kids activities & crafts
- Maple syrup programming
- Bird banding demonstrations
- Free Admission to the Nature Center, Trails, and Nature Nooks

MOM WAS RIGHT

- Ginger does ease nausea. It helps the stomach empty a also breaks up and release gas. So sip on giger ale, ginger tea or slowly eat a few candies made from ginger. So simple you are going to wonder why you didn't think of it?
- Queasy while riding in a car...suck a lemon to ease up on the nausea from motion sickness. Pretty easy to do though you will be teased for making a sour puss.
- Have you suffered from cracked heels long enough? (that is a dumb question, I know) Put Crazy Glue on them. Soak your feet in water for a few minutes, then apply moisturizer and dab the Glue on remaining cracks. Just one treatment should do it. But be careful, this stuff is wicked to use as you will get it over your hands.
- DIY sage tea: Tame a sore throat by pouring 1 cup almost boiling water over 2 tablespoons fresh sage or I tablespoon dried. Cover and steep10-15 minutes, strain and drink this



instead of that tea-honey thing you have been using. It is so easy and it works.

- Chase that nasty migraine with ice to your temples or the back of your neck (10-15 minutes).It numbs the nerve that's sending pain signal and constricts blood vessels. This is better for you than OTC painkillers that could be hard on your kidneys.
- Gargle with good old fashion water at the first singe of a respiratory tract infection. If you think it might be your tonsils, add some salt water. Swish often and watch it work.

- Conquer Swimmer's Ear with a little white vinegar diluted with equal amounts of distilled water. Using an eye dropper put 3 drops in the affected ear 3x's daily. You may need a buddy to get the drops in the ear.
- Chase the stress with a whiff of peppermint essential oil. When feeling a bit over whelmed ,just take a sniff and feel the anxiety go down.
- DIY aspirin shampoo can eliminate embarrassing flakes on your scalp. Add 2 tblsp. Of crushed aspirin to your regular shampoo, suds up and wait 5-10 minutes. Rinse. Your new flake busting shampoo is fabulous. You may need a mortar and pestle to crunch up the aspirin.
- Do you suffer from nasty cuticle infections that won't clear up? Soak your hands in white wine vinegar and warm water for 15 minutes daily. The antibacterial properties of vinegar can eliminate infections caused by manicurist or you...picking at your nails.

Annotated from preventioncom, May 2015

BABY BOOMER BRAIN FOG – REAL OR SELF-INDUCED?



By Shelley Krupa, Business Operations Coordinator, Lake Hallie Memory Care

We all had that one person in our lives as we grew up who modeled love for carb-loaded food. Their focus phenomenal. Their sheer dedication to eating every last crumb commendable. An hour later, forgetting they ate, showing up at the snack cupboard hungry again.

I found myself sauntering down that path. I took after my mom (who died of diabetes and vascular dementia) when it came to carb-loading.

Absentmindedly able to chow down a party-sized bag of salty tortilla chips in one setting. Chased down by a local well-known Wisconsin made brew. Cheers to carbs, right?

Morning after puffiness in my hands, face, waistline, etc., appeared more often than I'd like to admit to. Sluggishness, aches, and pains increased along with brain fog, which I assumed was a normal part of being a Baby Boomer as I hit my mid-50s. I also thought salt was the problem.

Then I experimented. I did 10 days of fasting from sugar, not salt, and all excess unhealthy processed carbs. Just for fun. Actually, it was tough, but doable. Sugar addiction and withdrawal symptoms are real.

After making it through 10 days – I felt/feel great. I realized it wasn't salt, but sugar (carbs) in grains (corn, wheat, etc.) that I was craving. I was addicted to the sugar high I got from eating chips. The way my body processed them affected my overall well-being and brain fog was a common feeling.



After I eliminated all processed/hidden sugars, replaced them with good fats, whole foods, (low-glycemic) berries, leafy greens, quality salt/vitamins, and healthy meat and cheese choices, etc., it made a huge difference. My sugar cravings are gone and I'm not hungry in-between

meals. I wake up without aches and pains. I have lots of energy. Plus, no more brain fog! I wish mom had given healthy eating experiments a try back when it could've made a difference in her life.

It sure would be nice if a change in diet decreased the numbers of

Baby Boomers getting dementia. Dare to give sugar-free life a try?!

SO JUST HOW LONG DOES A TWINKIE LAST?

In 2012, Hostess folded and the fans of the Twinkie (America's snack cake) went into absolute shock while production was suspended for a few months. The panic was such that stockpiling was considered a reasonable option.

Invented in 1930, the Chicago baker, James Dewar , created the original product, a cream filled strawberry shortcake. When the strawberries were out of season, the machines just sat. So Dewar came up with a cream filling and called it a Twinkie.



The original snack's shelf life was rather short making the product expensive and freshness inefficient . Being a fussy person, Dewar ordered his reps to remove the unsold snack cakes in each store every few days. Science saved the day in the 1950's with a transformation of sorts.

Modern chemistry replaced the perishable dairy ingredients in the little cake with enough chemicals to retain moisture, keeping them soft and preventing staling. Through time, chemistry extended the shelf life. Urban legend would have you believe that they could last until either the cockroachs or Cher have perished. Not true. Today's cakes contain Sorbic acid, a chemical that acts as a preservative preventing molding.

Though the legend prevails, the actual shelf life of this classic American treat gone modern and currently boasts 45 days,



FIND US : LakeHallieMemoryCare.com



CALL US : 715-738-0011

Heyde Center for the Arts

Locomotion - The Science and Circus Arts Show
Monday, March 2, 2:00-2:45 p.m.

Skillful circus acts with dance, humor, and physical theater.

Monday Tickets: Adults/Seniors \$6, Youth \$3, Caregivers free.



3 South High Street ♦ Chippewa Falls, WI
www.cvca.net 715-726-9000

SHIRLEY DOANE

SENIOR CENTER

715-235-0954

ADULT DAY SERVICES

Comfortable, Loving Atmosphere

Caring for a loved one and finding it hard to get those little errands run?
Need a little extra personal time?
We can help!

ADULT DAY SERVICES
Wednesday, Thursday & Friday
10am - 2:30pm

Serving adults of all ages needing caregiving. We accept new people any day or days and any combination of hours during these three days a week.

Only \$4.50/hour

Stop by for a visit or give us a call.

715-235-0954

Take comfort in knowing we care for you at all levels.

Rehab, assisted living and skilled nursing on one campus.

Short-term Rehabilitation and Long-term Skilled Nursing

- Inpatient and outpatient rehabilitation services
- Specialized nursing
- IV therapy care
- Wound care
- Pain management
- Music & MemorySM
- NuStep[®] recumbent cross trainer

Autumn Village Assisted Living Apartments

- Private, 1-bedroom or 2-bedroom apartments
- Secured building
- Personal care
- Three delicious meals
- Housekeeping and laundry services
- Salon
- Engaging social opportunities
- Transportation to appointments
- Religious services
- Maintenance
- Spa room with whirlpool

Contact Us For More Information
www.americanlutheranhomes.com | carecoordinator@americanlutheranhomes.com
 (715)-559-1892 | 915 Elm Avenue East | Menomonie, WI 54751

The Neighbors of Dunn County

Generations of caring since 1892

Not only will you find beautiful new buildings but a whole new way of providing services, where elders will feel at home and family members will enjoy visiting.

Named one of the Country's Best Nursing Homes for 2015 by US News and World Report!
Providers of all you rehabilitation needs:

- top notch physical, occupational and speech therapy
- wonderful long term care and memory care

We look forward to meeting you at The Neighbors of Dunn County!
 2901 Forbes Avenue, Menomonie, WI 54751
 715-231-4572

Grosskopf Law Office, LLC
 1324 W. Clairemont Ave., St 10
 Eau Claire, WI 54701
 (715) 835-6196
Peter E. Grosskopf
 Members of National Academy of Elder Law Attorneys

- Living Trusts
- Estate Planning
- Probate
- Financial Planning
- Guardianship
- Powers of Attorney
- Nursing Home and Long Term Care Planning

The Home with a Heart
 Community Owned. Hometown Care.
 We take care of you like family.

Experience the loving care and peace of mind we provide families every day!

- Memory Care Unit
- On-site Mayo Clinic Health System
- Restorative Care
- Physical, Occupational and Speech Therapy
- Short-term Rehabilitation
- Long-term Care

www.heritageofelmwood.com • 232 E. Springer Ave. • Elmwood, WI • 715.639.2911

Warm Up Your Winter!
 The Wisconsin Home Energy Assistance Program (WHEAP) may help pay a portion of your home heating and/or electric costs. The 2019-2020 Energy Assistance program runs from October 1, 2019 until May 15, 2020. If your household's 3-month gross income is below the following limits, you may qualify.

Family Size	3 Month Gross Household Income
1	\$ 7,168.25
2	\$ 9,374.00
3	\$11,579.50
4	\$13,785.25
5	\$15,991.00

For households larger than 5, please call (715) 232-1116 for income limits. Crisis Services may also be available to help with "no-heat" situations due to lack of fuel, furnace problems, or utility disconnects. For after-hours crisis services, call the Dunn County Energy Assistance voicemail at 715-505-2482.
Apply in the county you live in.
 Dunn County residents can call DUNN COUNTY HUMAN SERVICES at 715-232-1116 for more information. All appointments are held at the Dunn County Community Services Building, 3001 US Highway 12 East, Suite 160, Menomonie.

1230 Broadway St., Menomonie
 Open for donations & shopping
 Mon-Sat, 10am - 6pm

FIND US AT
www.seniorreview.com
BUY AN AD AT
mary@seniorreview.com

Senior Center's St. Patrick's Day Dinner
Wednesday, March 18th
11:45 AM

Here's the Menu:
 Corned Beef & Cabbage, Red Potatoes, Carrots, Salad, Dessert "All So Delicious!"

Come and enjoy a great time together while we dine on a traditional St. Patrick's Day dinner.
Don't forget to wear green if you're Irish, (or just want to feel Irish for the day!)
Everyone Welcome!

\$7 MEMBERS
\$8 NON-MEMBERS

SHIRLEY DOANE SENIOR CENTER
 1412 Sixth Street • Menomonie • 715.235.0954
 All profits go towards the Senior Center of Menomonie.

CALL SENIOR HI LITES 715-835-8929