

FREE



AUGUST 2020

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- ▶ Family Caregiver Support
- ▶ How Long Should I Keep This



Life After Driving... New Freedom Transportation

Giving up your driver's license is not easy, and in fact, it is among the most difficult decisions people make in their lifetime. That's because of its overall impact on many aspects of life. Getting to the grocery store, bank, medical appointments or just visiting a friend can be so much more difficult when a person is no longer able to get in the car and go.

New Freedom Transportation is able to help. "We have a network of over 150 volunteers who are ready and willing to help people get where they need to go" says Bobbi Craig, Mobility Manager for New Freedom. According to Craig, the drivers will take people to their medical appointments, grocery store, bank, hair salon, or just about anywhere a person needs to go.

Riders have reported that using New Freedom is like finding your freedom.

I don't have to ask my family to take me everywhere!

I save my family for other things I need help with.

I thought giving up my driver's license would be the end of my independence but I was wrong!

The cost for using New Freedom is VERY affordable because of their partnership with the Aging & Disability Resource Center (ADRC). According to Kelly Zimmerman, ADRC Transportation Coordinator, "Our mission is to help people remain as independent in their own home/apartment for as long as possible. A lack of transportation should not prevent that from happening!" The ADRC receives a grant that helps cover much of the cost of the rides provided, however, there is a co-pay of \$3 per one-way, or \$6 round trip.

To qualify for these rides you must be:

- Age 60+ or have a disability
- Residing in your own home or an apartment that is not part of an assisted living facility
- Not driving OR limiting driving

significantly

New Freedom also has ramp-equipped vehicles for persons that require transportation in a wheelchair.



According to Craig, "There are safety measures in place because of COVID-19, but it isn't preventing us from transporting people. Our drivers are using extra care in cleaning their vehicles, and everyone is required to wear a mask during their ride."

For more information about New Freedom Transportation, please call 1-800-228-3287. Ask for Lori at extension 216.

Vehicle Modification Grants Available

Do you have a vehicle that you no longer can drive due to a physical disability? The Aging & Disability Resource Center of Chippewa County has funding available to help you modify your vehicle so you can continue driving. Eligible applicants are persons with a permanent disability that prevents them from driving their own vehicle or riding in the vehicle of the person

who normally transports them. Applicants must be a permanent resident of Chippewa County.

Whether it's going to work, graduation parties, family gatherings, church or just leaving the house to get groceries, these grants have been life changing for many people.

This is also available to parents who need to modify a vehicle in order to transport their child

with a disability.

Individuals enrolled in Family Care, IRIS, or PACE and those residing in nursing homes or assisted living type facilities are not eligible for these vehicle modification funds. Other restrictions may apply. For more information, call Kelly at 715-738-2590.

Spotlight On ADRC Staff

Hi!! My name is Sandy Lou Letlebo. I am the new Administrative Assistant with the Aging and Disability Resource Center of Chippewa County having started in mid-June. Prior to this, I was an Administrative Assistant at the Chippewa County Veterans Service Office having started there in September of 2016.



ham radio license? Well, I also volunteer my time and amateur radio services providing radio communications and other needed assistance for public service events as well providing mutual aid when disaster strikes.

In the aftermath of the Barron County tornado in May 2017, I was stationed for three days at the Volunteer Reception Center at a church in Cameron to provide radio communications and other help as needed.

With a last name like Letlebo (let-la-bo), I often get comments such as “You’re not from around here are you...” Nope, I am not. I was born in Kenosha, Wisconsin and lived in the Madison, Wisconsin area before moving to Bloomer with my husband Randy (Letlebo). If you know or meet another Letlebo in the United States, they are family - we are few but all related.

I have my advanced weather spotter certification. To keep current, I attend the annual basic and advanced weather spotter classes which are free and offered online and (usually) in person through the National Weather Service. Even if you don’t want to be an “official” weather spotter, I encourage you to at least take the basic class every year or so.

In 2007, I became an amateur (ham) radio operator and currently hold an extra class amateur radio license. My call sign is KC9LZW. You might ask...what can a person do with a

What has impacted my life probably more so than anything else? I grew up having two very special uncles actively involved in my life – both with Down Syndrome and then dementia in their later years. My dad also has dementia. My Uncle Bob passed in 1999. I was recently told my Uncle Richard is the oldest living person with Down Syndrome in Wisconsin. I don’t know if that is really true, but that is not what makes him remarkable. What makes him remarkable, and my Uncle Bob, in addition to their unconditional love (I’m sure I am their favorite niece) is that the two of them instilled in my heart the desire to serve in some capacity, helping those with disabilities by removing barriers and creating bridges.

Being part of the team here at the Chippewa County ADRC feels like I’m exactly where I am supposed to be.

That’s A Good Question!

QUESTION: I have a Guardian. Am I able to vote?

ANSWER: In Wisconsin, a person under guardianship retains the right to vote unless the court expressly removes it. If an individual is under guardianship and unsure of their right to vote, the Court’s decision regarding the right to vote is recorded on a court form called “A Determination and Order on Petition for Guardianship Due to Incompetency.” (GN-3170).

The language in the court order will not specifically say that the person has retained the right to vote, however, a box will be checked if the right has been removed.

If you have a guardian and you’re not sure if you have a right to vote, you should ask your guardian to look at the Determination and Order Form mentioned above to see if your right to vote was removed. A copy of this form may be requested from Probate Court for a small fee (about \$2.00 to get a copy).

A person who has a guardian and has lost the right to vote may petition the court to restore their right to vote.

QUESTION: I am on Medicaid and now I’m also eligible for Medicare. I was auto enrolled into a Medicare Part D Plan. One of my prescriptions is not covered by this plan. I don’t have the money to pay \$250 a month for this prescription. What can I do?

ANSWER: The Part D Plan is required to do a Transition Refill. A Transition Refill is a one-time supply of a medication that is on the Medicare formulary. It is for new members or for existing members whose medications are no longer covered or are subject to new restrictions. You can only get the Transitional Refill if you are already taking the drug before you were enrolled in the plan or before the plan stopped covering it. You have 90 days after your plan begins to ask for the Transitional Refill. The plan must cover it without any restrictions. Once that prescription is filled you will receive a letter in the mail from your Part D Plan informing you that your medication was filled but in the future the plan will not cover this particular medication. At this time you should speak with your Doctor to see if he/she will contact the plan to request the medication be covered. This is called a Coverage Determination. The Plan has 24 hours to make a decision. You will receive a letter stating the decision. If the plan approves no further action is required as your current plan has decided to cover your prescription. If it is not approved discuss with your Doctor whether another prescription that the plan covers without any restrictions can be substituted. Since you have Medicare and Medicaid you also have the option of reviewing and changing to another Prescription Plan that will cover your prescriptions.

Aging & Disability Resource Center (ADRC) Staff ... *Know us before you need us!*

- ADRC Manager – Leslie Fijalkiewicz
- Administrative Assistants – Sandy Winrich, Breanna Schemenauer, Sandy Lou Letlebo
- Disability Benefit Specialist – Kay Hebert
- Elder Benefit Specialist – Jordy Hilts
- Nutrition & Transportation Programs Coordinator – Kelly Zimmerman
- Options Counselors – Holly Anderson, Kasha White, Sarah Hedlund, Erika Stevens, Jessica Gibson
- Nutrition Program Assistant – Jack Kuechenmeister
- Nutrition Site Aids – Rose August, Sue Barnum, Yvonne Bernier, Kathy Boiteau, Mary Ann Brodbeck, Beth O’Donnell, Darlene Sykora

Aging & Disability Resource Centers are the first place to go with your aging and disability questions. We are an “information station” where you can get accurate, unbiased information related to aging or living with a disability. Our job is to help you remain as independent as possible! Give us a call at 715-726-7777 or stop in at 711 N. Bridge Street (Courthouse), Room 118, Chippewa Falls. Walk-ins are welcome but appointments are great too.

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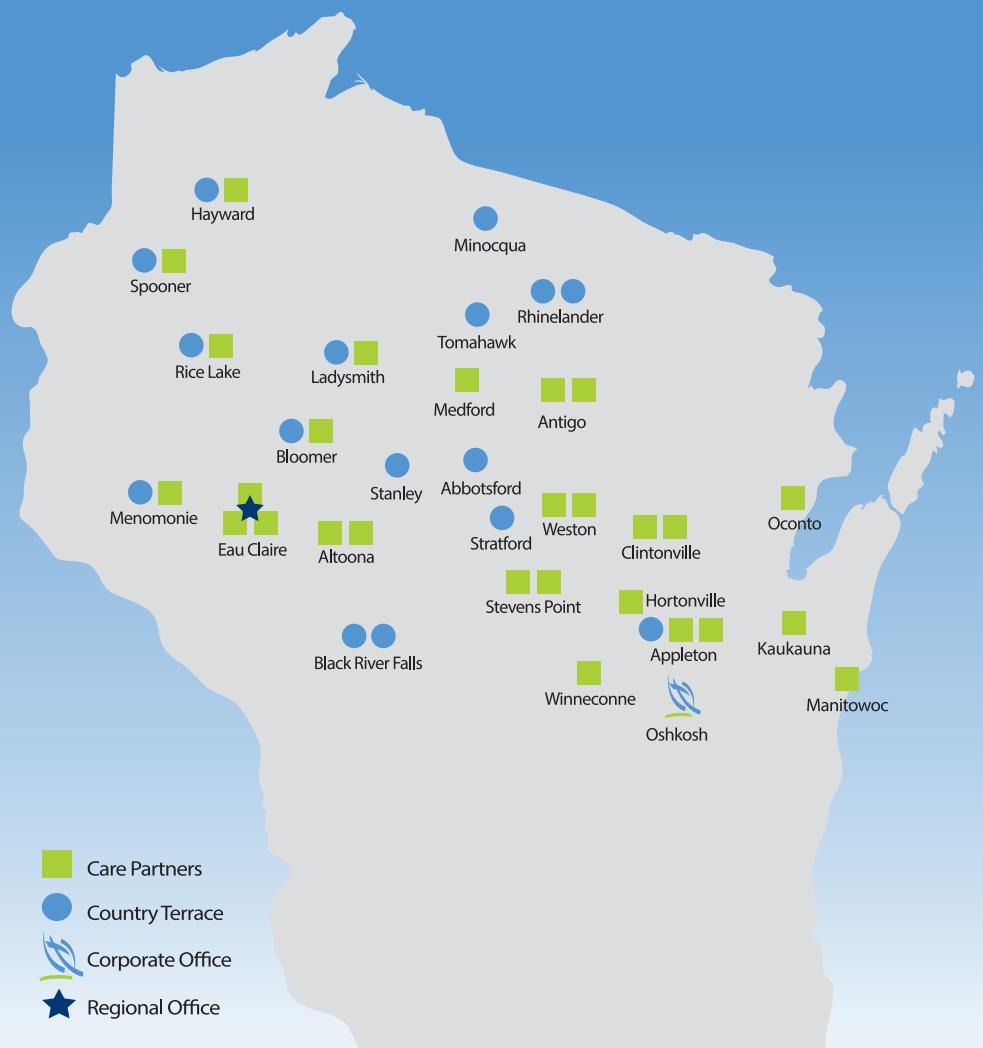
ADRC of Chippewa County
711 N. Bridge Street, Room 118
Chippewa Falls, WI 54729



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Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about bladder and bowel health!

Cost: No fee



Tuesdays, 2:00 - 4:00 pm
July 21, August 4 & 18, 2020

Virtually via Webex (Need Internet & device)
Program coordinator will assist with set up.

Thursdays, 10:00 am - 12:00 pm
August 27, September 10 & 24, 2020

Each workshop is limited to 10 women.

Registration

Please register at least one week in advance by calling 715-839-4735 or online at www.adrcevents.org.

Researched and proven to reduce bladder and bowel leakage!

Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703
715.839.4735 1.888.338.4636 tty: use Relay (711) www.eauclairadrc.org adrc@co.eau-claire.wi.us



New Freedom Transportation Program

Volunteer Drivers Needed!

Too much time on your hands?
Like to be around people?

Volunteer drivers are needed to provide rides for people with disabilities and the frail elderly. You can help people by providing rides for medical appointments, shopping, or social and recreational activities. You will receive mileage reimbursement at the Federal Rate which is currently **57.5 cents per mile**. Please call for more information and to get your application.



1-800-228-3287 | Ask for Bobbi.

Please Help Make A Difference In Someone's Life By Becoming A Volunteer Driver!

This program is paid for by a New Freedom Grant from WI Dept. of Transportation and Center for Independent Living for Western WI, Inc.

Changes to Wisconsin Home Energy Assistance



Due to the COVID-19 pandemic, the Energy Assistance heating season has been extended through September 30th. In addition, our income guidelines have changed and only the income from the calendar month prior to your application will be counted and unemployment income received is not included.

Household Size	1 Month Income
1	\$2,389.42
2	\$3,124.67
3	\$3,859.83
4	\$4,595.08
5	\$5,330.33

Please call Chippewa County Economic Support at 715-726-7840.



This program is administered by the State of Wisconsin Home Energy Plus Program



- One time gas and electric bill payment
- Furnace repair and replacement
- Utility disconnects
- Weatherization
- Fuel emergencies

COME SUPPORT YOUR SENIOR CENTER



THRIFT STORE OUTSIDE \$5 BAG SALE

AUGUST 6-7, 2020 8 AM - 8 PM BOTH DAYS

Fill a plastic bag for only \$5.00.
MUST Wear Mask to shop.

Social distancing will be enforced.

Hand sanitizer stations will be available.

Due to the Safer at Home during COVID 19 all proceeds will go to support the Senior Center's Reopening

THE CHIPPEWA FALLS SENIOR CENTER PARKING LOT
1000 East Grand Avenue

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203 Camelot Lane - Rice Lake - 715-225-4200



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tam@riverbendpm.com



Chippewa County Senior Dining Locations

Join others who have discovered the benefits of Senior Dining...affordable meal, great fellowship and friendly service!

MEALS ON WHEELS

Volunteer Corner

The weather is heating up. Watch for signs of participants experiencing signs and symptoms of heat exhaustion including: weakness, dizziness, nausea, or vomiting. Remind them to drink plenty of water, rest, avoid midday sun, and take cool baths or showers to cool off. Be sure to take precautions for your own safety during hot weather when delivering meals.



Bloomer Senior Center 2121 Duncan Rd. 715-579-2889	Kathy's Diner 304 E. Mills St/ Hwy 27 715-579-2889	Chippewa Falls Senior Center 1000 E. ... (7-10:30 a.m.) 715-579-2910	Our Saviors Lutheran
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Chippewa County Senior Dining is not serving until further notice



Donations of all sizes are greatly appreciated. Please reserve or cancel by noon the day before to assure that a meal is ordered or cancelled for you. This helps reduce waste, keeps our costs down and subsequently the suggested donation.

Menus are posted at www.co.chippewa.wi.us/ADRC on the Senior Dining page or grab a hard copy at that site.

Turn it Up! *By: Jenesis Lindbo – ILS at CILWW*

With medical office closures recently, hearing aids haven't been able to be repaired as quickly. However, there is a device that can be paired to a smartphone using Bluetooth®. It is called the HearAll Cell Phone Amplifier, and it amplifies up to 40 decibels with volume and tone controls. For people who use hearing aids, it is compatible with t-coil and hearing aids (depending on the device).

To learn more information about this amplifier and other amplified devices, please call the Center for Independent Living for Western Wisconsin by dialing 715-233-1070 or 800-228-3287.

Photo source: <https://www.wisconsinat4all.com/Items/ItemDetails.aspx?ItemID=179433>



Don't miss out on *special moments* with family.



What do we mean by in control? You make the decisions on **Meals | Bedtime | Waking up | Showering | Shopping | Visitors**

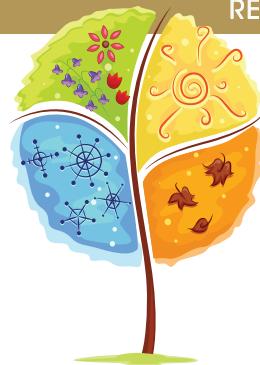
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CONVENIENT LOCATIONS

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Baldwin, WI River Falls, WI
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Caregivers Stay Connected..

While practicing Safer At Home guidelines here in Wisconsin many support groups, memory cafes, conferences and other events have moved to a digital platform. Since these events are held via telephone or videoconference, people across Wisconsin are invited to participate. A list of Support Groups, Memory Cafes, Ongoing Events and Upcoming Events hosted by Wisconsin agencies is available on the Wisconsin's Family Caregiver Support Programs website <http://wisconsinicaregiver.org/virtual-events-for-caregivers>

ONGOING VIRTUAL SUPPORT GROUPS

Every Monday @ 10:00 am - Caregiver Coffee Hour
Register by emailing cori.marsh@co.rock.wi.us or calling Cori at 608-921-7165

Every Monday @ 10:00 am - Northeast WI Telephone Support Group
Open to all caregivers of persons with memory impairment living in Northeast, WI. Join us every Monday as a panel of local Dementia Care Specialists provide emotional, educational, and social support for caregivers. To register, please call 800-272-3900.

Every Tuesday @ 1:30 pm - Caregiver Support Group
Register by emailing caregiving@co.rock.wi.us or calling Cori at 608-921-7165.

3rd Tuesday of Every Month @ 9:00 am-10:00 am - Let's Talk Over Coffee
This is a social group for those caring for a loved one with dementia. The purpose of this group is to provide social engagement for caregivers to have an opportunity to talk to other caregivers about lighthearted topics and focus on positives amongst all the challenges in our world right now. To register contact dcs@milwaukeecountywi.gov or (414) 289-6259

First and Third Tuesday of the Month @ 9 am-10:30 am - Caregiver Virtual Café
Caregivers of any age caring for someone with any condition are welcome to share ideas, offer support and socialize. For more information contact the Eau Claire County Aging and Disability Resource Center @ 715-839-4735. To Register call 715-839-6714 or email dana.greicar@co.eau-claire.wi.us

2nd Tuesday of each month (No Dec Mtg.) @ 1:30 pm - Caregiver Friends Support Group
General Caregivers of any age caring for someone with any condition are welcome to join us. To register call 920-467-4079 or email Lisa. Hurley@SheboyganCounty.com

Third Tuesday of the month @ 1:00-2:00 pm - Alzheimer's/Dementia Caregiver Support Group
Caregivers of those with Alzheimer's and other forms of dementia can join virtually or by phone. This group provides an understanding of caregiver challenges and resources. It also provides an opportunity to give and receive support from others. Call 715-537-6225 or email margaret.schmidt@co.barron.wi.us.

First and Third Tuesdays @ 6:00 pm - Caregiver Support Group
Register by emailing cori.marsh@co.rock.wi.us or calling Cori at 608-921-7165.

First Wednesday of the month @ 1:00 - Dementia Caregiver Support Group
Please join us online or by phone for an hour of caregiver discussion and connection, led by the Dementia Care Specialists of Milwaukee, Ozaukee and Waukesha Counties. To register please email us at dcs@milwaukeecountywi.gov or call 414-289-6259.

There's no better home for your loved one than Apple Valley

With or Without a Computer!

2nd Wednesday of each month @ 1:00 pm - Caregiver Support Group
Support group for caregivers of any diagnoses. To register call 608-723-6113 or email Nicole at nbaumeister@co.grant.wi.gov For more information visit: <https://adrcswwi.org/grant/services/national-caregiver-support-program/>

Last Wednesday of the month @ 1:30 pm - Caregiver Support Group
Please join us by video or audio for our monthly Caregiver Support Group, open to all caregivers. For more information or to register, please contact the Portage County ADRC at 715-346-1401.

Second Thursday of the month @ 6:00 pm - Caregiver Support Group
For family, friends, and other caregivers who are caring for a person with a chronic illness or disability. For more information or to obtain the link to join, please contact Southwest Wisconsin ADRC-Green County Office at 608-328-9499 or email us at resourcecenter@gchsd.org

Fourth Thursday of the Month @ 10:30 am - Caregiver Support Group
For family, friends, and other caregivers who are caring for a person with a chronic illness or disability. For more information or to obtain the link to join, please contact Southwest Wisconsin ADRC-Green County Office at 608-328-9499 or email us at resourcecenter@gchsd.org

Every Thursday night from 7:30-8:30 pm - Evening Conversations with Pam and Gina
Connect weekly to share ideas about caregiving for your loved one with dementia. To register contact Gina Laack at 608-548-3954 or email glaack@co.juneau.wi.us

ONGOING VIRTUAL MEMORY CAFES

(Memory Cafes provide a way for persons with memory loss and their care partner to socialize with other people going through similar journeys.)

Third Mondays of every month @ 1:00 pm - Monarch Libraries Memory Café or...First Thursday of every month @ 2:30 pm - Riveredge Nature Center Memory Café

Join us for activities and informal conversation; a time when you don't focus on a diagnosis, but instead have a great time connecting with each other and creating new friendships. To register, please contact Sarah Prohuska at 262-284-8124 or email sprohuska@co.ozaukee.wi.us

Every Friday @ 1:30 pm -- Afternoon Social Hour/Memory Cafe
Register by emailing cori.marsh@co.rock.wi.us or calling Cori at 608-921-7165.

ONGOING VIRTUAL EVENTS

Every Monday Morning @ 10:00 am - Coffee Connect
Connect with local dementia specialists virtually from the comfort of your home! Join to ask questions, gain support, and brainstorm strategies to get through this time together with three local Aging & Disability

Resource Center (ADRC) Dementia Care Specialists. To register call 608-548-3954

Every Wednesday @ 10:00 am - Wacky Wednesday for Fun and Socialization

Every Wednesday at 1:30 pm - Knowledge is Power Hour - Educational Programming

Register by emailing caregiving@co.rock.wi.us or calling Cori at 608-921-7165.

First Wednesday of every month @ 1:00 - Webinar Wednesdays
RCAW 101 - Learn about respite programs, grants & resources offered by the Respite Care Association of Wisconsin. To register visit <https://respitecarewi.org/webinar-wednesdays/>

4th Wednesday @ 4:00 pm - Outagamie Caregiver Coalition Chats

Caregivers of any age are invited to participate in this one-hour Zoom chat. This is open to anyone interested in participating, you do not need to live in Outagamie County! Contact Karen Dickrell, Extension Outagamie at 920-832-5126 or email: karen.dickrell@wisc.edu

First Thursday @ 6:00 pm - Virtual Pizza & Trivia

For details caregiving@co.rock.wi.us or call Cori at 608-921-7165.

The Wisconsin Alzheimer's Association has a variety of weekly support groups, educational classes and other virtual support services. <https://www.alz.org/wi>

The Wisconsin Adoption & Permanency Support program hosts support groups and events for Grandparents and Relative Caregivers. <https://www.eventbrite.com/o/wisconsin-adoption-amp-permanency-support-987835783>

The Caregiver Teleconnection Program has one-hour conference calls two to three times each week as well as archived programs. <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/>

UPCOMING VIRTUAL EVENTS

August 27 @ 2:00 PM - Caregiver Education

Legal and Financial Caregivers will achieve a better understanding of resources available to caregivers caring for people with Dementia or Alzheimers or for people over 60 years of age. To register visit: <https://www.communityresourcefinder.org/> or call 414 479-8800 ext 1947. (if no answer, please leave a message with your name and phone number.)

September 24, 2020 @ 2:00 pm - Resources for the Caregiver

This is the third of our Caregiver education webinars. Bekki Schmitt will discuss resources available to the family caregiver. Although this will focus primarily on resources available in Milwaukee county, she will address information on finding resources in other counties. To register call 414 479-8800 ext 1947. (If no answer, please leave a message with your name and phone number.)



Are You Prepared for August Weather? By The Alzheimer's Association

Do you have a plan ready in event of weather-related emergencies? August is a hot summer month with plenty of rain in Wisconsin. The average temperatures in the state are in the range of 52°F to 82°F as the cloudy skies bring humidity to the overall weather conditions. Rainfall is to the tune of 3" to 4" as the heat lingers on during the long summer days and thunderstorms are frequent in August.

The Alzheimer's Association is here to help caregivers take measures to prepare for and cope with such extraordinary circumstances.

Local offices are not open to the public at this time due to safety measures, but our Helpline is available 24/7. Our staff is available to provide counseling and support to help families plan ahead for emergencies. Call 800.272.3900.

Plan ahead with personal emergency kit for yourself and your loved one with dementia. In a waterproof container or bag, pack copies of important documents such as legal papers, a list of medications and dosages and insurance information in your bag for safe keeping along with a recent picture of the person living with dementia. Include your medications along you're your loved ones in case the stay in a shelter is longer than expected. Add a few bottles of water and your favorite treats. Toss

in your cellphone charger too! Pack several sets of extra clothing for changing temperatures while you wait out the storm in your cool basement or shelter. Don't forget personal items such as incontinence products, roll of toilet paper or wet wipes.

The emergency kit for a person living with dementia may look different. In this brightly colored waterproof bag place treats, bottled water, favorite drinks, favorite blanket. Put the person's picture on the outside of the bag so he or she will be reminded who it belongs to. Be creative and personalize the contents to meet the need. Other ideas may be candy, handheld radio with extra batteries, a wrist watch. Be sure to pack a favorite coffee cup or plastic glass. It's all about comfort and feeling safe.

News media will often be your first and best source of information on evacuations, shelter openings, tornadoes, floods and other important information. During an evacuation, pay attention to emergency alerts via media and road signs for information about the nearest open shelter in case you need it. If you plan to



evacuate to a shelter, you should want to carry the supplies listed in your Emergency Kit, plus blankets, sleeping bags, pillows and cots and special foods, if needed.

Even in the early stage of Alzheimer's, changes in routine, traveling and new environments may increase the risk for wandering and agitation. Stay alert for unexpected reactions that may result from these changes.

Do not leave the person with dementia alone. When appropriate, share your loved one's diagnosis with others, such as hotel or shelter staff, so they can better assist. Try to stay together or with a group; it only takes a moment to get lost.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.™ For more information, visit www.alz.org or call the 24/7 Helpline at 800.272.3900.

COVID-19 and Financial Protections

STIMULUS CHECKS and GARNISHMENT: There are ways to protect stimulus checks received from COVID. Each state may have a little bit different rules/laws surrounding this, but all likely have some in place that require due process and that a person has ability to provide for their basic needs before stimulus can be collected for a judgment.

Each state also has their own list of exemptions of why stimulus checks cannot be garnished. Locate legal assistance providers to find out the rules in your State, or run your situation by them.

SUED On a Debt? Contact your local municipal court to see if there are protections/relief, or to see if there are restrictions on garnishment of wages or benefits in the State or county.



CARS: check for State and/or local protections from car possession, there may be laws/rules in place. Also, check to see if the creditor is offering emergency relief. If leased, negotiate with financial institution that holds lease for discounts or to extend the lease.

GENERAL TIPS: for those who may be dealing with pressure from creditors, are getting sued, etc. Be strong, don't give in to pressure! Prioritize debt, credit card and medical debt should usually NOT be prioritized.

The National Consumer Law Center has made the online/electronic version of their "Surviving Debt" manual FREE to all during COVID-19 crisis. It can be found here: <https://library.nclc.org/sd/0102>

COME SUPPORT YOUR SENIOR CENTER

DRIVE UP ONLY

**CHARCOAL CHICKEN
AND CORN FEED**

AUGUST 13, 2020
at Chippewa Falls Senior Center



\$10.00

Meal Served
3:30PM
Until Sold Out

All Safety precautions from
Public Health followed.

1000 East Grand Ave, Chippewa Falls

Due to the Safer at Home during COVID 19
all proceeds will go to support the
Senior Center's Reopening

Americans with Disabilities Act Celebrates 30th Anniversary

By the Greater Wisconsin Agency on Aging Resources Legal Services Team

July 26 marked 30 years since President George H. W. Bush signed the Americans with Disabilities Act (ADA) into law. This civil rights law prohibits discrimination against individuals with disabilities, with protections similar to those based on race, sex, age, religion, and sexuality. The purpose of the ADA is to give individuals with disabilities equal opportunities in regards to employment, transportation, school, telecommunications and access to all public and private places that are open to the general public.

In the workplace, the ADA only applies to private employers with 15 or more employees, state and local governments, employment agencies, and labor unions. The ADA requires employers to make “reasonable accommodations,” or changes to comply with the ADA for those with disabilities who are qualified for the position. Accommodations are considered “reasonable” if they do not create an “undue hardship” or “direct threat” to the employer. Changes employers can make to comply with the ADA can include the application/hiring process, the way the job is performed, the work environment, or the job itself. Other reasonable accommodations include flexible scheduling and/or frequent breaks, alternative communication formats, providing accessible parking, and allowing service animals.

Note: service animals are different from emotional support animals, which employers are not required to allow because they are not covered under the ADA.

Public transportation, including bus and train (rail) service, is also covered under the ADA. It is required that public entities

make their programs, services, and activities accessible to individuals with disabilities. Transportation offered by private companies (such as taxis and airport shuttles) are required to make reasonable modifications to their usual ways of doing things when serving people with disabilities and take necessary steps to effectively communicate with customers with vision, hearing, and speech disabilities.

The ADA also requires telephone and internet companies to provide telecommunications relay services so that individuals with hearing and speech disabilities can communicate by phone. It also requires closed captioning on federally funded public service announcements.

Additionally, the ADA sets the minimum standards for accessibility of facilities by prohibiting private places of public accommodation from discriminating against individuals with disabilities. Examples of public accommodations include facilities such as hotels, restaurants, retail locations, doctor’s offices, health clubs, sports stadiums, movie theaters, etc. The ADA also requires public accommodations to remove barriers in existing buildings where it is easy to do so without much difficulty and expense, and make “reasonable modifications” to their standard operations when serving people with disabilities (for example, making home deliveries, assistance reaching inaccessible shelves, etc.)

To view publications and frequently asked questions about the ADA, please visit <https://adata.org/ada-publications>.

Logo Credit: ADA National Network (adata.org) 1-800-949-4232



Family Caregiver Support Programs Available

Are you caring for someone with memory loss or other health issues that impact daily life? Need a break but not sure how to get one? The Aging & Disability Resource Center (ADRC) may be able to help.



Maybe you need someone to stay with your loved one so you can meet a friend for lunch, or maybe you need a break in the form of some help with the housework. There are many ways to lighten the load of family caregivers, and the ADRC has programs that can help. Staying

healthy and having time to take care of yourself, are vital in the role as the caregiver. Call the ADRC of Chippewa County and ask for Sandy, Caregiver Coordinator, to explore these caregiver programs. She can be reached at 715-726-7777.

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Owning a Pet Is Not Always Easy By Ken Anderson, The Mayberry Guru

Without car shows or parades this summer, I spend more time sitting outside reading and watching people walking their dogs. On a given evening, everything from a tiny Chihuahua to Great Danes will pass by.

I am not a dog owner now, but growing up in Dorchester, we always had a dog. Most were of the “mutt” variety, and I use that term most lovingly. Mutts can be very affectionate and loyal companions

The first dog I remember having was a black mutt named Parachute. He was a wonderful gentle dog who went with us when we went on Sunday drives. When we stopped for ice cream, he always got a cone too. His favorite flavor was vanilla.

I had a painful experience when I was quite young when I came home from school to find that Parachute had drunk some car antifreeze that he found in the garage. He suffered a very agonizing death, which taught me a valuable lesson about the correct way to store poisonous auto fluids.

Our next dog was Wimpy. On Sundays, we would take him for a ride in the country. After a few miles, we would let Wimpy out of the car. He loved to run loose behind the car as my dad drove slowly. One Sunday, while doing this, we suddenly heard what sounded like a gunshot. My dad stopped the car, and Wimpy was gone. We went to the nearby farm where we found

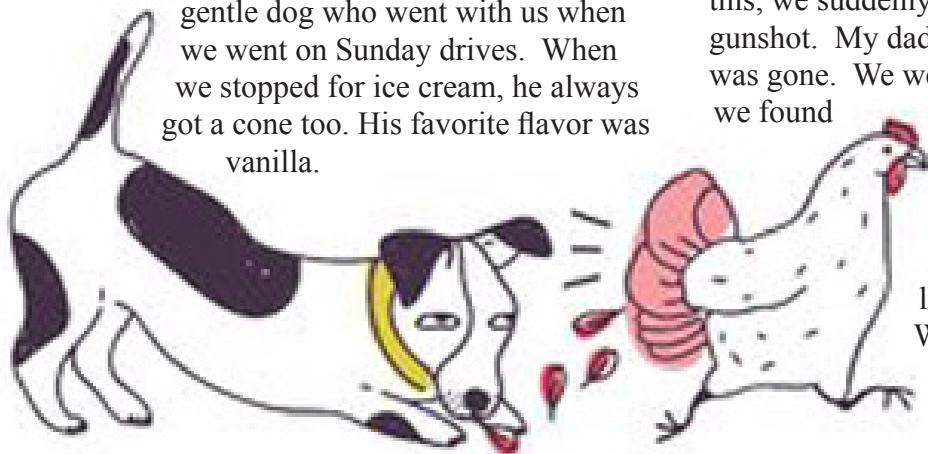
a man holding a rifle. He admitted to shooting Wimpy because he had killed some chickens. He threatened to shoot my dad if we did not leave. Fortunately, we found Wimpy. He was injured but he did make a full recovery.

The last dog we had was a beautiful beagle named Skipper. However, he also caused some rather serious trouble. One day he got loose and killed quite a number of a neighbor's chickens. But, he was an understanding man. Knowing my mother did not have the money to pay for his chickens, he turned his loss into his insurance company and soon forgot the incident.

We also tried having rabbits at one time, but that did not work out too well either. We went on a short trip one summer and when we returned, we found all our rabbits had been killed by a weasel.

I have not had a dog now for almost fifty years, but my wife and I have had three cats. Our first lived to be nineteen, the second lived to be seventeen, and our current cat is nine. And I can honestly say, none of them has ever killed a chicken.

themayberryguru@gmail.com



Healthy Living with Diabetes is a six-week workshop for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone that does.

Healthy Living helps you build confidence in your ability to manage your condition.

Topics include:

- Healthy eating and nutrition: food label reading and meal planning
- Dealing with stress, relaxation techniques
- Preventing low blood sugar, strategies for sick days, foot care, medication management
- Partnering with your health care provider
- Short-term goal setting
- Physical activity, endurance
- Feedback and problem-solving
- Dealing with difficult emotions, depression
- Communicating effectively with friends, family, and your medical team, and more!

Participants who complete the workshop can keep the “Living a Healthy Life with Chronic Conditions” book.

Cost: No fee



Healthy Living with Diabetes

Thursdays, 10:00 a.m. - 12:30 p.m.
September 17 - October 22, 2020
 (plus Certified Diabetes Educator on Oct 29)

Virtually via Webex (Need Internet & device)
 Program coordinator will assist with set up.
Toolkit with Phone Support available for those without Internet.

Tuesdays, 1:00 - 3:30 p.m.
October 13 - November 17, 2020
 (plus Certified Diabetes Educator on Nov 24)

Registration
 Please register at least one week in advance by calling 715-839-4735 or online at www.adrcevents.org.



Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703
 715.839.4735 1.888.338.4636 tty: use Relay (711) www.eauclaireadrc.org adrc@co.eau-claire.wi.us



Living Well is a six-week workshop for adults of all ages who have one or more on-going health problems. The program focuses on helping you feel better, have more control, and do the things you want to do.

Living Well helps you build self-confidence in your ability to manage your condition.

You will get information and research-based advice for:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise and fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



Living Well with Chronic Conditions

Everything you need to make the changes that will change your life.

Tuesdays, 10:00 am - 12:30 pm
October 27 - December 1, 2020
In person location to be determined, otherwise
 Virtually via Webex (Need Internet & device)
 Program coordinator will assist with set up.

Registration
 Please register at least one week in advance by calling 715-839-4735 or online at www.adrcevents.org.



Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703
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How Long Should I Keep This?

By the GWAAR Legal Services Team

One challenge of caring for a loved one can be organizing their important documents. Keeping paperwork in order may seem overwhelming, especially if a system for sorting and organizing is not in place. However unpleasant this job might seem, it is a good idea to go through old records and determine whether it is time to fire up the shredder or hold on to the records a bit longer. Keeping this paperwork organized will make life easier moving forward.

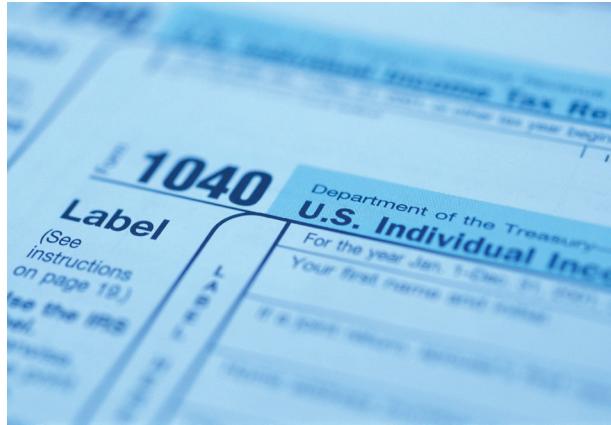
Below are general recommendations on how long certain documents should be stored.

Keep for Less than 1 Year

- ATM, bank-deposit, and credit-card receipts until you reconcile them with your monthly statements. Once you've done that, shred the paper documents (to avoid ID theft) or securely trash electronic files unless you need them to support your tax return.
- Insurance policies and investment statements until new ones arrive.
- Pay stubs to verify W-2 at the end of the year.

Keep for More than 1 Year

- Loan documents (until the loan is paid off).
- Vehicle titles until you sell the vehicles.
- Investment purchase confirmations in stocks, bonds, mutual funds or anything



else. Keep until you sell the investment so you can establish your cost basis and holding period. If that information appears on your annual statements, you can keep those instead.

Keep for 7 Years

- Supporting tax documents (W-2, charitable donations receipts, etc.)

Keep Forever

- Essential records such as birth and death certificates, marriage licenses, divorce decrees, Social Security cards, and military discharge papers.
- Defined-benefit plan documents, estate-planning documents, life-insurance policies, and an inventory of your bank safe-deposit box.
- Annual tax returns.

If you have any questions about organizing paperwork or other caregiving issues, please contact the Aging and Disability Resource Center of Chippewa County at 715-726-7777

Sources: <http://www.consumerreports.org/taxes/how-long-to-keep-tax-documents>; <https://www.bankofamerica.com/deposits/manage/how-long-to-keep-documents-before-shredding.go>.

CARES Act Economic Impact Payment

For over two months there has been speculation that Congress would authorize a second economic impact payment. A second round of payments will likely be settled one way or the other between 7/20-8/10, in Congress' next session before they go into their longer August recess. Nothing is definite yet as to the amount the payments would be. Congressional leaders have indicated that there may be a lower income limit for individuals to be eligible for the payment.

Why The Change?

If you planned to contact the ADRC for help during Medicare Open Enrollment, please ask yourself the following questions:

1. Can I use a computer?
2. Do I have a family member or friend that would help me if I asked?

These questions are important when you consider that there are an estimated 11,000+ people in Chippewa County that are on Medicare. The Aging & Disability Resource Center has two full-time Benefits Specialists available to assist people during Medicare Open Enrollment.

We are happy to assist people but the reality is this...each Medicare Open Enrollment requires, on average 3 hours of staff time to assist. One Benefits Specialist would only be able to serve 91 people during the seven weeks of Open Enrollment. That also means they would not be able to help with anything else during that time.

Last year, we helped 170 people with their Open Enrollment, and sadly we had to turn away that many again. We know some of the people we turned away really needed the help and that's a tough pill to swallow. We also believe that some of the people we helped, may have been able to do it themselves or had a family/friend that would have assisted.

Again, we are not telling people that we won't help. We



are definitely happy to do that, but we need to make sure that the assistance is going to people who do not use computers and have nobody available to help them. If you call for help, please know that we will be asking these questions to ensure that the time spent assisting people with their Medicare Open Enrollment is dedicated to those who need it.

We understand that Medicare can be very overwhelming for people. We've been working hard to create a step-by-step guide for the do-it-yourselfer. We are also able to answer questions over the phone when you get "stuck". Even if you get "stuck" several times, you can give us a call.

So, watch our website for Medicare Open Enrollment instructions, or call our office and we will mail you the instructions as the time approaches. You can also watch this newspaper because we will be sharing the Do-it-Yourself guide here.

It is very important to check your plan every year so don't hesitate to call us if you need help. We will assist to whatever degree you need it! 715-726-7777



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AFA's Educating America Tour Wisconsin Virtual Conference

THURSDAY, AUGUST 20, 2020
CONFERENCE AGENDA

10:00 AM - 10:15 AM CT
Welcome & About AFA
Charles J. Fuschillo, Jr.

President & CEO, Alzheimer's Foundation of America

10:15 AM - 10:30 AM
Special Guest Message

Dr. Oz

Mehmet Oz, MD, FACS
Host of The Dr. Oz Show

10:30 AM - 11:15 AM
Brain Health in the Time of COVID-19: Be Safe and Be Smart
Nathaniel Chin, MD

Assistant Professor (CHS), Dept. of Medicine, Geriatric Division, UWSMPH
Director of Medical Services, Wisconsin Alzheimer's Disease Research Center
Medical Director, Wisconsin Registry for Alzheimer's Prevention (WRAP) Study
University of Wisconsin Geriatric Memory Clinic Physician

11:15 AM - 11:45 AM
Powers of Attorney, Worth Their Weight in Gold
Jennifer A. O'Neill, Esq.

Certified Elder Law Attorney, National Elder Law Foundation
Founder of O'Neill Elder Law in Hudson, Wisconsin

11:45 AM - 12:30 PM
Finding Hope, Humor and Heart in Caregiving
Elaine K. Sanchez

Caregiver, Speaker, Author, and Co-Founder of CaregiverHelp.com

12:30 PM
Closing Remarks
Charles J. Fuschillo, Jr.

President & CEO, Alzheimer's Foundation of America

To learn more, please contact us at www.alzfdn.org • 866-232-8484 • info@alzfdn.org



AFA's Educating America Tour Wisconsin Virtual Conference

THURSDAY, AUGUST 20, 2020
10:00 AM - 12:30 PM CT

Register by visiting www.alzfdn.org/tour

The Alzheimer's Foundation of America is holding a free virtual educational conference as part of its **Educating America Tour** to connect Wisconsin residents with information about Alzheimer's disease, brain health, caregiving and advance planning.

**View the agenda and register
by visiting www.alzfdn.org/tour**

Registration is free and open to all!

Please call AFA at 866-232-8484 with any questions.

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Call the Aging & Disability Resource Center 715-839-4735

No Cost · Advance Registration Required for Webinars

Register online www.adrcevents.org OR call the Aging & Disability Resource Center 715- 839-4735

June 12: Nourish Your Noggin

Ruth Kilness, RD, CD, CLC, Public Health Nutritionist, Eau Claire Health Dept. Keeping fit as we age should include keeping physically AND mentally fit! Are there certain foods that can help your keep your "brain fit"? It's believed there is! Come and learn all about keeping your brain sharp and healthy by making simple changes in your diet.

June 26: The Blue Zones: 100 and Looking Good!

Moira Kneer, Retired Hosp. Chaplain, Presenter, Author, and Caregiver Living longer doesn't mean giving up all the good things in life, it means finding out what the really good things in life are! How can we live longer while living fuller, richer, and more satisfying lives? Take some tips from the centenarian population in the Blue Zone-areas where ordinary people live long lives without disease or dementia.

July 10: Got Attitude? Got Laughter? Healthy Brain!

Thomas F. Kidd, B.S. ME-PD, former area health educator, author, speaker, and CVTC adjunct instructor; owner of Balanced Wellness Services Your choice of an intentional daily attitude through paradigm shifts in your brain is critical to your health, happiness, and success! Your daily amount of laughter and all its effects on the body and brain is also an important aspect of your overall wellness. Come and learn how attitude and laughter can "infect" your body and your brain in many ways.

July 24: Declutter and Organize for Better Brain Health

Connie Kees, Owner, Consult an Organizer, LLC, Member of the National Association of Productivity and Organizing Specialists Is difficulty being organized all in your head? Maybe. Studies show that certain parts of our brain can be affected by chronic disorganization. Our brains change when we organize our lives. Stress levels decline when our home and work environments are less cluttered. Learn how you can feel better, be more productive, and brighten your outlook on life.

August 7: The Impact of Exercise on the Brain

Curt Riley, PT, DPT Not only does physical exercises enhance muscle strength, bone density, and balance, another key benefit is brain power! Learn how exercise helps maintain and enhance mental sharpness and brain health.

August 21: It's A Wrap

Lisa Wells, MA/Dementia Care Specialist, Aging & Disability Resource Center of Eau Claire County Another year of better brain health! Let's pull it altogether and discuss key learning points from each seminar and put it into practice!

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Improving Alzheimer's Disease and Other Dementia Care Through Health Literacy

A free online workshop to help those you care for

Health care providers, health educators, personal care/case workers, clinic staff are invited to this 90-minute online workshop

LEARN:

- Techniques to improve your communication and interactions with those who are living with dementia
- How to help those living with dementia understand health information, which can improve overall health and well-being

WHEN:

Wednesday, August 19, 2020
11:30 am – 1:00 pm

Register online at adrcevents.org by Monday, August 17, 2020. Once registered, a Zoom link will be emailed to join the meeting.



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I Didn't Think It Would Happen to Me by Christine Eggers, owner of ATH

I didn't expect to become a caregiver. Rumor has it no one does. We all think, "It won't happen to me." Then suddenly there you are: working with discharge planners and admission coordinators.

Five years ago, I thought I would help a friend out with a short stay in my spare bedroom. I was a little slow in learning that her cognitive barriers were preventing her from getting back home and that they would thwart my efforts as well. Eventually I gave up the dream that she would ever move out and accepted that I had a permanent houseguest. Like toddlers in parallel play, we lived side by side, but not really together, for three years. My only inconveniences were that I couldn't host out of town visitors and she was accumulating a lot of detritus in my spare room.

That all changed in an instant. Using extremely poor judgement, my friend walked outside in the winter and fell on the ice. She was picked up and brought home by a passing motorist. The fall resulted in a complicated hip fracture, with surgery and a long rehab. It also led to activation of her Medical Power of Attorney (MPOA). When none of the people she had named as MPOA were able to do so, I was asked by the hospital. I agreed and eventually



became her full-time guardian.

My life contracted into a very small and limited scope. I had already stopped having people over for dinner and other get togethers at my home. Normal work hours were safe for her to be alone, and meals on Wheels provided her lunch, but I had to stop working late because I needed to be home to fix dinner. I cut evening activities out of my schedule because being alone in the evening sometimes caused anxiety, agitation, and confusion. Weekends also became a source of anxiety to her because my being home during the day was different than the rest of the week. I began making plans to be out of the house on weekends, even if it's just doing

yardwork, to avoid disrupting her schedule.

Most people who need care rely on family members to provide it. My friend had never married, never had children. Her only living relative is a brother in another state. Her closest friends had preceded her in dying. She had an MPOA, she had simply failed to update it, so that the plan she was counting on couldn't be executed.

I'm fortunate compared to most caregivers. My friend was not financially dependent on me as the sale of her house provided her with financial security. I also have 30 years' experience as an RN, so I know the care she needed and how to navigate the health system to get it.

Recently her dementia had progressed beyond what I could care for in my home and I obtained residential care for her. I used an advisor who secured a room at our preferred facility the same day I called. These results are not typical. I regularly work with families who are frantically struggling to care for family members. It is overwhelming. Talk with your family about care giving. It could be any of us who needs it.

Christine Eggers RN is the owner of Appeal to Heaven LLC: Independent Nurses' Network and a substitute family caregiver.



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Undertakers and Furniture Makers: A Brief History of Funerary Practices in the Chippewa Valley

By Greg Kocken, Archivist, UW-Eau Claire, Kockeng@uwec.edu

While the funeral remains a sacred and important part of life, they have changed considerably over the decades. In many ways, the changes in funerary practices across the Chippewa Valley during the 19th and 20th centuries mirror changes observed in other parts of the United States. While today there are dedicated professions associated with funerary practices, such as funeral directors and embalmers, this was not always the case.

Many early funerals in the Chippewa Valley, even into the early 20th century, were held at the home of a family member or the deceased. Often a minister or priest would lead these services, with ethnic and religious variations influencing these funerary practices over time. As cities and towns across the Chippewa Valley grew in the 1800s, so too did the business of providing funerals.

By 1880, there are three undertakers listed in the first known city directory for Eau Claire. The term undertaker, less commonly used today,



The interior of Lenmark Undertakers and Furniture Store, Eau Claire, is seen in this circa 1900 image. Many funeral parlors were family owned businesses passed down from generation to generation. Occasionally, the businesses are sold to others, even large conglomerates, who continue operating the business under the original family name because of that name's recognition within a community. Image courtesy of the Chippewa Valley Museum.

refers quite simply to the individuals responsible for “undertaking” a funeral. For all these listed undertakers, the funeral business was merely a side-business. Often, the undertaker business was associated with furniture makers,

upholsters, and other woodwork professions. The availability of wood and woodworking skills allowed them to quickly furnish wooden caskets. Metal caskets would not emerge until the mid-20th century.

The 20th century would see significant changes in funerary practices, both locally and nationally.

Embalming, a practice dating to the ancient Egyptians, emerged in the United States during the American Civil War as a practical method of preserving the body of a deceased soldier so it could be transported home to a family for a funeral and burial. The practice of embalming gained in popularity in the late 19th and early 20th centuries, and as it gained in popularity the funerary business would change. No longer a side-business, by 1910 several funeral directors and embalmers are listed and advertised in city directories across the Chippewa Valley. Additionally, florists, gravestone, and monument manufacturers all advertise their connections to the expanding funerary business. Funeral parlors emerged in the 20th century, providing an alternative to funerals in church or residential settings. The very name, funeral parlor, references the fact that many funerals were held in the parlor (today’s “living room”) of a residence. By the 21st century, funeral parlors almost fully replaced the practice of holding a funeral in a private residence.

Cremation emerged in the mid to late 20th century and gained acceptance among various religions during the ensuing decades. Initially, many funeral directors did not associate with cremation, with families seeking these services elsewhere for support. As cremation grew in popularity, funeral directors added cremation services to continue growing their business.

Funerals are an important part of identity, from the earliest times to present. Ethnic and religious affiliations continue to shape funerary practices. Much like the cemeteries that dot our region, effigy mounds of American Indian nations are also part of our landscape, symbols of the importance of funerals past and present.



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Tips to Determine When it is Time for Difficult Decisions

by Shelley Krupa, Business Operations Coordinator at Lake Hallie Memory Care

As a community, we've all been faced with how to avoid the COVID 19 virus and how to protect the most vulnerable population. As a member of the Dementia Coalition, I've witnessed first-hand people who are experiencing personal challenges dealing with illnesses on top of having to make tough decisions about what's safe and best for their loved ones.



Please know that you're not alone. Reach out for assistance with local ADRCs as they give excellent advice on options available. In the meantime, to get your thoughts organized, I'll leave you with a list of items to consider.

A move to a memory care facility is common when you notice increased caregiver stress or changes in a loved one's:

Communication:

- Conversations are hard to follow; a decrease in their reaching out to you
- They no longer send cards or letters
- They hurry to get off the phone

Self-Care:

- Inexplicable weight loss/gain
- Unusual hair or clothing
- Inappropriate dress for occasion/ weather
- Smell of urine in clothing
- Staying up later, rising later
- Wandering, getting lost
- Sun-downing
- Falls or accidents

Social Life:

- Not ready for appointments
- Forgetting you'd be visiting; surprised to see you
- No longer mentioning friends
- Avoiding long standing social engagements (church, clubs, etc.)
- Loss of interest in grandchildren

Household:

- Inappropriate temperatures in the house
- Multiple items of the same kind or unusual items in cupboards
- Fridge with spoiled food or nearly empty
- Melted or burned cookware
- Smell of urine
- Unopened mail

If that describes you, those challenges are no doubt real and on your mind 24/7.

There are added concerns of having to go out into the public to do essential shopping and then potentially bringing back the virus to your loved one. Your mind is weighed down with thoughts of should I or should I not decide to seek assistance from a 24/7 assisted living setting to help protect them?

Those thoughts seem daunting with added fear of the restrictions facilities have on visitations based upon recommendations from CDC. The thought of, "Will I ever get to see them again in person?" is a tough one to accept, isn't it?

Don't let your fears prevent you from reaching out to facilities to ask how they help loved ones stay connected during the pandemic. You may find comfort and be pleasantly surprised at what they are doing to keep your loved one safe and connected.

It's important to weigh options early on as you recognize warning signs of your loved one's decline. Carefully consider your own health and well-being, too. Especially if you are stressed and worried about them. Whether they are living alone or with you, it is best to plan ahead, versus waiting for a crisis to happen.

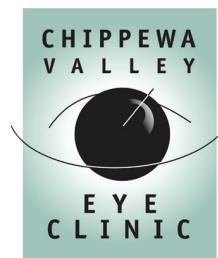
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