

FREE



MAY 2020

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Meals on Wheels Is More Than a Meal

Delivering Meals Or Telling Others

As the name implies, Meals on Wheels definitely provides a daily meal. However, equally important is the fact that it provides a daily check on those who receive them. This daily check provides a peace of mind to the people who get the meals...they know that someone will notice and respond if they don't come to the door. And, this daily check provides that same peace of mind to their family and friends.

Meals on Wheels is available to people who meet the following criteria:

- Age 60 or better
- Homebound
- Unable to regularly prepare a nutritious meal

During COVID-19 and the Safer At Home order, we know that many people age 60 or better are now homebound...people who normally drive but are doing the safe thing by staying home. If you are also struggling to prepare a nutritious meal on a regular

basis, please give us a call so we can add you to one of our Meals on Wheels routes.

We are in the process of expanding routes to ensure everyone who needs a meal is able to get one. This includes areas of the county where we previously could not deliver meals. We are building our infrastructure so people in these more remote areas can continue to get meals when the Safer At Home order is lifted. Don't assume we can't deliver to your home...give Kelly a call at 715-738-2590.



Meals on Wheels is serving more people every day and **EVERYONE** can help in some way!

First, we need people to deliver meals. We need volunteers in some communities right now. We will need volunteers during the transition out of the Safer At Home order. And we will need volunteers for our expanded areas when we return to some level of normalcy! You can choose what works for you.

Second, if **YOU** can't deliver Meals on Wheels, please help us by letting others know we need volunteers.

There are a lot of misconceptions about what it means to deliver Meals on Wheels. Some people think that they have to commit to delivering every day or even every week. Not true. The program serves noon meals Monday through Friday with the exception of holidays. But each volunteer decides how often to deliver...weekly, monthly, seasonally, fill-in. The choice really is yours! We appreciate all of our volunteers, regardless of how often they deliver.

Volunteers receive training but more than anything, they receive the health benefits that come with volunteering. They also have the knowledge that they are helping others stay in their home longer... because sometimes, independence requires a little help.

Help us deliver the meals (and smiles), or help us by telling others. People who are interested in volunteering to deliver meals should call Kelly at 715-738-2590.

Spotlight On ADRC Staff

Hello! My name is Jessica Gibson, and I am a part time Options Counselor at the ADRC. I specialize in completing Long Term Care Functional Screens.



I started at the ADRC in May 2019, so this month marks my one year anniversary. My previous work experience includes: hospital Health Unit Coordinator, Nursing Home Social Worker, HIV Case Manager, and Mobile Mental Health Crisis Worker. I feel fortunate that my role as an Options Counselor allows me to draw from bits and pieces of what I have learned in all of these different roles. I really enjoy the opportunity to meet with individuals and find out about each person's unique strengths and abilities. No two people are the same, so I find this work is always fresh and new.

When I am not working I enjoy spending time with my husband, our two young children, and our dog Zoey. My hobbies include being active outside, reading, crafting, and traveling.



That's A Good Question!

QUESTION: What Are Some Changes I Can Expect With My Social Security Disability Claim Due to COVID-19?

ANSWER:

- Social Security Offices are closed to the public during the COVID-19 but online services are still available.
- Deadlines for filing appeals may be extended whenever possible.
- If it is difficult for you to file an appeal before the deadline you should submit a "letter of good cause for late filing stating you intend to appeal after Covid-19 restrictions have been lifted".
- Consultative exams set up by SSA will be cancelled and no new exams scheduled
- No new Medical Continuing Disability Reviews (CDR) will be started and current CDR's will not be completed.
- If your CDR is pending, don't request medical info from your doctors, SSA will follow up with you at a later time.
- If you are waiting for a hearing and receiving continuing benefits, SSA will reschedule a hearing once offices reopen.
- If you are NOT receiving continuing benefits, SSA will proceed with your hearing.
- Whenever possible, processing and collection of overpayments will be suspended.
- No 3rd party requests for info (even with a SSA-3288) will be processed except for appointed reps and rep payees.

This information is accurate as of the date of print. Please check SSA.gov website for the most current information about Social Security and COVID-19.

QUESTION: With the Safer at Home Order during the COVID 19 pandemic the vulnerable people in my life are struggling to manage their financial affairs. I can't have a financial power of attorney notarized due to the pandemic. Do I have any options to assist them during this time?

ANSWER: You can still assist your loved one by helping them to complete a financial power of attorney document. In response to Governor Evers Safe at Home Order the Wisconsin Department of Financial Institutions has authorized remote (online) notarization within the state of Wisconsin. The Department of Financial Institutions has identified that online notarization must be performed using technology providers that are regulated under standards that meet or exceed the safeguards set by Wisconsin Act 125. Currently there are four remote online notarization providers who have been approved by the Department of Financial Institutions. Local notaries in Wisconsin need to complete additional training to be eligible to provide online notarization services. These approved agencies include NotaryCam and Notarize.com, both of which provide remote notary services to the general public.

There is a \$25 fee affiliated with having a single document notarized through these companies. There are two additional approved agencies; Pavaso and Nexsys which provide remote notary services for title companies and other real-estate transactions. Before using remote notarial services for land transactions, it is recommended that you check with your title company to ensure the online notary company is approved for insurance purposes. These agencies may utilize notaries from another state but don't worry as the Department of Financial Institutions has identified that "notarial acts performed by an out-of-state notary public have "the same effect under the law of this state as if performed by" an in-state one." Please know that despite this flexibility to obtain notary services a person will still need to comply with the legal requirements for documents being notarized.

A document that needs additional witnesses or an attorney when notarized in person still needs them to be present when the document is notarized online; the only difference is they can now participate remotely via an approved provider's online platform. An individual also needs to be of sound mind and understand the document they are having notarized.

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

- ADRC Manager – Leslie Fijalkiewicz
- Administrative Assistants – Sandy Winrich, Breanna Schemenauer & Michelle Fellom
- 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

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

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.



CARE PARTNERS
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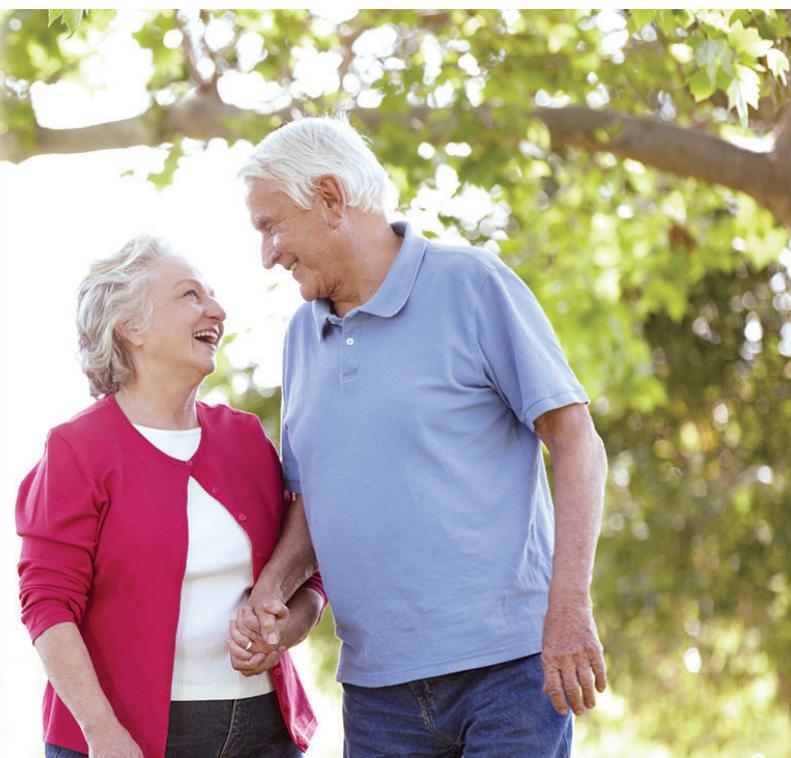
(715) 874-5075
Megan Baer, *Director*

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SCAMS

COVID Scams Are Happening!

As expected scammers are already working to take advantage of people during COVID-19. Here are a few examples we've heard about.

1. Beware of anyone contacting you in person, on the computer or by phone, claiming to have a cure or vaccine. There is NO vaccine. There is NO cure. And there are NO home testing kits.

2. Beware of anyone contacting you through email, text, phone call or other form of communication claiming a cash payment or government benefit or other COVID-19 related offer. If you receive Social Security or you file your taxes, you don't have to do anything to get the government check. Do NOT give out your personal or banking information.

3. Beware of anyone calling, texting, emailing, etc. telling you that your FoodShare benefit will end, or that you can get more. Even though FoodShare benefits may be increasing you will NOT get a call about this.

4. Beware of anyone calling, texting, emailing, etc. saying you can get high demand products like cleaning supplies, gloves, masks, sanitizers by ordering online or over the phone.

5. Beware of COVID charity scams. If you want to contribute to the effort contact your local church, school, non-profit agency or some other local agency you trust.

6. Beware of someone claiming to be a relative or friend that is unable to get home due to travel bans and asking for money. This is the same scam we've seen for years with a COVID twist.

7. Know the person or the agency that you are accepting help from to pick up groceries and supplies. Some people are soliciting that they will help and instead taking your money or groceries.

8. Be suspicious of anyone offering anything related to COVID-19 and using scare tactics to get you to act quickly. If they tell you that you must act now to get this special offer, it's very likely a scam!

9. Beware of "work from home" scams during this time. Scammers say they've got a job but you need to pay a fee for certification, training, equipment or supplies. Basically, don't pay to get a job.

As a reminder, do not give anyone your Medicare or Social Security number or any personal information such as banking, credit card. Don't wire money. Be suspicious of anyone offering anything related to COVID-19 such as testing kits, any supplies or treatments. Nobody will show up at your door to do a coronavirus test. Hang up, delete the email, don't respond to the text, don't click on any links, or shut the door.

If you have been taken in by a scammer, don't be too ashamed to call for help. They are counting on your embarrassment and silence. Let your bank, credit card company, and law enforcement know right away.

Pension Rights Project Serves the Upper Midwest

By the Greater Wisconsin Agency on Aging Resources Legal Services Team

Pension income can improve lives and increase overall independence well beyond retirement age. However, many people find pension plans and laws difficult to navigate without assistance. Pension Counseling Projects can help people understand their pension rights and claim the benefits they've earned. These projects are run by local nonprofit organizations and funded under the Older Americans Act through a grant program of the U.S. Administration on Aging.

The Upper Midwest Pension Rights Project provides free assistance to individuals with private pension-related questions or problems. The program is based in Minnesota but its service area also includes Wisconsin, Iowa, North Dakota, and South Dakota.

In addition to answering questions about pension laws and how they affect your retirement,

pension counseling projects can correct pension miscalculations and claim denied retirement benefits. They can also track down benefits from past employers and provide referrals to lawyers, actuaries, and other pension professionals if necessary. Please note that this project does not help with Social Security benefits.

If you have lived or worked in Wisconsin at one time in your life and you have questions about your pension, please reach out to the Upper Midwest Pension Rights Project.

This project provides free assistance regardless of your age, income, or value of the pension involved.

The Upper Midwest Pension Rights Project can be reached directly by phone at 866-783-5021 or 651-251-5765 or online at www.midwestpensions.org. Wisconsin residents can also contact Greater Wisconsin Agency on Aging Resources at 608-243-2881.



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

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 ... donation is \$4.00
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Chippewa County Senior Dining is not serving until further notice



Reservations 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.

Volunteer Corner

Change is hard at first, messy in the middle, and gorgeous at the end. *Robin Sharma*

This definitely summarizes the first two stages of our Covid-19 response. The changes came fast and furious and often they were hard to deal with. Things got messy. Everything changed. Thankfully, our amazing Meals on Wheels volunteers and staff responded with their usual determination to make it work. We've even discovered a few ways to make our program better (gorgeous?) when the world regains some normalcy. We are all looking forward to that day coming.



to make it work. We've even discovered a few ways to make our program better (gorgeous?) when the world regains some normalcy. We are all looking forward to that day coming.

May We Suggest Giving Us a Call?

In an effort to provide efficient and prompt service to as many customers as possible, we urge you to call and make an appointment before coming to the Aging & Disability Resource Center. At the time of this print, we aren't sure when our office will reopen to the public so we certainly wouldn't want you to come expecting waiting area is open.

In addition, when our doors do reopen, there will be little opportunity to actually meet with someone if you haven't scheduled an appointment. This was the case before COVID-19 changed our world. It will be even more of an issue when operations start to return to some level of normalcy and staff are finally able to make those home visits and attend other community meetings.

Please give us a call even if you don't know who you need or want an appointment with. That's our job to help get you to the right person. Our number is 715-726-7777. You can also email us at ADRC@co.chippewa.wi.us. Thank you!

Are you concerned about the loss of *independence* and *control* that goes with residential care?



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Independent Nurses Network

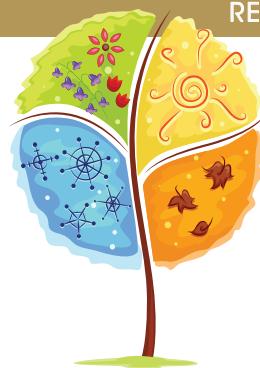
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Utility Rules Suspended Temporarily

Adapted from Greater Wisconsin Agency on Aging Resources Legal Services Team

Governor Evers has suspended several utility-related administrative rules due to the COVID-19 public health emergency. In response, the Public Service Commission of Wisconsin (PSC) directed regulated utilities in the state to take the following actions for the duration of the emergency:

1. Stop utility disconnection for nonpayment for all customers, including commercial, industrial, and farm accounts. Previously this applied to residential accounts only;
2. Cease assessing late fees to customer accounts;
3. Halt the practice of requiring deposits from customers for reconnection of service;
4. Allow deferred payment agreements for all customers who request them;
5. Remove any administrative barriers for customers establishing or reestablishing

utility service; and

6. Authorize water utilities to provide budget billing arrangements to customers. Electric and natural gas utilities are allowed to do this under current rules.

Keep in mind that the Public Service Commission of Wisconsin does not govern the electric cooperatives and energy sources like fuel oil, propane, coal, natural gas, and gasoline are not under the Commissions jurisdiction. If you are having difficulty paying your utility bills during COVID-19, check with your local utility provider about any provisions they are making.

If you have questions or concerns about your utility service, or just need more information, call our Consumer Affairs team: 1-800-225-7729 or 1-608-266-2001.

Information available at: <https://psc.wi.gov/Pages/NewsEvents/UtilityCOVID19Resources.aspx>

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The Brewing Projekt (1807 N Oxford Ave): Every third Wednesday 2—3 PM

AUGUSTA POP-UP

Every fourth Tuesday 1:45—2:30 PM.
Augusta Senior Center Parking Lot (616 W Washington St, Augusta)

ELEVA/STRUM POP-UP

Every second and fourth Tuesday 12—12:45 PM.
- Eleva/Strum School (W23597 Hwy 10, Strum)
- Second Tuesday will only have non-perishable groceries.

FAIRCHILD POP-UP

Every fourth Tuesday 3:30—4:30 PM.
- Fairchild Community Center (121 Farmer Street, Fairchild)

FALL CREEK POP-UP

Every first and third Wednesday 3:30—4:30 PM.
- St. James Trinity, 305 S State St, Fall Creek

*This distribution may discontinue in June.

Visit www.fmpfoodbank.org/get_help.phtml for a complete list of food pantries and meal sites available year round in your area.



(715) 835-9415 | 2610 Alpine Rd, Eau Claire, WI

Beauty Marks

By Leslie Fijalkiewicz

I saw her again last week. She was there and then she was gone. Sometimes she appears and disappears in an instant. Other times, I see her for almost a minute. It's always thrilling when I see her, but I'm no longer saddened when she leaves because I know she will return. Strangely, I can never find her when I am looking. I think she only appears when I'm least expecting it...almost magically, out of nowhere.

The first time happened about ten years ago. It was a normal morning for me. I was getting ready for work in the usual manner...fixing my hair, putting on make-up, brushing my teeth, adding some jewelry. And that's when it happened...I caught a glimpse of my mother in the mirror. It was glorious, fleeting and not a figment of my imagination.

In those first few years that followed, I would see her every other month or so. It was a shock because I have never looked like my mother. I was always told I look like my Aunt Maria (my mom's sister.)

I dissected what I saw in the mirror trying to figure out what exactly reminded me of my mom. Definitely not my eyes. My mom had a very unique shade of blue with very long



eyelashes. I have a more run-of-the-mill blue and my eyelashes would be non-existent without mascara.

Mom had a narrow face, a slight nose and that wonderful fair-complexion-freckle-face that comes with growing up as a strawberry blonde. Her hair was stick-straight and very fine. My complexion is fair and I do get a few freckles when I spend too much time in the sun...but that is where the similarity stops. My hair is thick, coarse with enough waviness to be annoying.

At 5'2" my mom was very slight frame, always hovering around 105#. I am also 5'2" but my frame is more athletic and I haven't weighed 105# since 7th grade. Don't misunderstand... I'm content with my appearance and body size, I'm merely pointing out "You look just like your mother!" was never uttered in my direction.

After ruling out various physical traits, I was left with the possibility that my reflection revealed a few of my mother's mannerisms. It's easy to pick up on other people's mannerisms but quite daunting when you're trying to examine your own. By the way, photographs, husbands and siblings are NOT much help in this area.

However, in talking to my sister about this, she admitted to seeing mom in the mirror also. WHAT? YOU'VE GOT TO BE KIDDING ME!

To say I was a wee bit "put out" would be an understatement. My sister always looked like my mom growing up. It just wouldn't be fair if she was still getting the "You look just like your mother!" UGHH.

I am celebrating my 54th birthday this year. My daughter Becky is 26 and she has been experiencing the "You look so much like your mother!" for at least 10 years. My daughter Beth is 29 and has never heard those words. And now I'm wondering when the day will come that she sees me in the mirror?

Will she find joy in the event or will she run out of the bathroom screaming? Will it be a trait or a mannerism that catches her eye? Will her sister say, "I see her in the mirror too" or will she say "It's your turn...deal with it!"

I see my mom regularly in the mirror these days. My aunts, uncles and cousins are always telling me how much I look like her. My dad even gets choked up sometimes and says, "I can't believe how much you look like your mother." I admit that chokes me up too.

My mom has been gone for 24 years and I miss her every day. I used to miss being able to tell her about my daughters and what milestones or events they have going on in school, sports, etc. Then I missed being able to vent the frustrations of teenage daughters. I missed her at their weddings. Now I miss being able to talk about my grandchildren and her great grandkids.

What I miss the most is her laughter. She could find humor in the mundane. When the rest of us were done laughing about something, my mom would still be chuckling. She was the had-to-be-there storyteller...laughing through the entire story and realizing that nobody else found it as amusing as she did. It never deterred her from telling the story...in fact, she probably found humor in our puzzled faces when we didn't get it.

She wasn't a funny person, but she definitely had a contagious laugh. If I ever doubted the fact that laughter is good for the soul and can help us live longer, my mother would be proof of that. She lived to be 53, almost 10 years longer than her doctors expected! And anyone can tell you she had the laugh lines to prove it.

Mother's Day is just around the corner and I've finally figured out the best way to honor the beautiful woman I called Mom. Every time I see her in the mirror, I will thank her for the beauty marks, also known as laugh lines, she left on me...I do cherish all of them.

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How Your Wisconsin Senior Medicare Patrol Can Help

SMP is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, abuse, and errors; DETECT potential fraud, abuse, and errors; and to REPORT your concerns. SMP helps educate and empower Medicare beneficiaries in the fight against health care fraud. SMP can help you with your questions, concerns or complaints about potential fraud and abuse issues. SMP can also provide information and educational presentations.

TO CONTACT WI SMP

Call: (888) 818-2611

E-mail: smp-wi@gwaar.org

Website: <https://gwaar.org/senior-medicare-patrol>

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Fraud Surrounding COVID-19 is On the Rise

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes. And because older adults are at greater risk for serious illness from this virus, they are at increased risk of being targets.

During this medical crisis facing our nation, it is important to have the facts surrounding COVID-19, to be aware of the potential for scams, and to know what you can do to protect yourself.

Currently there is no FDA-approved vaccine for COVID-19 and although there may be treatments for symptoms, there is no “cure”. However, scammers often use fear-based tactics to convince people that a vaccine or cure is now being offered.

Key Points

Beware of anyone contacting you in person, on the computer or by phone, claiming to have a cure or vaccine.

- Do not give your Medicare number, Social Security number, or any personal information in response to unsolicited calls, text, email, or home visits.
- Hang up (or shut the door) on anyone who claims they have a test kit for the virus.
- Be suspicious of anyone offering anything related to COVID-19 such as testing kits, any supplies, or treatments.
- Don't succumb to fear-based tactics of scammers. Cut off those who make you afraid and contact familiar sources instead.

Also, remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you, they **will not** ask for your insurance number or financial information.

What Does Medicare Cover in Relation to COVID-19?

- Medicare Part B covers COVID-19 tests when ordered by your doctor or health care provider on or after February 4, 2020.
- Medicare covers all medically necessary hospitalizations, including extra days in the hospital for patients who had to stay longer under COVID-19 quarantine.
- There is no vaccine for COVID-19 at this time; however, if one becomes available, Medicare Part D will cover it.
- Medicare also recently expanded coverage of telehealth services to enable beneficiaries to access a wider range of services from their provider without having to travel to a facility.
 - This includes access to doctors, nurse practitioners, clinical psychologists, and licensed clinical social workers.
 - During this emergency, there are also more options for the ways your provider can talk with you under this provision.

What You Can Do

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) looking for errors or claims for products or services that weren't received.
- Follow the instructions currently outlined by the CDC, the governor, and your living complex.
- Be prepared to take further action if instructed in response to COVID-19.



Funding: this project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

Grandparents Raising Grandchildren & COVID-19

Research shows that an estimated 3 million older adults are raising their grandchildren. According to the American Community Survey 2012-2016, there are over 400 households in Chippewa County, where grandparents are responsible for the care of grandchildren. Of these, over half of the grandparents are over the age of 60.



and we know that multigenerational families might experience unique challenges. That's why the Aging & Disability Resource Center of Chippewa County has resources specific to grandparents raising grandchildren on our website www.co.chippewa.wi.us/ADRC. You will find a link to some great resources. If you are looking for something specific and can't find it, please give us a call at 715-726-7777 or send us an email at adrc@co.chippewa.wi.us.

COVID-19 has presented challenges in every aspect of life

An Abundance of Thank You's!

It is truly amazing how communities and partners come together to show acts of kindness for those who may be having a difficult time during this health crisis.

We want to send a heartfelt thank you to our regular Meals on Wheels volunteers. Your dedication to assuring that participants continue to receive meals during this unprecedented time is greatly appreciated. We hope that you stay safe and healthy while we all get through this.

Thank you Feed My People for providing shelf-stable food to our participants.

Thank you Mayo Clinic Health System for providing paper products for our Meals on Wheels participants.

Thank you L.E. Phillips Career Development Center for the homemade masks being used to protect all those involved in the Meals on Wheels program... participants, volunteers and staff.

TTM Technologies for the masks they provided, again, to keep everyone safe and healthy during these challenging times.

We also want to thank Chippewa County Public Health for their guidance and recommendations enabling us to do our part keeping staff, volunteers, and participants safe. And last but not least, thank you Chippewa County employees who have stepped up to help deliver meals so our regular volunteers can stay safe during the Safer At Home order.

MEDICARE CLASSES CANCELLED UNTIL FURTHER NOTICE

Due to COVID-19, the Aging and Disability Resource Center (ADRC) of Chippewa County's informational Medicare classes will be suspended until further notice. This includes the Medicare presentation scheduled for May 7. We will continue offering these classes once it is safe to do so.

The ADRC remains committed to helping you understand Medicare and provide you with unbiased, reliable Medicare information and resources. Examples of things we can help with:

- Understanding how to enroll & the different parts of Medicare
- Comparing a Medicare Advantage Plan and a Medicare Supplement
- Helping determine the lowest cost drug coverage available
- And more!

Staff are available via phone at 715-726-7777 and e-mail: ADRC@co.chippewa.wi.us to answer questions. You can also visit the ADRC website: <https://www.co.chippewa.wi.us/government/aging-disability-resource-center-adrc> Click the "Elder Benefits" tab for more information related to Medicare.

- Recognizing if you can delay Medicare coverage without penalty

Hey Chippewa Valley

We're all in this together!

STAY CONNECTED

- Keep in touch with family and friends
- Maintain a daily routine and hobbies that you enjoy

STAY INFORMED

- Get updates from your local health department
- Watch out for scams asking for personal information

STAY HEALTHY

- Stay home if you are sick and keep physical distance from others
- Get good-for-you food, good sleep, good exercise

ASK FOR HELP

- It's ok to ask for help if you are struggling!
- Free support is available: Call 800-985-5990 or text TalkWithUs to 66746



Chippewa County
www.co.chippewa.wi.us/government/public-health
715-726-7900
covid@co.chippewa.wi.us



Dunn County
www.co.dunn.wi.us/publichealth
715-232-2388
doh@co.dunn.wi.us



Eau Claire City-County
Health Department
Coronavirus.ehealthdepartment.org
715-839-4718
ehealth@co.eau-claire.wi.us



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Chippewa Falls | 715-723-9192
603 North Bridge Street
chippewafalls.medicineshoppe.com
Mon-Fri: 9AM-6PM
Sat: 9AM-1PM | Sun: Closed

Menomonie | 715-309-4329
1302 Stout Road
menomonie.medicineshoppe.com
Mon-Fri: 9AM-6PM
Sat: 9AM-1PM | Sun: Closed

Changes to Wisconsin Home Energy Assistance

Due to the COVID-19 situation, our income guidelines have changed. We are now only looking at the income for the month prior to the month you apply in.

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

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



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

Senior Farmers Market Voucher Program

Each year, the ADRC of Chippewa County receives Farmers Market vouchers to distribute to qualifying households in our county. Any senior that is age 60 or better and meets gross monthly income guidelines is eligible to receive up to \$25 in vouchers that can be used to purchase fresh produce at farmers markets or roadside stands.



At this time, we are in a bit of a holding pattern for the vouchers due to COVID-19. We will be providing information in the June issue of this paper about how to receive the vouchers. In addition, we will provide information to the local Chippewa County papers and will post it on our website www.co.chippewa.wi.us/ADRC.

We ask that you hold off calling the ADRC for information about the vouchers until you read about it in a local paper or the June issue of this paper.

Mayberry Guru Maintains Good Driving Record

By Ken Anderson

Living in a small town does have some advantages. One is that there is usually relatively light traffic. One doesn't have to deal with numerous stoplights, roundabouts, or multilane streets, and if one were to be involved in an accident, chances are it might not be serious.

In early February, my wife and I were on our way to meet friends for supper at Culver's in Eau Claire when we were involved in a car accident. We were at a stoplight on the six lanes of Clairemont Avenue. I had a green arrow to turn left, and when I made the turn, a car ran a red light and struck us broadside. The driver was young and distracted, which resulted in a citation for inattentive driving.

Within a few minutes, there were six squad cars and a fire engine on the scene. Traffic in both directions stopped for blocks. Fortunately, the occupants of the car behind us were an EMT and a sheriff department employee. So we had immediate medical help and a perfect witness to the accident. It was also helpful that the investigating officer and the firefighter who helped my wife get out of the car both knew me

from our many Mayberry events. The first thing the tow truck driver said to me was, "Good thing this wasn't your squad car."

We were very impressed with how calmly and professionally everyone reacted to the accident. Fortunately, we received only bruised ribs, strained muscles, and a few bumps. We only needed to be at the hospital for a few hours.

Our new car, with only 2400 miles, was totaled, but the outcome could have been much worse.

I was relieved that Mayberry Deputy Barney Fife did not witness our

accident. One day he observed Malcolm

Merriweather, a visitor to Mayberry, riding his bicycle while reading a map. Malcolm's inattentiveness resulted in a collision with a truck. Rather than remaining calm, Barney went into panic mode and ran around, blowing his whistle. He pulled Malcolm off the hood of the truck and dragged him by the collar to the courthouse without asking if he was injured.

This was my only accident since having one in Colby in 1965. So only one accident and no citations in 57 years of driving is a pretty good record. Hopefully I will continue to have such good fortune in the years ahead.



The Chippewa Falls Senior Center

NOTICE

In accordance with the Governor we will be opening May 26, 2020 at 9:00.

The trips scheduled for May and June have NOT be cancelled but rescheduled. Any information we receive will be made available through the Senior Review.

Thank You!

Sincerely missing all of you!
-Angie Walker, Director

CHECK IN CHIPPEWA COUNTY

You are not alone. We are in this together.

As we all adapt to the temporary changes in the way we work, live, and spend time together, it's natural to feel stress, worry, and even anger. Finding healthy ways to cope and stay connected is more important than ever. Chippewa County is a caring community, and we want to help everyone feel supported.

Want a check in call?

Feeling lonely? Looking to talk with someone about how your day is going? Check In Chippewa County is offering support for community members looking for ways to connect with others. A friendly voice will connect with you daily to check in.

Want to volunteer?

Love socializing with others? Looking for a way to give back to your local community? We are seeking volunteers to offer a caring ear and have friendly conversations with community members.

We ask volunteers to commit to one check in call per day and have access to a phone.

For more information on volunteering or receiving a check in call, contact:

Pauline
715-726-7816
pspiegel@co.chippewa.wi.us

Important: This is not a mental health crisis line. If you or someone you know is in crisis, please call Northwest Connection's 24/7 crisis line at 888-552-6642.



FoodShare Update

If you have not done so already, you may want to call the number on the back of your FoodShare (QUEST) card, or go online and check your current balance. The WI Department of Health Services announced that Wisconsin households will receive the maximum monthly FoodShare benefits for two months. As a result, for March and April, FoodShare households not currently receiving the maximum monthly benefit amount for their family size will receive additional benefits bringing them up to that level.

The additional March benefits will be available on QUEST cards

FoodShare



WISCONSIN

A Recipe for Good Health

on April 12, and the additional April benefits will be available on QUEST cards on April 26. If the COVID-19 emergency extends beyond April, DHS will work with its federal partners on any future opportunities to provide additional emergency allotments. You should have received a letter in the mail informing you of this change and if you misplaced it, or by mistake threw it away, you can call the number on the back of your FoodShare (QUEST) card.

Gardening Assistive Technology

Written by: Jenesis Lindbo (IL Specialist at CILWW)

“Spring is the time of plans and projects.” – Leo Tolstoy

With spring coming, it will be time to plant seeds for gardens. There are a wide variety of items that are available at the CILWW for short-term loans and demonstration. Our offices have a variety of tools including ergonomic trowels, cultivators, shrub rakes, digging shovels, and benches for gardening. These items make it easier for people to garden and keeps them active. Below are just a few examples of items that we have, and if there is something you are looking for specifically please contact the Center for Independent Living for Western Wisconsin and an Independent Living Specialist will happily help you find the tools to allow you to stay active and independent.

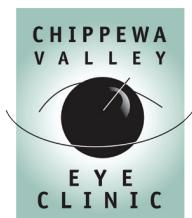


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Complete Your Census2020

Census 2020 is well underway. Wisconsin is doing a good job of ensuring we are counted in the census, but we still have many people who need to be counted. Right now, over 50% of Wisconsin households have responded, and most have done it online. Even if online isn't your thing, you can definitely respond by phone. The invitation to respond you received in the mail has the phone number but just in case you have misplaced that, you can call 1-844-330-2020.

As you might imagine, COVID-19 has changed the timeline for some of the Census 2020 activities. While the details of the timeline are still being ironed out, rest assured you still have time to respond. If you haven't responded, are comfortable with technology, the online version is pretty easy. You can go to <https://my2020census.gov/>

to complete the brief questionnaire.

For people who do not respond by phone or online, a paper copy will be sent in the mail to respond in that manner. And, in the event people don't respond to the paper copy, a census worker will be making contact. Officials have indicated that census workers will use the most current guidance from authorities to ensure the health and safety of staff and the public. At this time, there are no plans to begin in-person interviews of households before August 11, 2020.

All of the above information does not reflect the process or dates for counting people in group quarters such as nursing homes, group homes, military barracks, correctional facilities, and other group settings.

Support Groups Come In Many Forms

Long before the pandemic, support groups were evolving. While many still exist in the format that we see on television, there are just as many that look entirely different.

Traditional support groups involve a gathering in the same room, of people who share common experiences or concerns. Members of the support group provide each other encouragement, comfort and advice. They come together at regular intervals to share coping strategies, to feel more empowered and to feel a sense of community. Individuals participate when they want to and generally recognize that their attendance involves both receiving and giving support.

In these days of social distancing, support groups have made adjustments. Some groups have transformed into check-in calls either with the support group leader or through a buddy system. Others have discovered the existence of free conference call services that allows everyone to call into the same number and punch in a code, so everyone can be together through the phone.

In addition to the telephonic variety, there are also virtual support groups happening through your computer, iPad, notebooks and even smart phones. These allow you to see the people in the group...often in a Brady Bunch layout, which facilitates a higher level of connectedness. These might be done through WebEx, GoToMeeting, Zoom, or any number of other platforms that the support group leader has access to.

Social isolation is devastating to health and well-being. Not knowing how long we will be needing to maintain our social distancing, I thought you might be interested in a few support group types of options out there. Quite truthfully there are so many that listing them in this article would be overwhelming. If you don't see something here to interests you, please consider going to our website for other options.

Call-In Support:

- Institute On Aging Friendship Line – Non-emergency emotional support 1-800-971-0016
- Alzheimers Association 24/7 Helpline – 1-800-272-3900
- Caregiver Action Network Caregiver Help Desk – 1-855-227-3640 (toll-free)

Other Virtual Supports:

- ALZConnected is a free, online community for anyone affected by Alzheimer's or other dementia such as message boards and a caregivers forum. <https://www.alzconnected.org/>
- Family Caregiver Alliance has online caregiver support groups. <https://www.caregiver.org/support-groups>
- Caregiver Teleconnection holds weekly live call-in events as well as archived programs all relating to caring for someone who is older or has a disability. [https://www.wellmedcharitablefoundation.org/caregiver-](https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/)

[support/caregiver-teleconnection/](https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/)

- Alzheimer's Association has a live chat available on their website. This might be helpful if talking on the phone is challenging. <https://www.alz.org/help-support/caregiving>
- Caregiver Action Network has a live chat available on their website. This might be helpful if talking on the phone is challenging. <https://www.caregiveraction.org/>

Again, these are just a few of the many options out there. If you need help finding something that works for you, don't hesitate to contact the Aging & Disability Resource Center of Chippewa County. 715-726-7777 by email at adrc@co.chippewa.wi.us or take a look at our website www.co.chippewa.wi.us/ADRC.

People are in different places with regard to their comfort using various types of technology. I'm fine with my phone and my iPad, but do not ask me how to do anything on our smart TV. I never learned how to connect a VCR when those were the thing. I honestly don't even know what a smart TV does but when we had to replace our last one, we were told that this model could practically do my dishes so I was sold!

Some people want to take this time to learn new things. If that's not your thing, then don't add stress to your world by trying to do something completely out of your comfort zone. There are lots of options out there so find what works for you.



alzheimer's association®

Family Members of loved ones in facilities

Presented by:

Alzheimer's Association

Wisconsin Chapter

Are you a family member of a loved one with dementia in a facility? Are you struggling with not being able to visit a loved one with dementia at a facility? Join us for webinar/teleconference support.

Fridays from 10:00 am - 11:30 am

To register, please call 800.272.3900
Once registered, you will receive connection instructions.

Visit alz.org/wi to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community: alzconnected.org.

Build a support system with people who understand.

Alzheimer's Association® telephone support groups provide emotional, educational and social support for caregivers through regularly scheduled meetings. Held via telephone to accommodate individuals who are unable to travel to a meeting site, these groups help participants develop coping methods and encourage them to maintain their personal, physical and emotional health.

Cobb Salad for One

Ingredients:

- Salad greens
- Blue cheese crumbles (or any cheese you prefer)
- Bacon
- 1 Hard-boiled egg
- Tomatoes (diced or cherry)
- Cooked chicken breast
- Avocado slices
- Italian salad dressing or any kind you prefer
- Croutons (optional)



For this single serving Cobb Salad recipe, use one 4 to 6-ounce chicken breast or thigh. To cook the chicken: Melt 1 tablespoon of butter in a small non-stick skillet over medium-high heat. Season the chicken on both sides with 1/8 teaspoon of salt and 1/8 teaspoon of black pepper. Cook the chicken for 4 minutes on one side; flip the chicken over and cook the second side for another 4-5 minutes or until chicken is no longer pink.

Place the egg in a small saucepan. Fill the pan with water so that there is 1-inch of water covering the egg(s). Heat on high and bring to a boil. Turn off the heat and leave the pan on the burner; cover for 12 minutes. With a slotted spoon, remove the egg(s) and transfer to a bowl of ice water. Let cool for 4-5 minutes. The peel should come right off.

Combine all ingredients to build your salad. The chicken, bacon, and eggs can be cooked a day ahead of time and stored in the refrigerator. Feel free to use your favorite bottled Italian dressing or any time you prefer.

Recipe & photo adapted from: www.onedishkitchen.com

800.272.3900 | alz.org

ARTICLE PAID FOR BY BELTONE

Beltone Introduces Hearing Care “Video Visits” via Beltone Remote Care Live

Real-time video appointments allow face-to-face hearing care from comfort and safety of home.



Beltone, the nation’s leading hearing care provider, now offers real-time video hearing care appointments from more than 1,500 Beltone Hearing Centers in North America, reducing the need for in-office visits at a time when older, more vulnerable populations are advised to stay at home.

Beltone Remote Care Live gives hearing care professionals the ability to both consult with patients via video and to remotely make hearing aids adjustments through the Beltone HearMax phone app in real time.

Recognizing that COVID-19, or coronavirus, is a serious issue for the patient populations typically using hearing aids, telehealth services can be a useful tool for both hearing care professionals and their patients.

“We are fully committed to

helping our patients through this difficult time and have accelerated the launch of this service to do exactly that. Remote Care Live becomes even more important as patient access to in-person hearing care is limited as communities across the country implement various “stay home” policies to help minimize COVID-19 spread,” says Monte Dillow, president, Beltone.

“We’ve seen the growth of telemedicine in many medical settings, but it has been a recent introduction to hearing care,” Dillow continues. “With Beltone Remote Care Live, we really take it to a new level, making it easier on our patients and their families to access the hearing care they need.”

To learn more about Beltone Remote Care Live, visit Beltone.com to find a Beltone Location near you.

From Ants To Alzheimer’s, the Trail Connecting Diabetes and Dementia

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

While staying home all safe and sound, I found my way down the internet rabbit hole as I followed an ant. Really? Yeah. So, what did I find?

According to CDC, more than 34 million Americans have diabetes with 90-95% having Type 2. As of 3 years ago, more than 100 million

American adults were living with diabetes or prediabetes. And, worldwide, around 50 million people have dementia, with nearly 10 million new cases each year.

Hmm ... interesting. Is there a connecting trail I wondered?

As early as 1550 BC, ancient Indian healers noted ants seemed to be attracted to urine of people who had the first instances of Diabetes.

They even discovered two types of diabetes at the time. The symptoms included frequent urination and extreme weight loss.

In 1674, an English doctor named Thomas Willis described diabetic urine as “wonderfully sweet as if it were imbued with honey or sugar.”

I didn’t follow that ant trail for further clarification. The term diabetes mellitus originated from the Greek word “diabetes” (to siphon or pass through) and the Latin word “mellitus” (honey or sweet).

In 1776, Matthew Dobson confirmed the urine of people with diabetes could have a sweet taste. According to journals at that time, he had measured the glucose in urine and found it was high in people with diabetes. He also noted diabetes could be fatal in some people, but chronic in others.

Early 19th century, statistics weren’t kept about how common diabetes was, there was no effective treatment, and people usually died within weeks or

months of first showing symptoms.

The early Greek physicians recommended a variety of treatments including exercise, avoiding stress, and eating a low-carb diet, or rancid animal food. Again, I didn’t follow the latter ant trail.

In 1889, discoveries began to tie the role of the pancreas and insulin. Those tests were done on dogs.

In 1921, several scientists worked together to purify insulin they took from cows and produced the first treatment for diabetes.

In 1922, a 14-year-old was the first to receive an injection of insulin. He lived 13 years with the condition.

In 1936, the first published research differentiated between Type 1 and Type 2 and linked the connection of insulin resistance

(IR) rather than insulin deficiency. IR is one factor leading to Type 2.

In 1978, the first human-based insulin,

Humulin, was created. Lispro appeared in 1996.

The 1990s gave birth to glucose monitors, insulin pens and pumps, and oral medications to treat diabetes. Numbers of diabetes patients continued to rise.

The 2000s are bringing forward a wide variety of research on Type 3 Diabetes and connections to Alzheimer’s and some forms of dementia.

Will future studies and research help us understand the insulin resistance connection in the brain and certain types of dementia, including early stage Alzheimer’s? Will that information empower us to make lifestyle changes in diet and exercise? Until then, here’s some advice that has marched on through the years ... eat well, exercise often, and don’t follow ants to find sweet treats!



Staying Connected

How to engage with senior loved ones during social distancing directives

By Jill Gengler, NHA, President Chippewa Manor Campus

Staying connected to senior loved ones is important, but with today's social distancing and stay at home directives it can be challenging. So how can you engage with your family without putting them at risk? Here are a few suggestions.

Most of us use things like laptops, smartphones, tablets, Kindles, Portals and iPads every day. What may come as a surprise, is that according to The Pew Research Center, nearly 60% of all seniors also own and use these devices as well. This means you may have some communication options you might not have thought to use with senior loved ones.

As facilities and health care directives recommend strict no visitation protocols, we can't physically be in the same space with senior loved ones right now. However, these restrictions don't have to limit our face-to-face connections. Using a platform (like Facetime, Facebook Live, WhatsApp, Skype) or even an online meeting portal (such as Gotomeeting, Zoom, Teams or WebEx) allows you to connect with voice AND video. Most of these apps are free, easy to use and require little or no technical



skill. CNET.com has a great article on some great options if you are looking for more specific information.

But is a video call really any better than just a normal phone call?

Actually, it is! Research conducted at UCLA suggests nearly 55% of all communication is done visually. Our level of emotion and engagement increases exponentially by being able to see each other's faces. So take advantage of it! Text, email and social messaging platforms offer more ways to connect. And almost any

smartphone has a preloaded option that allows you to send pictures and respond back and forth with ease. If you don't have access to these types of devices, a good old fashion phone call is still a welcome way to touch base.

Another option, that requires no technical skill or equipment, is sending handwritten cards and letters. Sure it's a little slower process, but including a few pictures and sharing a fun memory, will have your loved one looking it over multiple times! You might even encourage younger relatives to paint, draw or color pictures to include in your letter; these will likely end up prominently displayed and cherished as magnificent works of art!

As we all navigate these unprecedented times together, the most important thing to remember is to continue to communicate! Find whatever ways work best for you and your loved ones and connect as much as possible!

Jill Gengler is a Nursing Home Administrator and President of the Chippewa Manor Campus in Chippewa Falls, WI. For more information call (715) 723-4437.



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, 9:30 a.m. - 12:00 p.m.
May 7 - June 11, 2020
 (plus Certified Diabetes Educator on June 18)
 Virtually via Webex (Need Internet & device)
 Program coordinator will assist with simple set up.

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

Materials will be mailed one week prior. Workshop is limited to 10.



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

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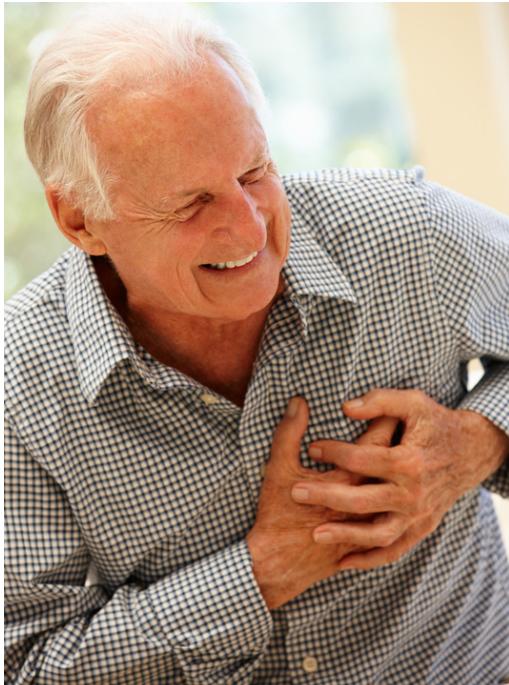
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What Has Caught My Attention About COVID by Christine Eggers, owner of ATH

What has caught my attention about COVID-19 is that time delay between catching a mild cold and that cold developing into life threatening pneumonia.

What us pros do to prevent pneumonia is called, pardon the expression, pulmonary toilet. Pulmonary toilet begins with coughing, deep breathing, and ambulation. The key is getting air down to the bases of the lungs to stir up any moisture, so it doesn't settle, sit quietly and create growing space for pathogens like viruses or bacteria.

This is not Zen deep breathing to help you relax. This is hard work. If you have an old incentive spirometer laying around it's a great tool to practice with. The goal is to slowly inhale so that to get air down into the bases of your lungs. Most people just take a huge



breath in to get the big floaty thing to the top of its chamber. You want to get the big float as high as possible but as slowly as possible with the little floaty thing just barely hovering in its chamber. If you don't have a spirometer you can still do this. Use a straw or purse your lips like you're inhaling through a straw. Watching a clock with a second hand, inhale slowly with the goal to inhale for at least 5 seconds then try to go longer and longer. Whichever way you do this you will feel the air in your upper airway shift down deeper into your lungs. This is the jackpot. Most of the time 3 repetitions is more than enough because it can make you lightheaded. So, for safety, do this sitting down. Few repetitions mean more sets. Do this every 2 hours while awake.

Chances are the breathing exercise will make

you cough. But, if you don't you can make yourself cough with an exercise where you forcibly exhale several times in fast repetition on one breath. With your mouth open, take a breath in, hold it a second, then using your diaphragm exhale 3-4 times in short forcible bursts. It should sound almost wheezy. When your done you should have a coughing fit. Coughing is good for you. Unless you're trying to sleep. It's ok to use cough syrup if you need to sleep, but you don't need to sleep all day.

The other thing these exercises will do is lower your temperature if you have a fever. We are air-cooled and water-cooled engines. So, in addition to drinking plenty of fluids you can sit up, cough, deep breathe, and walk around to get your temperature down.

Ambulation is next. Get up and walk around not just to the bathroom and back to bed. Do not take to your bed being sick. Bedrest is bad for you. Remember most people who get COVID will only be mildly ill and will not get pneumonia. These are tips you can do to help prevent getting a severe illness. Be well, wash your hands, and breathe. Done. NEXT!

Embalming: Ancient Art and Modern Science By Randy Mundt, Cremation Society of WI

The ancient art of embalming is usually associated with Egypt. They eviscerated the body and placed the internal organs in canopic jars. Each jar had a God head on the top. The body was placed in a vat of Natron and soaked for 30 to 60 days. Upon removal from the Natron, the body cavity was packed with spices, sutured, and wrapped in hundreds of yards of linen bandages. Egyptian mummies have remained preserved for thousands of years.



The Civil War created a modern environment for embalming by arterial injection to be born. Dr. Holmes embalmed Civil War casualties in a tent. Many were shipped home by rail. Upon their arrival, families were amazed that they were preserved and not decomposed. The news of this spread quickly and the public asked for embalming. This enabled families the flexibility of delaying the funeral without fear of decomposition. Open casket visitations

and funerals became very popular. Undertakers were taking classes in the art and science of embalming. From the mid-nineteenth to the early-twentieth century, Arsenic was the chemical of choice for embalming. The chemical was forbidden in 1913 because of its toxicity to the embalmer. All other heavy metals such as Lead and Mercury were banned from embalming chemicals as well.

Formalin (i.e. Formaldehyde or

Methylparaben) became the embalming chemical of choice. It is a gas dissolved in water. Formaldehyde is an excellent disinfectant and preservative. Fumes are present during the process and can be toxic to the embalmer in high concentration. It's a proven carcinogen and the embalmer should limit exposure. Embalming has three major purposes: disinfection, preservation, and the restoration of dead human remains to a life-like form and color. The disinfection of the remains protects

against the spread of disease which could be contracted from the body. The bacteria and viruses present at the time of death do not die with us, but multiply at a logarithmic rate the first eight hours after death. The Champion Company documented the bactericidal and virucidal capabilities of Formalin and Glutaraldehyde. Glutaraldehyde was invented by Champion and is a cousin to Formalin.

Preservation of the deceased is a byproduct of disinfection. The formalin-based fluid is introduced into a major artery under pressure. It diffuses through the capillary network and into the cells of the body. The fluid kills bacteria and viruses on contact. The fluid also inactivates autolytic enzymes which are released after death. These enzymes can cause a cell membrane to dissolve. It's the self-destruct mechanism of cellular death.

Restoration of the deceased to a life-like form and color is the final benefit of embalming. Many deceased can be rejuvenated by an artistic and skilled embalmer/cosmetician. Usually a recent picture of the deceased is very helpful to the mortician. Certain procedures can remove some of the ravages of age and disease, and leave the deceased looking very much at peace. This final closure is important to many families.

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