AGING & DISABILITY RESOURCE CENTER OF DUNN COUNTY APRIL 2020

Hi SENIOR Lites

- HAPPY (AND SAFE) TRAVELS TO YOU AND YOURS
- CHIPPEWA VALLEY ASSISTED LIVING ASSOCIATION
- DUNN COUNTY 2020 RESOURCE DIRECTORY
- SOCIAL SECURITY ADMINISTRATION PROPOSED RULE AFFECTING CONTINUING DISABILITY REVIEWS
- EFFECTIVE COMMUNICATION STRATEGIES
- BIG ANNOUNCEMENT! I AM RETIRING ON APRIL 30!

RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

HAPPY (AND SAFE) TRAVELS TO YOU AND YOURS

By Lynne Shaffer, ADRC Caregiver Coordinator

With summer many caregiving families are considering travel with a care receiver. Your situation may be similar in some ways to the following stories:

Tony's wife Lynn has multiple sclerosis, uses a wheelchair and a van with a lift. She needs help in the bathroom which is awkward.

Mary's mother Eva, has dementia. Last year's trip was difficult as she became restless-disoriented and at one stop bolted. Eva was dehydrated with a bladder infection requiring medication and drinking more water. The whole trip proved exhausting.

Travelling as a caregiver entails a lot of work, so assess the risk. Don't go out of obligation. If possible have someone accompany you.

SOME TIPS:

PLANNING YOUR TRIP

- Consider pros and cons of transportation.
- Plan the best time of day to travel.
- Schedule necessary medical appointments ahead of trip. Allow for medication changes.
- Get a doctor's medical summary as a baseline if needed.
- Consider enrolling in the MedicAlert + Safe Return program with a dementia patient.

PREPARING TO TRAVEL

- Go through all medications and refill prescriptions. Pack extra. Put it in accessible luggage.
- Pack clothing that is comfortable and easy to put on. Pack extra!
- Prepare a "pocket packet" for care receiver with : name (include nickname); your name, cell phone number; emergency contacts; and itinerary.
- Pack a Caregiver Bag with: change of clothes; insurance cards, physician's phone number, medications for the day, a medication list all medications, and a description of your loved one's health condition, e.g. a wallet card from the Alzheimer's Association.

Plan ahead for the road, in the air, while visiting and when back home. Be patient, travel is tiring for all. Have fun.

CHIPPEWA VALLEY ASSISTED LIVING ASSOCIATION

Submitted by Wendy Sterry, ADRC Social Worker

The Chippewa Valley Assisted Living Association is a collaborative group of area professionals committed to providing you with the education, resources, and tools you need to simplify your search for assisted living in Dunn County and the surrounding areas.

What type of assisted living facility is right for you? The goal of the Chippewa Valley Assisted Living Association is to provide you with resources to help you choose the assisted living community that matches your needs. They have compiled a list of options available in the Dunn County and Chippewa Falls area. Options for assisted living range from a more independent type setting to more specialized memory care communities.

Do you need some guidance? We are here to help. We know that having so many assisted living options can be a little overwhelming. The website ChippewaValleyAssistedLiving.com defines the different types of assisted living, current openings in the area, and resources to help you through the admission process. We encourage you to make a personal visit to the assisted living communities that you are considering.

This Association represents assisted living facilities in the greater Eau Claire, Wisconsin area and primarily serving residents of the following communities: Altoona, Augusta, Bloomer, Boyd, Cadott, Chippewa Falls, Colfax, Cornell, Eau Claire, Elk Mound, Eleva, Fall Creek, Lake Hallie, Lake Wissota, Menomonie, Mondovi, Seymour and Stanley.

Visit your local Aging and Disability Resource Center for more information. Or visit www.chippewavalleyassistedliving.com for more information.

Dunn County Aging & Disability Resource Center
3001 US Highway 12 East, Suite 160 Menomonie, WI 54751

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

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

TUESDAY'S TABLE: Free HOME COOKED meal. Tues, 5 to 6 p.m. St. Joseph's Church basement 10th St and Wilson Avenue in Menomonie. Come and enjoy good company, Handicapped accessible.

WEDNESDAY'S TABLE Free meal served from 5 to 6:00 p.m.at Christ Lutheran Church, 1306 Wilcox Street, Menomonie, every Wednesday

THURSDAY'S TABLE: First Congregational Church, 420 Wilson Ave. Menomonie.Free meal 5-6pm.

STEPPING STONES OF DUNN COUNTY: three vital programs: Stepping Stones Food Pantry, Stepping Stones Shelters, and Community Connections Program. If you or anyone you know needs assistance, call 715-235-2920. People interested in volunteering are always welcome.

Community Connections Program matches volunteers with seniors, isolated, disabled, and others in need of transportation, respite, companionship, shopping, yard work, light housekeeping, meal preparation, small fix-it repairs, and telephone reassurance as volunteers are available.

Stepping Stones Food Pantry provides food/personal necessities to low income families, seniors on fixed incomes & others in emergency situations.

The Stepping Stones Shelters provide temporary housing to homeless individuals and families for up to 30 days. During their stay, referrals and information are given to the residents to help secure stable housing and other needed services.

Visit www.steppingstonesdc.org for information like pantry hours and other program details.

Stepping Stones Food Pantry Hours:

- M, Th, Fr. 11:00-2:00
- T, W: 3:00-6:00
- Sat: 10:00 – Noon

STEPPING STONES POPUP FOOD PANTRIES

1st and 3rd Thursday of the Month

- Sand Creek Community Cntr 11:30-12:30, E9311 Cty R I, Sand Creek
- Ridgeland Community Cntr 2:00 -3:00, 200 Diamond St, Ridgeland

2nd & 4th Thursday of the Month

- New Hope Lutheran Church 11:30-12:30, hwy 25+460th St, Downsville
- Colfax Viking Bowl 2:30-3:30, Hwy 40, Colfax

SENIOR FOOD COMMODITY BOXES

A FREE monthly food package, worth about $35. Who is Eligible?

- Persons age 60 and older
- Income is at or below $1,354 for a single person or $1,832 for a family of two. Boxes are distributed to those who have registered once every month at Stepping Stones. Applications are available at Stepping Stones, 1602 Stout Road, Menomonie or by calling 715-235-2920.

FOOD HARVEST MINISTRY: Food distribution will be the third Saturday of each month 8:00 am until 10:00 am located at 1002 Main Street, Boyceville. No Requirements and No Questions Asked!!!All food is good quality surplus, some perishable, that otherwise would be wasted!!! Please bring bags or boxes to carry your food. If you have any questions or your church or organization would like to become involved, please call 619-6979.

COLFAX CARING MINISTRY EMERGENCY FOOD PANTRY- Must live within Colfax School District-appointments only - 715-704-9571.

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DUNN COUNTY TRANSIT

"STEP UP AND RIDE"

Doorstop bus runs in the city of Menomonie within a specific route. A 2 hour or day before advanced notice is preferred to schedule a ride on the bus. Disabled and/or 60 years of age are eligible to ride the Doorstop bus.

- Monday – Friday 7:30 am – 5:10 pm
- $3.00 per ride
- Tokens are available if you would like to prepay
- Call 715-235-7433 to set up your ride

Community public bus travels in the city of Menomonie on a specific route, scheduled stops in the city including Wal-Mart, Stepping Stones, Community Services building, Mayo, Market Place etc.

- Monday – Friday 7:20 am – 4:10 pm
- $1.50 per trip/ .75 cents for disabled and/or 60 years of age
- Monthly, daily & 1 trip passes are available

Correct change is required. All of our buses are wheelchair accessible. Schedules can be found by liking us on FACEBOOK and at www.co.dunn.wi.us under departments/Transit.

RECORD KEEPING POWER OF ATTORNEY FOR FINANCES

SHOULD I GIVE A COPY OF MY FINANCIAL POWER OF ATTORNEY TO MY AGENT NOW?

The agent under a Power of Attorney for finances needs the original document to act. I suggest that you hold the original document but let the agent know where you keep it. If you keep legal documents in a safe deposit box, make sure your agent is a co-owner of the box with you. Otherwise, they will not have access to the document. Remember, an agent under a durable power of attorney for finances acts as an assistant to you. They do not replace you as a financial decision-maker.

You should have both a financial Power of Attorney and Power of Attorney for Health Care to avoid the need for a Court guardianship proceeding in most cases.

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

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johnsonmonument.com
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Income Based Housing
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Sunnyside Apartments
Knapp, Wisconsin
This institution is an equal opportunity provider and employer
715-308-3158
Equal Housing Opportunity

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

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

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

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

PUT ME ON THE MAILING LIST

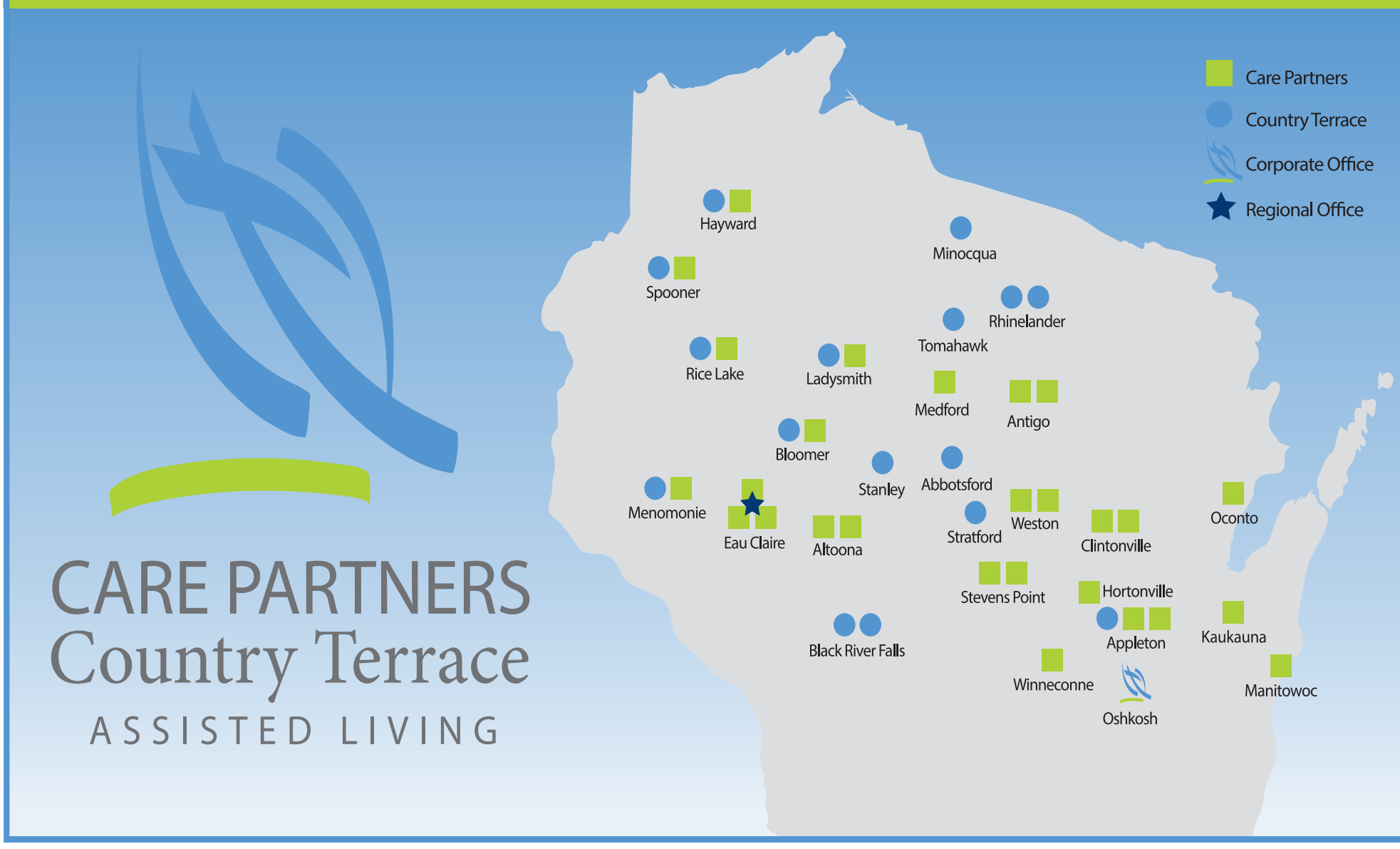
If you consider yourself homebound and are interested in having the Senior Hi-Lites delivered to you by mail, please complete the information slip below and return to our office. We will gladly add you to the list. Please Print. Check the box if you are interested in receiving information on the Home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

Name_____
Address _____
City_____ Phone_____

STATEWIDE LOCATIONS NEAR YOU

www.carepartners-countryterrace.com

CARE PARTNERS
Country Terrace
ASSISTED LIVING



FIND US AT SENIORREVIEW.COM

ADRC DUNN COUNTY NUTRITION PROGRAM

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

SENIOR CENTER & ACTIVITY CALENDAR 715-235-0954

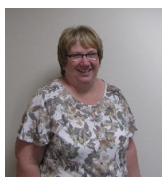
Monday	April 6, 13, 20, 27	1 pm Mah Jongg @ SDSC
Monday	April 6, 13, 20, 27	9-11 am Tai Chi @ SDSC
Monday	April 6, 13, 20, 27	12-3 pm Walking in Gym @ SDSC
Monday	April 13, 27	8:30 am FOOT & NAIL CLINIC Appt Only $18
Monday	April 6	1:30-3:30 pm CVLR "Digital Photo Basics" @ SDSC
Monday	April 13	10-11:30 am Book Club @ SDSC
Tuesday	April 7, 14, 21, 28	10-11& 11:30 -12:30 Strong Bodies Advanced @ SDSC
Tuesday	April 7, 14, 21, 28	1 pm Strong Bodies Basic @ SDSC
Tuesday	April 7, 14, 21, 28	8:30-9:15 am Chair Yoga $2.75 per class @ SDSC
Tuesday	April 7, 14, 21, 28	10 am Cribbage @ SDSC
Tuesday	April 7, 14, 21, 28	1 pm Bridge @ SDSC
Tuesday	April 7, 14, 21, 28	1 pm Hand & Foot Cards @ SDSC
Tuesday	April 7	8:30 am FOOT & NAIL CLINIC Appt Only $18
Tuesday	April 14	9 am Senior Center Board Meeting @ SDSC
Tuesday	April 21	9-10:30 am ALC Free Blood Pres/Sugar Clinic @ SDSC
Wednesday	April 1,15, 22, 29	8:30 am FOOT & NAIL CLINIC Appt Only $18
Wednesday	April 1, 8, 15, 22, 29	8:30 am Crafts @ SDSC
Wednesday	April 1,15, 22, 29	9:30-10:15 am Zumba Gold @ SDSC (Last Class 29th)
Wednesday	April 1, 8, 15, 22, 29	10 am-2:30 pm Adult Day Services - $4.50/hr Registration Req 715-235-0954
Wednesday	April 1,15, 22, 29	10:30-11:45 am Sing Along @ SDSC
Wednesday	April 1,15, 22, 29	11:45 am Community Friendship Dinner @ SDSC
Wednesday	April 1, 8, 15, 22, 29	1 pm Bingo & Duplicate Bridge @ SDSC
Wednesday	April 1, 15, 22, 29	12-3 pm Walking in Gym @ SDSC
Wednesday	April 1	9-11 am Dunn County Energy Assistance @ SDSC
Wednesday	April 8	10:30-11:30 am Jane's Group @ SDSC
Wednesday	April 8	11:45 am Easter Dinner @ SDSC
Wednesday	April 15	12:30 pm Betty's Homemakers @ SDSC
Wednesday	April 15	10 am Alzheimer's Caregivers Support Group @ SDSC
Thursday	April 2, 9, 16, 23, 30	8:30-9:15 am Chair Yoga $2.75 per class @ SDSC
Thursday	April 2, 9, 16, 23, 30	10 am-2:30 pm Adult Day Services - $4.50/hr Registration Req 715-235-0954
Thursday	April 2, 9, 16, 23, 30	10-11 am & 11:30 am-12:30 pm Strong Bodies Advanced @ SDSC
Thursday	April 2, 9, 16, 23, 30	1 pm Strong Bodies Basic @ SDSC (Last Class 30th)
Thursday	April 2, 9, 16, 23, 30	12:45 pm 500 Cards @ SDSC
Thursday	April 2	9 am "Breakfast with the Bridge" @ SDSC
Thursday	April 23	9-10:30 am Juicing for a Purpose" @ SDSC
Thursday	April 30	4-6:30 pm "SPAGHETTI FEED FUNDRAISER" @ SDSC
Friday	April 3, 17, 24	10 am-2:30 pm Adult Day Services - $4.50/hr Registration Req 715-235-0954
Friday	April 3, 17, 24	1 pm Bingo @ SDSC
Friday	April 3, 17, 24	12-3 pm Walking in Gym @ SDSC
Friday	April 3	10-11:30 am CVLR "Great Decisions" @ SDSC
Friday	April 10	Senior Center Closed for Good Friday

ACTIVITY CALENDAR FOR SITES IN DUNN

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

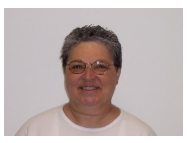
COLFAX GRAPEVINE SENIOR CENTER (715-962-2550)
Meals Monday, Tuesday and Thursday at 11:30 am

2nd Tuesday of month	2:00 pm American Legion/Auxiliary
1st Thursday of month	2:00 pm Merry Mixers Meeting
Every Monday	10:30 am Exercise
Every Tuesday	10:30 am Bible Study
Every Tuesday	1:30 pm Card Party (500)
Every Wednesday	Puzzles
Every Thursday	10:00 am Blood Pressure Check
Every Thursday	10:30 am Bingo

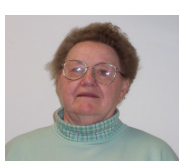


EAU GALLE CIVIC CENTER (715-283-4252 or 715-232-4006)
- Meals every Monday and Wednesday at 12 noon
- Exercise every Monday and Wednesday, 11:45 am to 12 noon
- Pfeffer every Monday and Wednesday, 1 to 3:30 pm
- Card Party and Snacks, 2nd and 4th Monday, 1 to 3:30 pm
- Phase 10 every Monday and Wednesday,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

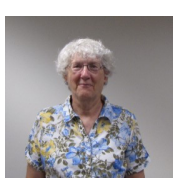
HOSFORD-RICH APARTMENTS (715-235-4047)
- Meals Monday, Tuesday, Thursday and Friday at 11:30 am
- Puzzles and board games – Daily (anytime)
- Bingo on Tuesdays from 1 to 2 pm
- Coffee Klatch Monday through Friday at 9:00 am
  Everyone Welcome!



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



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



APRIL 2020
Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Baked caramel custard	2 Baked rosemary chicken, Mashed potatoes, Chicken gravy, Carrots with parsley, Wheat bread, Fresh fruit	3 Baked fish fillet, Just bean soup, Creamy coleslaw, Rice pudding w/raisins
6 Hamburger gravy, Homemade mashed potatoes, Riviera blend vegetables, Wheat bread, Chilled pears	7 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Pound cake with fruit topping	8 Sliced baked ham, Scalloped potatoes, Perfect pinto beans, Wheat bread, Pineapple tidbits	9 BBQ meatloaf, Seasoned mashed potatoes, Creamy coleslaw, Pumpkin bread	10 MEAL SITES CLOSED
13 Swiss steak with tomatoes, Buttered new potatoes, Spinach salad, Cookie, Fresh banana	14 Cornflake chicken, Boiled potato with gravy, Seasoned green beans, Blueberry streusel bars	15 Spring Holiday Meal: Roast beef, Homemade mashed potatoes with brown gravy, Garden blend vegetables, Dinner roll, Lemon meringue pie	16 Barbecued spareribs, Baked beans, Potato wedges, Wheat bread, Applesauce	17 Baked salmon steak with lemon butter sauce, Homemade hash brown potatoes, Fresh sautéed carrots, Wheat bread, Fruited gelatin
20 Italian meat sauce, Spaghetti noodles, Romaine and onion salad, Garlic bread, Mandarin oranges	21 Salisbury steak, Homemade mashed potatoes with brown gravy, Italian green beans, Rhubarb crumble	22 Barbecue glazed chicken, Baked beans, Carrot and raisin salad, Strawberry shortcake	23 Pork cutlet, Bread stuffing, Mixed vegetables, Apple crisp with whipped topping	24 Breaded baked cod, Baked potato, Broccoli, Raisin cream bar
27 Beef pot roast, Boiled potato, Steamed broccoli, Cookie, Pears	28 Breaded pork cutlets, Apple sweet potato casserole, California blend vegetables, Cherry crisp	29 Chicken A La King, Marinated tomato salad, Biscuit, Strawberry gelatin with mandarin oranges	30 Hamburger on a bun, French fries, Pea and cheese salad, Blueberries	

ADRC Aging & Disability Resource Center of Dunn County

The Neighbors of Dunn County

Community Coffee

A casual gathering for fun and learning.

FREE Coffee
Snacks available for purchase.

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

DATES

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

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

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

APRIL 2: Menomonie Library Staff
Health Literacy Online

MAY 7: The Neighbors of Dunn County
Springtime Fun

JUNE 4: Margaret Murphy, UW Extension
Companion Planting

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

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Address _____
City_____ State ____ Zip _____

CREMATION SOCIETY OF WISCONSIN- 715.834.6411
STOKES, PROCK & MUNDT FUNERAL CHAPEL - 715-832-3428
535 S. Hillcrest Parkway, Altoona WI 54720

RESOURCE GUIDE

Resources for Seniors, Families and Caregivers in Dunn County

If you have any questions or would like clarification on any of the information presented on the list, please call the Aging & Disability Resource Center of Dunn County at 715-232-4006. Our email address is adrc@co.dunn.wi.us and our website address is: www.co.dunn.wi.us

General Information & Outreach for Seniors and Disabled Adults

Information and/or Assistance to Appropriate Services

Aging & Disability Resource Center of Dunn County	715-232-4006
ARC of Dunn County	715-235-7373
Center for Independent Living	715-233-1070 or 1-800-228-3287
Elder Care Locator	1-800-677-1116
Federal Citizen Information Center	1-844-872-4681
Hmong American Community Association	715-232-9350

Elder and Vulnerable Adult Abuse (financial, physical, emotional)

Aging & Disability Resource Center of Dunn County	715-232-4006
The Bridge to Hope	715-235-9074 or 1-800-924-9918
Elder Care Locator	1-800-677-1116

Access to Publicly Funded Long-Term Support Services

Aging & Disability Resource Center of Dunn County	715-232-4006

Legislative Information

Legislative Hotline	1-800-362-9472
Tony Evers (Governor)	1-608-266-1212
Tammy Baldwin (US Senator)	1-608-796-0045 1-800-247-5645 or 715-832-8424 or 1-202-224-5653
Ronald Johnson (US Senator)	1-608-782-5585 or 1-202-224-5323
Ron Kind (3rd District US Congressman)	715-831-9214 or 1-202-225-5506
Patty Schachtner (10th District State Senator)	1-800-862-1092 or 1-608-266-7745
Kathy Bernier (23rd District State Senator)	1-608-266-7511
Jeff Smith (31st District State Senator)	1-608-266-8546
Rob Stafsholt (29th District Assembly)	1-608-266-7683
Warren Petryck (93rd District Assembly)	1-608-266-0660
Rob Summerfield (67th District Assembly)	1-608-266-1194

Alzheimer's, Confusion and Memory Loss

Alzheimer's Information and Support Groups

Aging & Disability Resource Center of Dunn County	715-232-4006
Alzheimer's Association 24-Hour Help Line	1-800-272-3900
Alzheimer's Disease Education and Referral Center	1-800-438-4380
Alzheimer's Support Group	715-232-4006
Greater Wisconsin Alzheimer's Association Chapter	715-720-7611

Adult Day Care

Above & Beyond Elderly Care	715-505-4423
ARC of Dunn County, Connections Day Services	715-235-7373
Aurora Day Center (developmentally disabled)	715-235-1839
Grace Lutheran Adult Day Services	715-832-8811 or 715-738-1925
Hmong Adults Day Care Center, LLC	715-514-3491
Reach Adult Day Services (Menomonie)	715-833-7755
Reach Adult Day Services (Eau Claire)	715-552-2763
Reach Adult Day Services – Helen's House (Eau Claire)	715-456-3951
Reach Adult Day Services – Selma's House (Eau Claire)	715-456-3874
Shirley Doane Senior Center	715-235-0954

Memory Clinics

Marshfield Clinic Memory Assessment Clinic	715-858-4444 or 1-866-333-1996
Mayo Clinic Health System Memory Care Clinic	715-838-1900
Prevea-Eau Claire Family Medicine Clinic	715-839-5175

Dementia Care Living Facilities

Care Partners Assisted Living	715-235-6333
Colfax Health & Rehabilitation Center	715-962-3186
Comforts of Home Advanced Memory Care	715-800-8325
Heritage of Elmwood Nursing Home	715-639-2911
Knapp Haven (Chetek)	1-800-385-2527
Our House Memory Care	715-232-8181
The Neighbors of Dunn County	715-232-2661

Caregiver Support

Support Groups

Alzheimer's Caregiver Support Group 3rd Wednesday of the Month, 10:00-11:30 am Shirley Doane Senior Center	715-232-4006
Caregiver Support Group 3rd Thursday of the Month, 6:30-8:00 pm Dunn County Community Services Building	715-232-4006
Caregiver Coffee Hour 1st Wednesday of the Month, 9:30-11:30 am Dunn County Community Services Building	715-232-4006
Caregiver Café 2nd Thursday of the Month, 9:30-11:00 am Exit 45 Restaurant and Bakery	715-232-4006
Men Are Caregivers Too! 1st Wednesday of the Month, 1:00 pm United Methodist Church	715-232-4006
Relatives Raising Children 3rd Thursday of the Month, 10:30-12:00 noon Dunn County Community Services Building	715-232-4006
Memory Café 4th Thursday of the Month, 10:00-11:30 am United Methodist Church	715-232-4006
Aging & Disability Resource Center of Dunn County (Family Caregiver Support Program & Alzheimer's Support Program)	715-232-4006

Employment

Dunn County Job Center Workforce Development	715-232-7360
Employment Resources, Inc. (ERI)	1-608-246-3445
LE Phillips	715-834-2771
Senior Citizens Employment & Training	715-232-7360 Ext. 1422
WI Department of Vocational Rehabilitation	715-836-4263

Exercise, Fitness and Health

Exercise and Fitness

Colfax Grapevine Senior Center	715-962-2550
Menomonie High School Pool & Fieldhouse	715-232-1197
Shirley Doane Senior Center in Menomonie	715-235-0954

Sunnyside Apt. – Knapp	715-665-2495
UW-Stout Fieldhouse	715-232-1378

Health and Well-Being

American Cancer Society	1-800-227-2345
American Diabetes Association	1-800-342-2383
Arthritis Foundation	1-800-283-7800
Dunn County Health Department (mammograms for low income women under 65)	715-232-2388
Flu shots – DC Health Department	715-232-2388
Foot Care Clinics – Shirley Doane Senior Center	715-235-0954
Free Clinic of Menomonie	715-308-3808
LGBT National Youth TalkLine	1-800-246-7743
LGBTQ National Hotline	1-888-843-4564
Mayo Clinic Health Systems (educational series)	715-464-3017
National Cancer Institute	1-877-448-7848
National Health Information Center	1-800-336-4797
Smoking Cessation – DC Health Department	715-232-2388
The Friendship Line	1-800-971-0016

Financial/Legal/Advocacy

Complaints/Investigation

Benefit Specialists/Aging & Disability Resource Center of Dunn County	715-232-4006
Center for Independent Living	715-233-1070
Consumer Product Safety Commission	1-800-638-2772
Consumer Protection	1-800-422-7128
Disability Rights of Wisconsin	1-877-338-3724 (TTY) 1-888-758-6049
Fraud Information Center	1-800-876-7060
Landlord/Tenant	1-800-422-7128
Medicare Fraud Spotters	1-800-633-4227
Office of the Commissioner of Insurance	1-800-236-8517
Ombudsman Program for Nursing Homes/Group Homes/ Community Options Program	1-800-815-0015

Financial Assistance

Benefit Specialists/ADRC of Dunn County	715-232-4006
Energy Fuel Assistance	715-232-1116
Food Share (Quest Card)	1-888-283-0012
Medical Assistance (Forward Card)	1-888-283-0012
Medicare	1-800-633-4227 or 715-232-4006
Prescription Drug Assistance Program	715-232-4006
Senior Care Prescription Drug Program	1-800-657-2038 or 715-232-4006
Social Security and SSI	1-800-772-1213 or 1-866-815-2924

Estate Planning

Estate Planning	1-800-488-2596
Guardianship Helpline	1-800-488-2596
Pension Rights	1-800-488-2596
Probate	715-232-6782

Guardianship Assistance

Aging & Disability Resource Center	715-232-4006
Dunn County Human Services	715-232-1116
Guardianship Helpline	1-800-488-2596
Private Elder Law Attorneys	

Insurance Information

Benefit Specialists/ADRC of Dunn County	715-232-4006
Medigap Hotline	1-800-242-1060
Office of the Commissioner of Insurance	1-800-236-8517

Legal Assistance

Benefit Specialists/ADRC of Dunn County	715-232-4006
Free Legal Assistance	wi.FreeLegalAnswers.org
Lawyer Referral Service	1-800-362-9082
State Bar of Wisconsin	1-800-728-7788
Wisconsin Judicare	1-800-472-1638 or 715-232-1116

Representative Payee

House Calls of Menomonie Inc.	715-232-6475
Meraki Guardianship Services Inc.	715-861-3210
Payee Services	715-233-0203
RP Services of WI Inc.	715-285-2050

Taxes

AARP Tax Appointments (February through April) (Income Tax and Homestead Tax Credit Assistance)	715-232-4006
Internal Revenue Service	1-800-829-1040
Property Tax Deferral Program (WHEDA)	1-800-755-7835
Wisconsin Department of Revenue	1-608-266-8100
Wisconsin Tax Refund Info	1-608-266-8100

Veterans Services

Dunn County Veterans Service Office	715-232-1646
Veteran's Administration – Wisconsin	1-800-827-1000

Food and Nutrition

Share Program for Colfax and Wheeler

Statewide program for anyone - $18.00
You are asked to do 2 hours of community service. Quest cards are accepted.
Location: 1202 E 10th Street
Contact/Phone: Mary Lou Lagerstrom 715-664-8879

Grocery Shopping Assistance

Community Connections Program	715-235-2920
Dicks Fresh Market, 1408 9th Street E, Menomonie	715-235-2134
Grandma's Helpers	715-308-9275 or 715-308-9273
Kyle's Market, 115 S Main Street, Colfax	715-962-3585
Walmart, 108 Cedar Falls Road, Menomonie	715-235-6565

Home Delivered Meals

Aging & Disability Resource Center of Dunn County	715-232-4006

Senior Dining (Hot Meals) 715-232-4006

Boo'z Bar & Grill (Mon through Fri)	715-665-2215
Colfax Grapevine Senior Center (Mon, Tues, Thur)	715-962-2550
Dairyland Café in Ridgeland (Mon through Fri)	715-949-1985
Eau Galle Civic Center (Mon & Wed)	715-283-4252
Hosford-Rich Apartments (Mon, Tues, Thurs, Fri)	715-235-4047
Sand Creek Café (Mon through Fri)	715-658-1335
Tantara Apartments (Home Delivered Meals Only)	715-556-0266

Area Food Pantries/Food Programs and Free/Reduced Cost Meals

Boyceville – West CAP Food Access & Resource Center
823 Main Street - Phone: 800-606-9227
Serves Boyceville & Glenwood City Areas
Food Pantry Schedule: Every Thursday 3-7 pm, Every Friday 9 am-1 pm
Commodity boxes for age 60 and older. Senior Farmers Market Vouchers

Boyceville Food Harvest Ministry
$15 Requested Donation – You Eat You Qualify
3rd Saturday of the Month, 8 am
1002 Main Street, Boyceville - For More Information, Call 715-619-6979

Colfax Caring Ministries Emergency Food Pantry
Must live within Colfax School District. By appointment only – 715-704-9571

Dunn County - FoodShare – Formerly Food Stamps Program (Income Based)
Helps people with limited income buy food. Call GRCC 1-888-283-0012 or Dunn County Human Services at 715-232-1116

Dunn County Elderly Nutrition Program – Must be 60+ - Home-Delivered Meals. Congregate meal sites in several communities. Nutritional supplements (Ensure). Senior Farmers Market Vouchers. Dunn County ADRC: 715-232-4006

Dunn County – WIC Program (Women, Infants & Children)
Dunn County Community Services Building, 3001 US Hwy 12 East, Suite 9, Menomonie - Phone: 715-232-2498

Elk Mound – Ruby's Pantry
2nd Saturday of the Month, 7:30 am Sign In. Everyone welcome.
$21 donation – cash only. Shepherd of the Hills Church,
207 University, Elk Mound - Phone: 715-879-5115
Pre-Register at https://www.rubyspantry.org/

Elk Mound – Shepherd's Shelf
Shepherd of the Hill Lutheran Church, 207 University Street, Elk Mound
Tuesdays 4-6 pm and Fridays 10 am-12 noon – Elk Mound Residents Only
Phone: 715-879-5115

Knapp – Plates and Knappkins Food Distribution
Every month that has a 5th Saturday (about every 3 months)
7–10 am - $15 Donation
508 Highway 12, Knapp - Phone: 715-665-2495

Knapp – Plates and Knappkins Food Pantry
Thursdays 2-4 – Donations welcome
Phone: 715-665-2495

Menomonie – Community Friendship Luncheon
Home cooked buffet every Wednesday 11:45 am
Shirley Doane Senior Center, 1412 6th Street, Menomonie
$5 for members, $6 for non-members - Phone: 715-235-0954

Menomonie – Tuesday's Table
Hot home-cooked meal every Tuesday 5-6 pm. St Joseph's Catholic Church – Basement, 910 Wilson Avenue, Menomonie – Phone: 715-232-4922

Menomonie – Thursday's Table
Hot home-cooked meal every Thursday 5-6 pm. First Congregational Church, 420 Wilson Avenue, Menomonie – Phone: 715-235-5838

Menomonie – Wednesday's Table
Hot Home-Cooked Meal, Every Wednesday 5-6 pm
Christ Lutheran Church, 1306 Wilcox Street, Menomonie
Phone: 715-235-5573 (Closed on Fridays)

Stepping Stones Food Pantry
Food pantry and Commodity Boxes for 60+
Income guidelines apply, call for more information
1620 Stout Road, Menomonie - Call for hours: 715-235-2920

Menomonie – Summer Farmer's Market
May through October – Wilson Street Park, Menomonie
Wednesdays 10 am-4 pm, Saturdays 8 am-1 pm

Menomonie – Winter Farmer's Market
November through April – Raw Deal, Menomonie
Saturdays 9 am-1 pm – Phone: 715-231-3255

School Lunches – Free/Reduced and Project SAM
Contact your local school's food service office
Menomonie 715-235-2920

Hearing Impairment

Information, Support, Assistive Devices

Aging & Disability Resource Center of Dunn County	715-232-4006
Center for Communication, Hearing & Deafness	1-414-604-2200
Center for Independent Living	715-233-1070
National Hearing Aid Helpline	1-800-521-5247
Office for the Deaf and Hard of Hearing	1-855-359-5252
TEPP Program	1-608-231-3305 or 1-715-233-1070
Wisconsin Bureau for the Deaf and Hearing Impaired	(TTY) 1-855-359-5252 or 715-836-2107
Wisconsin Relay Customer Support	(TTY/Voice) 1-800-676-3777
	(Speech Disabled) 1-877-787-1989 or (Espanol) 1-800-676-4290

Local telephone companies can provide help with assistive devices.

Home Modifications/Repairs

Repairs and Modifications

Center for Independent Living	715-233-1070
City of Menomonie Deferred Loans	715-235-9081
Dunn County Community Development Block Grant	715-781-4658
Habitat for Humanity	715-833-8993
Home Buyer Assistance Program	715-726-4580
Stepping Stones Community Connections Program	715-235-2920
Tomorrow's Home Foundation (Mobile and Manufactured Homes)	1-608-255-1088
USDA Rural Development	715-232-2614
West Cap	1-800-606-9227 or 715-235-4511

Local telephone and utility companies.
Local city/village government "Block Grants."

Housing Options

Apartments with Noon Meals, Light Housekeeping, Emergency Call System (Varies per site)

Galloway Homes	715-235-7778
Hosford-Rich Apartments	715-235-0656
The Oaks	715-235-7793
Tantara Apartments	715-235-4718

Assisted Living (Services vary)

American Lutheran Communities (Mondovi)	715-926-4962
Autumn Village	715-235-3697
Care Partners and Country Terrace	715-235-5112
Comforts of Home Assisted Living	715-231-4980
Our House Senior Living	715-232-8181
Potters Country Home	715-235-6789
Sandy Ridge Assisted Living-RCAC (Colfax))	715-962-3186
Triple Springs Country Home	715-643-7040

Nursing Homes

American Lutheran Home	715-235-9041
Colfax Health & Rehabilitation Center	715-962-3186
Glenhaven (Glenwood City)	715-265-4555
Heritage of Elmwood Nursing Home	715-639-2911
Pioneer Nursing Home (Prairie Farm)	715-455-1178
Spring Valley Health & Rehabilitation	715-778-5545
The Neighbors of Dunn County	715-232-2661

Subsidized Housing Units (rent is based on income)

Boyceville Manor	715-235-4718
Cedar Grove Apartments (Menomonie)	715-232-9940
Colfax Manor	715-235-4718
Colfax Prairie Homes	715-962-3238
Elmwood Senior Citizens Apartments (Menomonie)	715-235-0656
Evergreen Manor (Colfax)	715-778-5938
Gaylord Nelson Apartments (Menomonie)	715-357-3334
Hillcrest Apartments (Wheeler)	715-688-2272
Hosford-Rich Apartments (Menomonie)	715-235-0656
Kathy Richards Management	1-906-932-5500
Menomonie Housing Authority (Menomonie)	715-235-0656
Memorial Heights Apartments (Menomonie)	715-235-0656
Menomonie Country Apartments	715-664-8751
Morningside Apartments (Sand Creek)	715-688-2272
The Oaks (Menomonie)	715-235-7793
Pine Ridge Apartments (Ridgeland)	715-688-2272
Pinedale Apartments (Menomonie)	715-235-7376
Ridgeland Housing	715-235-4511
Riverview Apartments (Downsville)	715-688-2272
Sunnyside Apartments (Knapp)	715-235-0656
Tiffany Street Apartments (Boyceville)	715-688-2272
University Village (Menomonie)	715-834-3411 or 1-800-924-3256
Valley View Apartments (Knapp)	715-688-2272
Warren Knowles Manor (Menomonie)	715-357-3334
West Cap	1-800-606-9227 or 715-235-4511

Subsidized Rent Vouchers

Dunn County Housing Authority	715-235-4511
Menomonie Housing Authority	715-235-0656
West Cap (Dunn County Housing Authority)	1-800-606-9227 or 715-235-4511

Other Senior Housing Options

ChippewaValleyAssistedLiving.com	
Dancing Oaks	715-233-0406
SeniorLivingHelp.org	
Village at White Pine	715-231-2100

In-Home Services

In Home Services, Respite, Bathing Assistance, Housekeeping

Above and Beyond Elderly Care	715-505-4423
Advanced Living Care LLC	715-235-2090
ARC of Dunn County	715-235-7373
Asian Home Health	715-254-0893
Aurora Community Health	715-235-1839
Center for Independent Living	715-233-1070
Cleaning 2 Order	715-495-2825

Eau Claire Home Care	715-895-7098
Hands On In-Home Care	715-949-1313
House Calls Personal Touch Respite Program	715-232-6475
Indianhead Community Action Agency	715-532-4222
Interim Healthcare	715-834-1313
Mayo Clinic Health Systems Home Health and Hospice	715-235-7800
Moore Genuine Care	715-286-2734
Peaceful Living	715-386-7071
Recover Health	715-598-5600
Safe at Home Senior Care	715-598-7233
Seniors Helping Seniors	715-514-4511
Stepping Stones	715-235-2920
Sunshine Care Inc.	715-514-5566
Tong Xeng Home Care	715-514-4406
Touching Hearts at Home	715-245-1944
Visiting Angels	715-861-5546

Hospice Services

Adoray Home Health & Hospice	715-684-5020
Heartland Hospice Care	1-888-633-6522
Mayo Clinic Health System Home Health & Hospice	1-800-236-8408
Moments Hospice	715-800-0900
St. Croix Hospice	1-855-278-2764
St. Joseph's Home Health, Hospice	1-800-726-3485 or 715-726-3485

Medical Equipment

Center for Independent Living	715-233-1070
Corner Home Medical (Woodbury)	1-651-403-3502
Grace Home Respiratory (Altoona)	715-832-7377
Mayo Clinic Store (Eau Claire)	715-838-1815
Veterans Service Office (Loan Closet)	715-232-1646

See also "Hearing Impairment," Vision Impairment."
Check local telephone directory under "Hospital Equipment/Supplies"

Nursing Agencies/Personal Care

Asian Home Health	715-254-0893
Aurora Community Health, Inc.	715-235-1839 or 1-888-301-5897
House Calls	715-232-6475
Interim Healthcare	715-834-1313
Mayo Clinic Health System Home Health and Hospice	715-235-7800 or 1-800-236-8408
REM Wisconsin	715-861-7377
Recover Health	715-598-5600
St. Joseph's Home Care	715-723-1811
Seniors Helping Seniors	715-514-4511
Tong Xeng Home Care	715-514-4406
Visiting Angels	715-861-5546

Mental Health and AODA

Arbor Place	715-235-4537
Aurora Community Counseling	715-235-4696
Dunn County Department of Human Services	715-232-1116
Northwest Connections	1-888-552-6642
Suicide Hotline	1-800-273-8255
The Healing Place – A Grief Support Center	715-717-6028

ADRC
Aging & Disability Resource Center

Senior Centers & Organizations

Senior Centers

Boyceville Community Center	715-643-2305
Colfax Grapevine Senior Center	715-962-2550
Eau Galle Civic Center	715-283-4252
Rock Creek Town Hall	715-875-4202
Shirley Doane Senior Center	715-235-0954

Senior Citizen Organizations

AARP (American Association of Retired Persons)	1-888-687-2277
CWAG (Coalition of Wisconsin Aging Groups)	1-608-224-0606 or 1-800-488-2596

Personal Emergency Response Systems

American Medical Alarms	1-800-542-0438
Great Call 5 Star	1-866-300-9763
Life Protect 24/7	1-844-203-5617
Life Station	1-866-864-1073
Linear/Per Mar	715-832-1222
Medical Alert	1-800-281-0255
Medical Guardian	1-800-668-9200
Philips Lifeline	1-800-250-5826
Safety Choice Comfort Keepers	715-833-2197
Senior Safety	1-888-473-2800
St. Joseph's Health Health	715-563-6736
VRI Cares	1-800-860-4230

Transportation Services

Buses

Dunn County Transit Commission	715-235-7433

Volunteer Drivers

Aging & Disability Resource Center	715-232-4006
Center for Independent Living for Western WI, Inc.	
New Freedom Transport Program	715-233-1070 or 1-800-228-3287
Stepping Stones of Dunn County	715-235-2920
Veterans Service Office	715-232-1646

Other Transportation Providers

Accessible Vehicle Rentals	1-800-596-4366
A&J Mobility (personal vehicle accessibility conversion- Including rentals)	1-877-833-9830
Handi-Lift	1-800-432-5438
Magena (wheelchair accessible transportation & taxi)	715-338-9840
Medical Transportation Management (MTM)	1-866-907-1493
Town & Country Taxi	715-309-9619

Vision and Hearing Impairment

Books/Newspapers on Tape (Talking Books)

Library Books by Mail	715-231-5226
Wisconsin Talking Book and Braille Library	1-414-286-3045
Wisconsin Council of the Blind	1-608-255-1166 or 1-800-783-5213

Local libraries have large print books and books on tape.

Information, Support and Assistive Devices

American Foundation for the Blind	1-800-232-5463
Center for Independent Living (Voice & TTY)	1-800-228-3287 or 715-233-1070
Lighthouse National Center for Vision & Aging	1-800-284-4422
State Office for the Blind	715-836-6772
Wisconsin Council for the Blind	1-608-255-1166 or 1-800-783-5213

ADRC STAFF

Loni Dodge, *ADRC Manager*

Amy White, *Senior Social Worker*
Bethany Schneider, *Elder Benefit Specialist*
Bobbette Tunnyhill, *Nutrition Program Coordinator*
Denise Kiesow, *ADRC Reception*
Lisa Schuler, *Disability Benefit Specialist*
Lynne Shaffer, *Caregiver Coordinator*
Ruth Huske, *Senior Social Worker*
Wendy Sterry, *Senior Social Worker*

ADRC DUNN COUNTY CAREGIVER & DEMENTIA PROGRAM

Menomonie Area Memory Cafe

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

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

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

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

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

2020

January 23	April 23	July 23	October 22
February 27	May 28	August 27	November 26*
March 26	June 25	September 24	December 24*

*Subject to change due to holiday

ADRC Aging & Disability Resource Center of Dunn County
The United Methodist Church
Visiting Angels LIVING ASSISTANCE SERVICES
Safe @ Home Senior Care
The Neighbors of Dunn County
House Calls of Menomonie, Inc. P.O. Box 361 Menomonie, WI (715) 232-6475 www.housecallsinc.org

EFFECTIVE COMMUNICATION STRATEGIES

An education program presented by the Alzheimer's Association

Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect.

Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

April 16, 2020 | 1:00pm-3:00pm

Community Service Building of Dunn County
Room 60
3001 St Hwy 12/29 E
Menomonie, WI 54751

Questions/RSVP 715.861.6174
sbellefeuille@alz.org

24/7 Helpline Line 800.272.3900

Visit **alz.org/CRF** to register online and explore additional education programs in your area.

alzheimer's association

CAREGIVERS CORNER-DUNN COUNTY ADRC

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

SOCIAL SECURITY ADMINISTRATION PROPOSED RULE AFFECTING CONTINUING DISABILITY REVIEWS

By the GWAAR Legal Services Team

Submitted By Bethany Schneider, ADRC Elder Benefit Specialist

On November 16, 2019, the Social Security Administration (SSA) released a Notice of Proposed Rulemaking (NPRM) – a new proposed regulation. The proposed rule would change how often most people receiving Social Security disability benefits and/or Supplemental Security Income based upon disability would have their disabilities reviewed. As of right now, this is only a proposed rule in the public comment phase and has not yet been implemented.

Once someone qualifies for Social Security disability benefits, they are subject to continuing disability reviews (CDRs), to see if they still meet the disability standard. How often these reviews are conducted depends on how their disability is categorized.

If medical improvement of their disability is expected, SSA will review the claim every six to 18 months. If medical improvement is possible, SSA will review the claim every three years. If medical improvement is not expected, SSA will review the claim every five to seven years.

However, under the proposed rule, SSA would create an additional category of medical improvement likely and review those individuals every two years. Under this new rule, SSA proposes to conduct an additional 1.1 million full medical reviews over the next ten years, and additional 1.5 million smaller-scale reviews, over and above their currently planned reviews.

SSA states that the reason for this new rule is to "…ensure that [SSA] continue to maintain appropriate stewardship of the disability program and identify medical improvement (MI) at its earliest point." However, organizations that advocate for older adults and those with disabilities state that these changes will bog down an already overloaded disability determination system and that many people who are still disabled and unable to work will lose their benefits.

The proposed rule is located here: https://www.federalregister.gov/documents/2019/11/18/2019-24700/rules-regarding-the-frequency-and-notice-of-continuing-disability-reviews

EFFECTIVE COMMUNICATION STRATEGIES

By Lynne Shaffer, ADRC Caregiver Coordinator

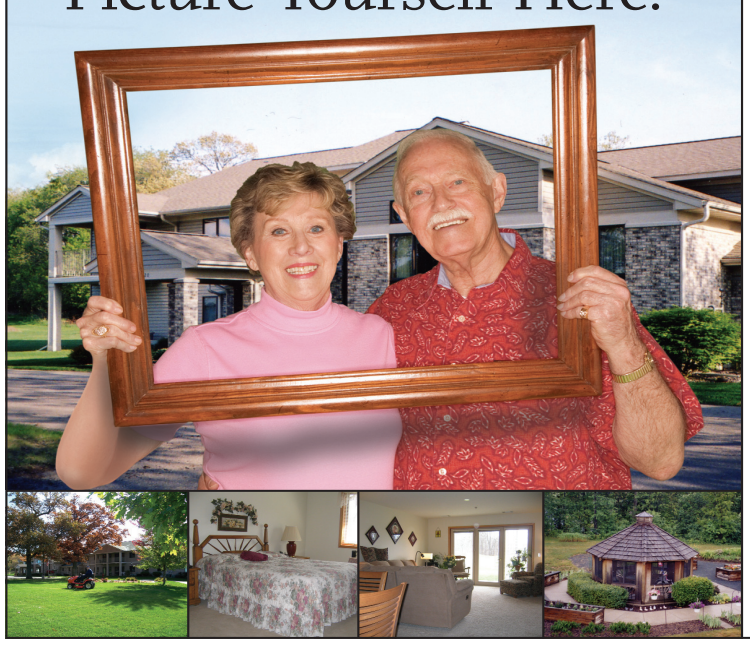
We are happy to host an education program on communication to help families facing Alzheimer's.

Effective Communication Strategies is a program provided by the Alzheimer's Association that explores how communication takes place when someone has the disease. By the end of the program, attendees will be able to:

- Explain the communication changes that take place throughout the course of the disease.
- Decode the verbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to the person.
- Identify strategies to connect and communicate at each stage of the disease.

This program will take place on April 16, 2020 at the Community Services Building of Dunn County in Menomonie.

Picture Yourself Here.



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

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

HELP END ELDER ABUSE

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

COUNTY HELPLINES

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

ADRC Aging & Disability Resource Center of Dunn County

BIG ANNOUNCEMENT!

I AM RETIRING ON APRIL 30!

By Bobbette Tunnyhill, ADRC Nutrition Program Coordinator

It is somewhat exciting and somewhat scary but I am going to do it!

I have loved my job as Nutrition Program Coordinator at the ADRC. It has been a perfect fit for me! Working with all of you and getting to know everyone has been the best part of my life! However, there have been hard times too. Just as in any family, we have lost some great people and mourned together and we welcome the new folks while trying to make the day better for everyone. I will miss you all but it is time for someone with a new perspective and fresh energy to take over. I will stop by to say farewell to as many of you as I can.

People keep asking me what I am going to do so I have been thinking about it. First, I have to clean my closets and get rid of some stuff, paint some rooms. Then, I hope to have less weeds in my garden and brush out my dogs and horses more. After that, I plan to follow the helpful tips I read about in verywellmind.com.

1. Structure Your Days – I can get really lazy watching Judge Judy and the news channels all day long so I have to have structure. To help myself be more disciplined I will scheduled daily tasks, like when to wake up, when to start dinner and when to go to the barn. I will schedule daily exercise time to get into a habit and weekly grocery-shopping time during the day where there is less activity or on senior discount day.

2. Set Small Goals – I do not have any great goals except get fit. Believe me, I will start small. I also want to eat more mindfully including healthier /smaller lunches, more vegetables and less candy during the day. Why is there always candy at the office? We also find plenty of candy out at White Pines as we deliver meals there! Now I will have the time to make healthy soups or salad daily.

3. Catch Up with Old Friends and Relatives - My niece does not know it yet but I am coming to Spokane for a couple weeks this summer! I am going to my brother's 50th high school reunion with him and plan on visiting old friends wherever I can find them.

4. Consider working – if I get a good offer, I will consider working.

5. Create a New Budget – I am frugal anyway. Now I will have more time to shop sales and bargains and finding great deals is always an adventure!

6. Schedule Volunteer Shifts – Meals on Wheels delivery and cooking for Thursday's Tables are my favorite volunteer duties. I can add working at Stepping Stones and cooking for Tuesday's and Wednesday's tables if they'll have me! This county needs a good volunteer coordinator or a friendly visitor program. I would love to be involved in getting it started. (hint-hint)

7. Enjoy Life - Not on their list but on mine is spending more time doing what I enjoy. Camping, cooking, being with friends, walking my dog on the beach, enjoying a great sunset, boating, fishing, skiing, reading, volunteering, traveling, and helping my friends and family.

Thanks to all my co-workers for being so great to work with and for listening and supporting my crazy ideas and thank you to Dunn County in general for presenting me this opportunity!

MENOMONIE AREA MEMORY CAFE

By Lynne Shaffer, Caregiver Coordinator

We made pressed flower art for the Memory Café today. It was nice to start thinking about the upcoming springtime.

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

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

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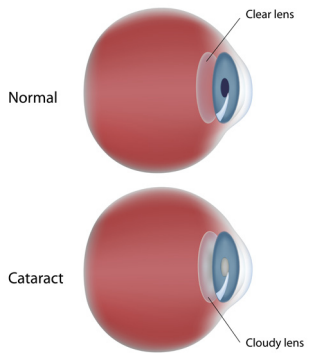
THINGS TO CONSIDER BEFORE YOUR CATARACT SURGERY

By Chippewa Valley Eye Clinic

Your eye's natural lens should be clear, but with a cataract it is cloudy. Having a cataract can make things look hazy, blurry and less vibrant; like looking through fog or a dusty windshield.



The only way to remove a cataract is with surgery. Your ophthalmologist will recommend removing a cataract when it keeps you from doing the daily living activities you want or need to do.

During cataract surgery, your cloudy natural lens is removed and replaced with a clear artificial intraocular lens (IOL). A conventional lens is included with surgery. For patients that do not mind wearing glasses after surgery, these lenses work well.

Talk with your doctor about the various types of implants available, and their effects on your vision after surgery. You and your doctor will develop a plan to help you choose the best type of implants for your eyes and your vision needs to give you the maximum outcome.

There are now some exciting new lenses available that can correct your vision at near, intermediate, and far distances, offering less dependence on glasses. These options include:

- **ASTIGMATISM CORRECTING LENSES** Like toric soft contact lenses, toric IOLs can correct astigmatism because they have different powers in different meridians of the lens.
- **ALL DISTANCE CORRECTING LENSES** (Generally considered Multifocal) These premium IOLs contain added magnification in different parts of the lens to expand your range of vision so you can see objects clearly at all distances without glasses or contact lenses.
- **BOTH (Combination Lenses)**

The intraocular lens chosen will vary depending on your individual eye needs and the type of visual outcome you seek. These premium lenses are at an upgraded cost, as insurance will not cover them. Ask your doctor if one of these vision options is right for you.

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The census counts every generation.

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like yours can be accurately funded and represented.

Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than $675 billion in federal funds for states and communities each year. That includes money for things like:

- First responders
- Medicare Part B
- Supportive Housing for the Elderly Program
- Libraries and community centers
- Supplemental Nutrition Assistance Program (SNAP)
- Senior Community Service Employment Program

Responding is easy.

Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May – July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

Responding is safe.

Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

For more information, visit:
2020CENSUS.GOV

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United States Census 2020

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Senior Center's Easter Dinner
Wed, April 8TH
11:45 a.m.

Menu to include:
Ham, Cheesy Potatoes
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Come and enjoy the food, music and fellowship.
EVERYONE WELCOME!

$7 members
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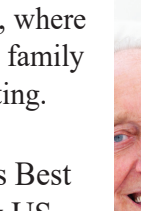

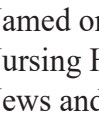

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