

FREE



DECEMBER 2020

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Resilience: A Helpful Tool for Caregivers

By Jane Mahoney Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources

When life takes a turn you weren't expecting and you find yourself in a place you'd rather not be, do you fall apart or face the situation with confidence and strength? There's nothing like a global pandemic to test your ability to cope. Add to that the regular challenges of being a caregiver and the stress that comes with the holidays and even the strongest person may falter. While your first reaction to these challenges might be fear and anxiety, adopting principals of resilience can help you respond more positively during hard times.

Resilience is the ability to cope when things go wrong. Some people are better at this than others, but all of us can learn to become more resilient by adopting these principles:

- 1.) Solve the right problems. Instead of mulling over things you are powerless to change, focus on what you can do. You can't make COVID-19 go away or somehow undo the fall your mother took. But you can find ways to add meaning to each day and add safety measures to prevent falls in the future.
- 2.) Find meaningful activities. As a caregiver, it is easy to lose your own individuality in the hubbub of what needs to get done, especially with the added challenges of the pandemic. However, it is vital to carve out time to do something you love; something that gives you energy and recharges your battery.



- 3.) Get connected. It is vital to stay connected to others and reach out for help when needed. Asking for help is not a sign of weakness but a sign of wisdom and strength. Even with COVID restrictions in place, a friend can drop off a meal or visit with you and your loved one by phone. Participating in a virtual support group or event can also connect you with others who are in a similar situation which can help you feel more positive about your situation.
- 4.) Remain hopeful. You can't change what has happened, but you can look positively toward the future. Set goals to focus on – both long term and everyday goals. Find a success in each day to keep you feeling optimistic and capable. Actively foster positive thoughts.
- 5.) Learn from experience. Reflect on how you faced hardships in the past and build on those strategies that were successful. When you

do make a mistake – like losing your temper – don't dwell on it. Figure out what led to the blunder – like a lack of sleep – and fix it. Find practical and correctable reasons for mistakes rather than focus the blame inward to yourself as a "bad" person.

- 6.) Believe in your ability to cope. It is easy to get overwhelmed with the responsibility of caregiving added to the challenges facing the world right now. Feelings of fear and anxiety are normal and okay; validate them. Then move forward and be aware of the personal strengths and resources you have.

- 7.) Take pride in your accomplishments. When you find success, whether big or small, give yourself credit. Acknowledging that an achievement was the result of your hard work and effort rather than just good luck helps you feel capable to deal with the hardships and setbacks that come your way.

Caregiving can be full of challenges and difficulties, especially with all the added stressors right now. Becoming a resilient caregiver will help you adapt to these tough times and become a stronger and more confident person in all you do.

If you have questions about your caregiving experience, please call the Aging and Disability Resource Center of Chippewa County at 715-726-7777.

Help Loved Ones Make the Most of Their Medicare

After a challenging year for everyone, the Holiday season is finally upon us. Whether you plan to gather in person or virtually this year, the holidays remain a special time to spend with family and friends. And this provides an important opportunity to check in with your loved ones. If your loved one has Medicare, tell them about some of the benefits that can help them find better health and may even save them some money in the new year.

Medicare Part B covers many preventive health services and screenings including a yearly “Wellness” visit. This visit provides an opportunity to talk with your doctor or other health care provider to develop or update a personalized plan to prevent disease based on your current health and risk factors. You pay nothing for the yearly “Wellness” visit if the doctor or other qualified health care provider accepts Medicare assignment. If the doctor or other health care provider performs additional tests or services during the same visit that are not considered preventive, you may have to pay a co-payment and the deductible may apply. But remember, if there is a health problem, early detection could save your life. More information about the preventive services covered by Medicare can be found in the Medicare and You 2021 handbook or on the Medicare website (www.medicare.gov).

What if your loved one is struggling to keep up with their health care costs? You may be able to help by telling them about Medicare related programs designed for Medicare beneficiaries who have limited or low income and assets. “Medicare Savings Programs” can help qualified individuals by paying their Part B premium for them. That alone can save them \$144 per month. Some also have their Medicare co-pays and deductibles paid depending on their income and assets. Those who are deemed eligible for the Medicare Savings Programs automatically qualify for “Extra Help” which assists individuals with their prescription drug costs.

People with income less than \$1,435.50 (\$1,939.50 for a married couple) per month and assets less than \$7,860 (\$11,800 for a married couple) may be eligible for one of these programs. Certain assets are excluded such as your house if you live in it and one vehicle. For more information or to apply contact Great Rivers Consortium 888-283-0012.

This Holiday season, enjoy the peace of mind that comes from knowing you helped your loved one make the most of their Medicare benefits.

That’s A Good Question!

QUESTION: What are work credits and how do I earn them?

ANSWER: You must earn at least 40 Social Security credits to qualify for Social Security benefits. You earn Social Security credits when you work and pay Social Security taxes.

The number of credits does not affect the amount of benefits you receive. It only determines if you are eligible or not. You do not get extra benefits for earning more than the minimum number of credits.

Social Security cannot pay benefits to you if you don’t have enough credits. They use the amount of credits you’ve earned to determine your eligibility for retirement or disability benefits, as well as your family’s eligibility for survivors benefits when you die.

Social Security work credits are based on your total yearly wages or self-employment income. You can earn up to four credits each year.

The amount needed for a work credit changes from year to year. In 2020, for example, you earn one credit for each \$1,410 in wages or self-employment income. When you’ve earned \$5,640, you’ve earned your four credits for the year.

The number of work credits you need to qualify for disability benefits depends on your age when you become disabled. Generally, you need 40 credits, 20 of which were earned in the last 10 years ending with the year you become disabled. However, younger workers may qualify with fewer credits.

Work credits are only looked at when filing for Social Security Disability Insurance (SSDI).



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

- ADRC Manager – Leslie Fijalkiewicz
- Administrative Assistants – Sandy Winrich, Breanna Schemenauer, Renee Price
- Dementia Care Specialist – Carla Berscheit
- 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, Darlene Sykora, Sherry Muller-Flory
- Meal Delivery Driver – Brent Harings

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. Due to COVID-19 our office lobby remains closed to walk-ins, so call us instead of stopping in.

Want to get this paper delivered?

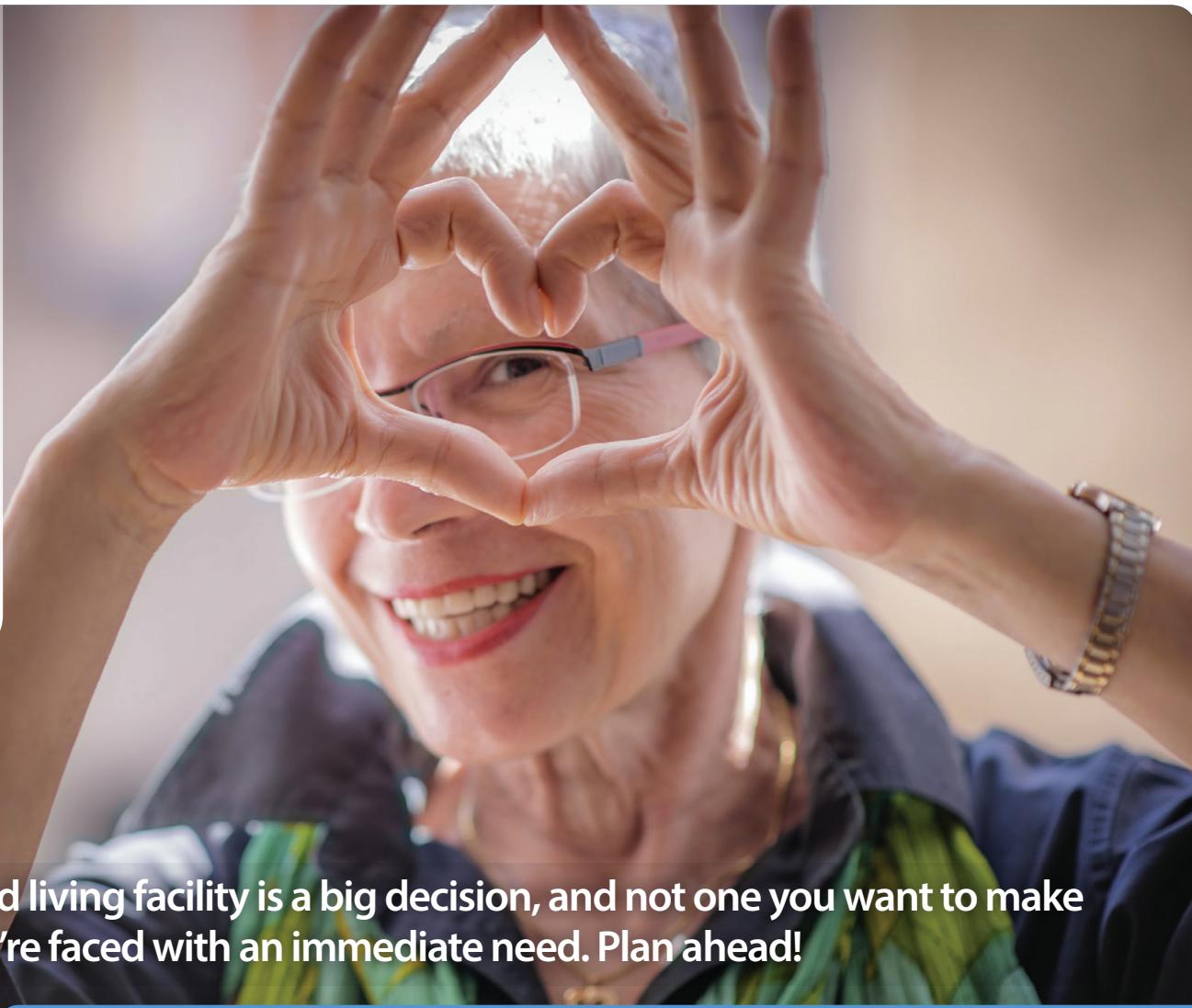
A one-year subscription is only \$16!
Complete this form, mail to the address below and include your check for \$16. Do not send cash.

Name: _____
Address: _____
City: _____
Phone: _____

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



CARE PARTNERS
ASSISTED LIVING
Memory Care Facility



Choosing the right assisted living facility is a big decision, and not one you want to make when you're faced with an immediate need. Plan ahead!

SO MUCH TO LOVE. CHECK IT OUT!

Several convenient locations in the Eau Claire area to meet your needs.

Eau Claire East

3325 Birch St 3337 Birch St
ASSISTED LIVING MEMORY CARE

(715) 514-3709

Eau Claire West

5110 Stonewood Dr
ASSISTED LIVING and MEMORY CARE

(715) 874-5075

Altoona

887 Briar Lane 893 Briar Lane
MEMORY CARE ASSISTED LIVING

(715) 598-7401



A familiar place close to home
where dignity and respect
prevail. A place that is
more than care...
it's "family."

www.carepartners-countryterrace.com

Be Prepared at Home



Some of the dangers associated with winter storms include loss of heat, power and telephone service and a shortage of supplies. To help protect your family, now is the time to put together a disaster supply kit. Here are some items to include:

- Flashlights and extra batteries
- Battery-powered NOAA Weather Radio and a commercial radio
- Bottled water and non-perishable food that requires no cooking
- First-aid supplies
- Fire extinguisher, smoke detector and carbon monoxide detector
- If appropriate, extra medications and baby items
- If you have an emergency heating source such as a fireplace or space heater, make sure you have proper ventilation
- Make sure pets have shelter and plenty of food and water

For additional information, contact your county or tribal emergency management office, the National Weather Service (<https://weather.gov>) or the state's ReadyWisconsin campaign (<https://readywisconsin.wi.gov>).

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

NEED HELP HEATING YOUR HOME?

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for:

- Heating Costs
- Electric Costs
- Energy Crisis Situations
- Furnace Emergencies
- Weatherization Services

How to apply:

- Online
- Phone
- In Person
- Mail



2020-2021 Gross Income Limits

Household Size	One Month Income	Annual Income
1	\$2,490.08	\$29,881
2	\$3,256.33	\$39,076
3	\$4,022.50	\$48,270
4	\$4,788.67	\$57,464
5	\$5,554.83	\$66,658

Please call Chippewa County Economic Support at 715-726-7840 for more information or apply online at energybenefit.wi.gov

ASSISTED LIVING APARTMENTS AND MEMORY CARE SUITES
RESPITE SERVICES AVAILABLE



Make Milestone moments throughout the seasons

New for tenants and residents



We are now offering assistance with moving.

We have movers who will move our new tenants in at no charge.

Call the Community Relations Director, Laken Tibbits, to schedule a virtual tour! 715.874.4232

Happy holidays from all of us at



SENIOR LIVING
www.MilestoneSL.com

5510 & 5512 Renee Drive
Eau Claire, WI 54703

"Specializing in Senior Living & Memory Care"



- Colonial style home -built in 1991
- Offering 4 spacious resident rooms, with each room featuring 249 square feet of living space, a private bath, and a gas fireplace
- Focus is individualized assisted living for adults who can benefit from personal care, health monitoring, and supportive services to improve, stabilize, or maintain their physical health, mental health and well-being.

APPLE VALLEY HOME

6700 Highway 53 | Eau Claire

(715) 835-5141

avhassistedliving.com



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



CHECK IN CHIPPEWA COUNTY

You are not alone. We are in this together!

As we all adapt to the 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 during COVID 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 you are doing/feeling?



Check in Chippewa County volunteers offer support to community members who are in need of a connection with others. A friendly voice will call you for a conversation.

For more information or to receive a check in call, contact Pauline at 715-726-7816 or 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.*



MEALS ON WHEELS VOLUNTEER CORNER



Volunteers Needed in Cadott and Stanley for Meals on Wheels delivery. You decide how often. Call Kelly at 715-738-2590 to learn more about the best volunteer job ever!

FoodShare Updates

By the Greater Wisconsin Agency on Aging Resources Legal Services Team



Wisconsin's public health emergency remains in effect, therefore, the Department of Health Services (DHS) is able to provide households not currently receiving the maximum benefit amount of FoodShare benefits in October and November with additional benefits bringing them up to the maximum amount. The additional October benefits were available on QUEST cards on November 1, 2020, and the additional November benefits will be available on QUEST cards on November 22, 2020. The maximum benefit amount increased as of October 1, 2020, and depends on the number of people in the household.

Household Size	Maximum monthly benefit amount
1	\$204
2	\$374
3	\$535
4	\$680
Each additional person	Add \$153

Households already receiving the maximum amount will not receive additional benefits. In addition, the amount households receive may be lower than the maximum amount if they are repaying benefits due to an error (such as an overpayment). Households who receive the additional benefits will receive a letter notifying them of the amount.

DHS will be checking that everyone who should have received additional benefits got them. As a result, some members may get additional October benefits on December 6, 2020 and additional November benefits on January 10, 2021. Additional benefits for months after November, 2020 will depend on the length of Wisconsin's public health emergency and approval from the U.S. Department of Agriculture's Food and Nutrition Service.

Active at Home

As many of us are staying home, it can be challenging to create activities for your loved one to do. However, it is worth the effort. Here are a few reasons to create meaningful activities throughout the day:

- Stir up good memories
- Can increase connection with your loved one
- Fosters self-expression
- Can increase feelings of engagement in their life
- Can make them feel productive
- Improve routine and decrease boredom

It is important to find activities that are enjoyable and meaningful to the person. The activity may need to be simplified if someone has dementia, so stay near-by and

assist as needed. Here are two ideas to get you started

- Take a deck of cards and cut them in half, mix them up then match
- Enjoy painting? Use a piece of tagboard or canvas and make lines with painter's tape. Then use acrylic or water colors to paint. Once it dries, remove the tape!



Lewy Body Dementia Support Group

Every 2nd & 4th Wednesday

Starting October 14th

1:30 - 3:00 p.m.

[Click Here to Join Online](#)

What is it?

What are the symptoms?

What basically is happening?

What do I need to know?

What steps to we take next?

Learn all of this and so much more including support from others along the journey at this support group, tailored for those with loved ones who have been diagnosed with Lewy Body Dementia (LBD).

Join us by telephone if you are unable to join our virtual meeting:

Toll Free 833-548-0282

Meeting ID: 880 1595 5586 Passcode: caregiver

*This program meets virtually every 2nd & 4th Wednesday from 1:30-3:00 pm

Questions? Dementia Outreach Specialist Noreen Kralapp
608-661-0463 or noreen.kralapp@alzisc.org



Dane County
3330 University Avenue, Suite 300
Madison, WI 53705
Phone: 608-232-3400

Please call 608-232-3400 to be removed from this mailing list

Young Onset Support Group

Every 1st & 3rd Monday

Starting October 5th

5:00 - 6:30 p.m.

[Click Here to Join Online](#)

Join us for a virtual support group.

We are changing the way people THINK, ACT and TALK about Alzheimer's and Dementia.

No cost or RSVP needed. Drop in and bring a friend with you.



Join us by telephone if you are unable to join our virtual meeting:

Toll Free 833-548-0282

Meeting ID: 838 2471 8684

*This program meets virtually every 1st & 3rd Mondays from 5:00-6:30 pm

Questions? Dementia Outreach Specialist Noreen Kralapp
608-661-0463 or Noreen.Kralapp@alzisc.org



Dane County
3330 University Avenue, Suite 300
Madison, WI 53705
Phone: 608-661-0463

Please call 608-232-3400 to be removed from this mailing list

MENTORS
WANTED
VIRTUAL MONTHLY
MEETINGS



Are you
living
with
memory
loss?

Wisconsin Alzheimer's Institute's New Friends program is recruiting people living with memory loss to mentor UW students. Have fun and share your unique perspective with future healthcare professionals. All meetings are virtual!

New Friends!

To find out more, contact
Bonnie Nuttkin:
bnuttkin@medicine.wisc.edu



Wisconsin Alzheimer's Institute
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Chippewa Valley Memory Café

Join us on Tuesday, December 8, 2020 from 10:00 – 11:00 for a little singing, a little trivia, a little reminiscing, a little holiday fun with Musical Director of the Stand in the Light Memory Choir, Cathy Reitz!

Register online at www.adrcevents.org or call the Aging & Disability Resource Center at 715-839-4735. Once registered, you will receive an email with a link to join the café!! Hope to “see” you there!



Loneliness and Brain Health



Now more than ever our social circles have changed. With the need to physically distance paired with the colder weather it is difficult for those living in Northern Wisconsin to stay connected. But it is so important that you do. Loneliness has been found to increase your risk of developing dementia by 20%. Others have compared the brain effects of loneliness to the equivalent of smoking 15 cigarettes a day! Loneliness can activate the body’s stress response and increase inflammation and damper the immune system, particularly in older adults. Not only is loneliness bad for your brain, it can also lead to other unhealthy behaviors, such as decreased exercise and increased food and alcohol consumption.

Staying socially active may look different right now, but it is still doable. Now that you know the negative effects of being disconnected from people, let’s consider ways to increase social interactions in a safe way.

- An old-fashioned phone call is a great way to connect
- Sending a letter or card to someone; reconnect with a penpal
- Email friends and family and ask them to send you pictures
- If you have a smart phone, try facetime or google meet to visit virtually
- If you have wi-fi, try zoom, skype, webex or google meet and have a group meeting virtually
- If you have figured out one of these virtual platforms, join the ADRC for one of their many virtual events!

If these do not seem like a good option for you, you can call the Check In Chippewa a new service to connect those that are in need of a good chat with caring volunteers that are ready to talk. You can reach Check In Chippewa at 715-726-7816 or contact Pauline at pspiegel@co.chippewa.wi.us

Virtual Memory Café

Well, we are still in the midst of COVID-19, but we can still connect. Loneliness is affecting all of us right now, so we need to get creative to get and stay connected. With limited options to safely engage in social or leisure activities it can make your brain and your heart sluggish. Staying engaged with others and activities can keep your mind sharp, and for those with dementia it can help slow the progression.

Therefore, we are starting a new virtual group! We will “gather” virtually, create simple Christmas ornaments while enjoying a cup of coffee, all from the comfort of your home. We can talk about Christmas traditions, what Christmas will look like this year, or just chat about the weather. Join others in your community that may be on a similar journey, while taking time for creative fun. If you enjoy the group, we can continue after Christmas and make other crafts, or just visit.

We will be holding two sessions both will be held from 10 am – 11 am. The dates are November 10th and December 8th.



To register, call Carla, the Aging & Disability Resource Center Dementia Care Specialist at 715-738-2584.

The only goal is to relax and recharge. So, if you think you could use that, please join us for one or both sessions.



Care Wisconsin and My Choice Family Care are now My Choice Wisconsin

My Choice Wisconsin

is a managed care organization
that serves government-funded programs
to seniors and adults with disabilities
in over 50 Wisconsin counties.

FAMILY CARE PARTNERSHIP
FAMILY CARE | MEDICAID SSI
MEDICARE DUAL ADVANTAGE

1-800-963-0035

mychoicewi.org/c11

The Fear Is Real By Leslie Fijalkiewicz

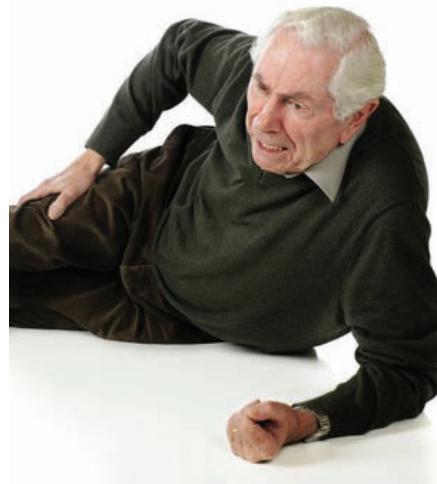
I've worked in the field of aging & disability services for over 30 years. During that time, I have dealt with my own health problems that have given me a better understanding of what it might be like for someone to live with a specific condition or conditions...losing the ability to use my dominant side, incontinence, swallowing difficulties, and more recently the fear of falling.

October 28th, 2020 is a day that I prefer to forget in many ways, but it is also a day that I need to remember. I had taken that day off for a routine colonoscopy. Got home, told my husband to go hunting because I was just planning to nap the rest of the day. At roughly 4:30 pm, I woke up from my nap, went to use the bathroom and that is when it happened. I stepped from carpet to linoleum and in an instant, I went down. My reflexes didn't even kick in enough to put out my hand to brace for impact. I landed face first on the floor and knew immediately that it was bad. I was lucky that I was able to get up and call 911. Within minutes an ambulance was at my door and my head was being bandaged before taking a ride to the Emergency Room.

In addition to the sutures, broken nose and concussion, I became a statistic...one of the many preventable falls that happen every year that result in serious injury. Prior to this fall, I was walking about 25-30 miles every week...since that time, I haven't even walked 2 miles.

Part of my lack of activity is directly related to the concussion and part of it is fear. I think about that fall. I play it over and over in my head. I realize how incredibly lucky I was. And I know how important it is to get back to walking.

For years I have heard people talk about the impact that a fall can have on their activity level...the fact that many people limit their walking because they don't want to experience that again. I totally get it! Walking to the mailbox is scary. Moving through my house



now involves using counters, railings, walls and anything else I can find to keep myself upright.

As the mother of a Physical Therapist I am being reminded that I need to make a plan to get back to working out... strengthening my muscles... and staying active. She reminded me that my injuries would have been infinitely worse had I not been physically active prior to the fall. So,

while my fear of falling again is ever-present in my mind, my fear of what could happen if I don't stay active is even greater.

If you have experienced a fall and the fear of another is keeping you from being as active as possible, consider talking to your doctor about physical therapy. Also, consider signing up for Stepping On or Strong Bodies workshops. These are both researched programs that provide health benefits beyond preventing falls!

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

MIND OVER MATTER wiha

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

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

Cost: No fee



Mondays, 1:00 - 3:00 p.m.
February 15, March 1 & 15, 2021

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

Tuesdays, 2:00 - 4:00 p.m.
April 27, May 11 & 25, 2021

Each workshop is limited to 10 women.

Registration

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

Stepping On



A fall could change everything
One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you will learn:

- To identify and remove or avoid fall hazards both inside and outside your home
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall

7-Week Falls Prevention Workshop

WHEN: February 2 - March 16, 2021
Tuesdays, 10:00 - 12:00 noon

WHERE: Virtually via Webex
Coordinator will assist with set up.

COST: No fee.

Registration

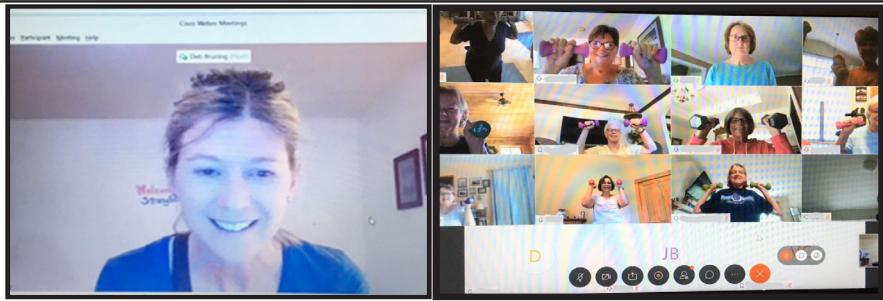
Class size is limited and registration is required. Please register at least one week prior by calling **715-839-4735** or online at www.adrcevents.org.



Stepping On has been researched and proven to reduce falls by 30%!

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

December Opportunities for Healthy Living



StrongBodies™ is a 10-week program designed to help older adults become and stay strong. Each class includes warm-up, progressive weight training, balance, and flexibility exercises. Minimal equipment needed: set of dumbbells, ankle weight & floor mat or towel.

All new participants must complete forms at an Information Session before participating in classes. Class size is limited. Registration is required one week prior to the start of all classes—no exceptions.

Registration

New participants register online www.adrcevents.org or call 715-839-4735. Repeat participants must complete a Re-enrollment Consent Form to sign up by December 28, 2020.



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



StrongBodies™ - Information Session

WHEN: Thursday, December 3, 2020
10:00 - 11:15 am

WHERE: Virtually via WebEx

Workshops: M&W, January 11 - March 22, 2021
8:30 am, 11:15 am, 5:00 pm or
T&TH, January 12 - March 18, 2021 at 8:30 am

COST: No fee for new participants.
\$20 for individuals repeating.
Scholarships available.

StrongBodies™ is a 10-week exercise program designed to help older adults become and stay strong. Each class includes warm-up, progressive weight training, balance, and flexibility exercises. Minimal equipment needed: sets of dumbbells, ankle weight and a floor mat or towel.



StrongBodies™ Information Sessions for new participants will be held on **Thursday, December 3, 2020** from 10:00 - 11:15 a.m. All new participants must complete forms at an Information Session before participating in classes.

New participants can register at www.adrcevents.org or call 715-839-4735.

StrongBodies™ exercise classes will meet virtually on Mondays & Wednesdays,

January 11 - March 22, 2021 at 8:30, 11:15 a.m., 5:00 p.m. and Tuesdays & Thursdays, January 12 - March 18, 2021 at 8:30 a.m.

No fee for new participants. \$20 for individuals repeating. Scholarships available.

Repeat participants must complete a Re-enrollment Consent Form to sign up by December 28, 2020. Download form at www.adrcevents.org or call 715-839-4735.

- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall

WHEN: Tuesdays, 10:00 - 12:00 noon; **February 2 - March 16, 2021**

WHERE: Virtually via Webex. Program coordinator will assist with set up.

COST: No fee.

REGISTER: Call the Aging & Disability Resource Center at 715-839-4735 or go to www.adrcevents.org at least one week prior.



Did you know that half of women age 50 and older experience issues with bladder or bowel control at some time in their lives? While these issues are very common, they don't have to be. There are things we can do to prevent or improve symptoms – without medication or surgery. Mind Over Matter: Healthy Bowels, Healthy Bladder is a three-session workshop designed to give women the tools they need to take control of symptoms. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it is never too early or too late to think about bladder and bowel health.

WHEN: Mondays, 1:00 - 3:00 p.m.; **February 15, March 1 & 15, 2021**

WHERE: Virtually via Webex. Program coordinator will assist with set up.

COST: No fee.

REGISTER: Call the Aging & Disability Resource Center at 715-839-4735 or go to www.adrcevents.org at least one week prior.



A fall could change everything. One in four people age 65 or older has a fall each year. You do not have to be one of them. Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you will learn:

- To identify and remove or avoid fall hazards both inside and outside your home

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- Concierge services

Our residents have the opportunity to be a partner in the care they receive, to develop trusting relationships with our caregivers, and to reach their highest level of independence.

We are passionate about making our center The Right Choice for you or your loved one.

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Safe Winter Walking

By Jenny Nereng, PT, DPT, Midwest Physical Therapy

It is no secret Wisconsin winters are guaranteed snow and ice. And while it looks pretty, it also results in a large number of emergency room visits each winter. Here are some helpful hints to help when walking on ice and snow so that you can enjoy the outdoors, not the doctor's office.

Give yourself extra time. It is important that you slow down when walking on ice and snow to avoid slipping. When crossing roads, it may take longer to get across given icy conditions, especially if your speed of walking is already decreased. Ensure there is no oncoming traffic in either direction before attempting to cross. This gives you time to cross the road safely and not have to rush for oncoming traffic which increases your risk for losing your balance on slippery surfaces.

Walk SAFELY. When walking on ice or snow, take short steps or shuffle your feet for increased stability. Walk only on designated walkways and look ahead- there



may be grassy edges along the sidewalk which would allow improved stability.

Wear shoes or boots that provide traction. Footwear made of rubber and neoprene composite provide better traction than plastic and leather soles.

Use special care when entering and exiting vehicles, climbing or descending stairs, entering or leaving buildings. Move slowly and hold onto handrails or the vehicle for support. Keep weight centered on your support leg. Remove snow and water from your shoes when entering buildings.

Recipe: "Hobo" Wrap

Ingredients:

- 1/2 lb. lean ground beef
- 2 medium potatoes
- 1 small onion, peeled and sliced
- 2 medium carrots, peeled and sliced
- Salt and pepper or salt-free seasonings of your choice: Garlic powder, Olive oil, optional, Sour Cream, optional



Directions:

1. Lay out 2 sheets of tin foil.
2. Slice onion into thin slices.
3. Shape the ground beef into two hamburger patties.
4. Layer the patties on top of the onions.
5. Place the sliced potatoes on top of the burger and onion.
6. Slice the carrots and layer them next.

7. Add desired seasonings and oil if desired.
8. Fold and seal the pouches of tin foil.
9. Bake at 350 degrees for 20 to 30 minutes.
10. Top with sour cream if you like.

Tip: Try making this recipe with any vegetables that you may have laying around that need to be used up!

Recipe adapted from: Rada Cutlery Blog. Photo from Krista Marshall at Parade.com

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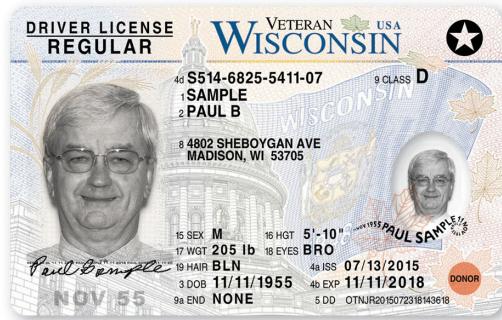
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Driver License Renewal Extension

DEADLINE EXTENDED: Wisconsin DMV announced a deadline extension for driver license renewals for drivers 60+. Those drivers now have until January 21, 2021 to renew their driver license with no late fee. DMV continues to gauge the health risks of vulnerable populations during this pandemic and will continue to find new ways to safely and efficiently serve customers. Learn more: <https://wisconsin.gov/news-rel/111020Extend60121.aspx>



Vehicle Modification Grants Available

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



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

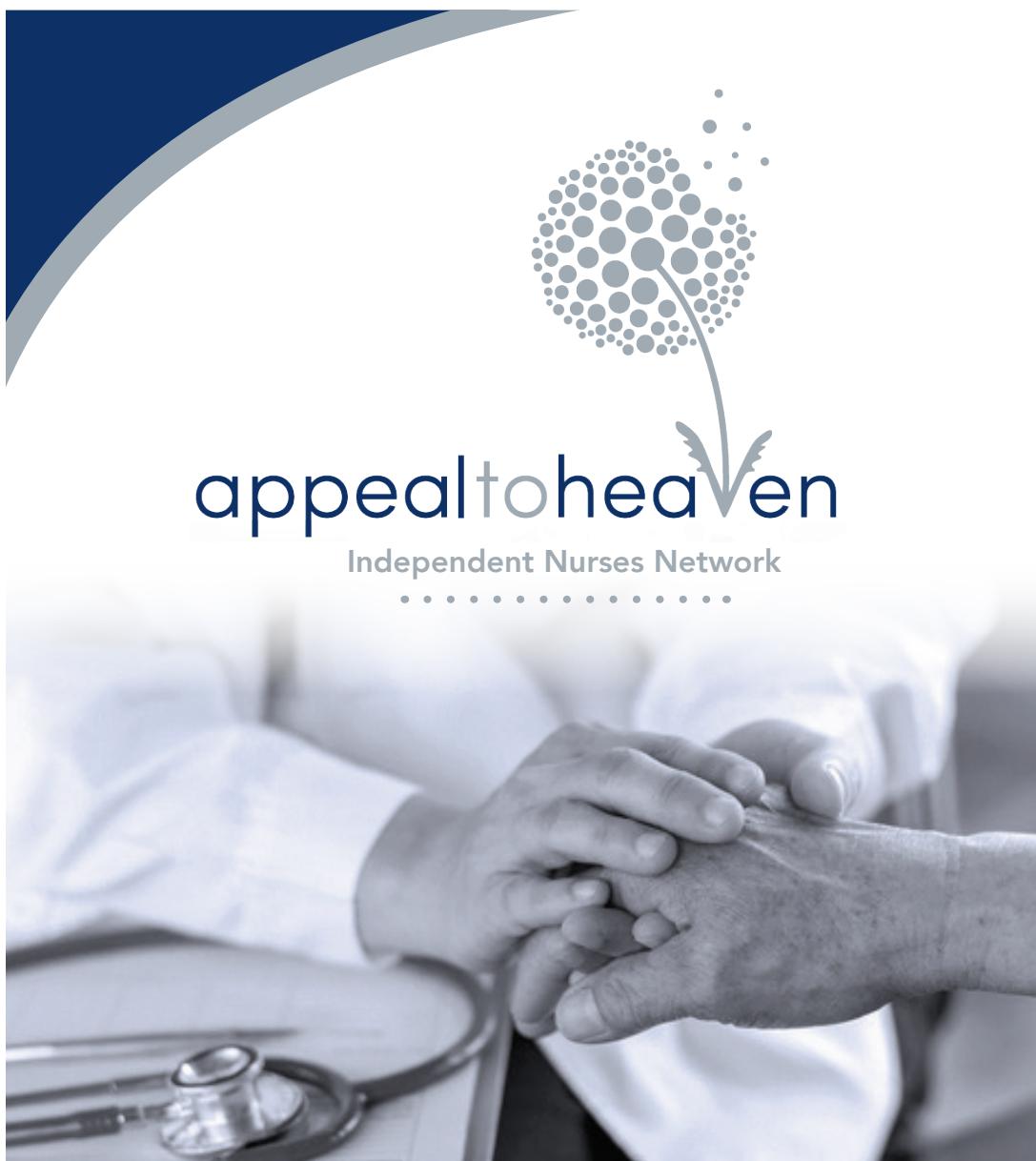
This is also available to parents who need to modify a vehicle in order to transport their child with a disability.

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

Phone Lines Are Open... Emails Work Too

The Aging & Disability Resource Center (ADRC) of Chippewa County continues to welcome your calls or emails. We miss the friendly faces that used to come in our door and we also miss being able to visit you at your home. At the time this is being written, the Chippewa County Courthouse was not open because of the significant spread of COVID-19 in our communities. Perhaps by the time you read this, the spread of this virus is under control and 2021 is a beacon of hope for everyone.

It's hard to guess when the ADRC lobby will open again, but in the meantime, please give us a call at 715-726-7777 or email us at adrc@co.chippewa.wi.us Staff are working and ready to assist you with your questions or concerns.



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Wisconsin Winter Wonderland

Written by Jenesis Lindbo

Winters in Wisconsin, when you use walking-aids, can be challenging. Being safe is the top priority! There are different options for assistive technology used to ensure your safety during the long Wisconsin winters! CILWW has macro traction ice cleats for demonstration and a flip-up ice spike for a short-term loan! To learn more about these items, please feel free to contact Jenesis Lindbo (Independent Living Specialist) by calling 715-233-1070 or 800-228-3287 extension 222.



Food Waste By Hope Quilling

Have you ever thought about how much food you throw away? The answer: a lot! So many leftovers, spoiled produce, and uneaten foods are tossed every day. Most of the food we waste is put in landfills. The United States as a whole, wastes more than \$160 billion of food each year. Food waste can be a problem, not only for environmental reasons, but it can also end up costing you more money.



Less than 3% of food waste is recycled, which means food waste takes up more than 20% of our landfills and incinerators! The Environmental Protection Agency lists several of these advantages for eliminating food waste. Decreasing food waste reduces methane emissions by keeping food out of landfills, conserves energy and resources used to grow, manufacture, transport, and sell more food than is needed. Support those in need by donating unneeded food products.

By planning, prepping, and storing food correctly, minimizing food waste can become easier. When doing grocery shopping, make a list prior to heading to the store. This eliminates buying ingredients that you may already have and keeps you to buying only what you need. Before grocery shopping, it is great to plan meals for the week(s). This allows you to

stick to a plan for meals during the week.

When meals are planned out, the recipes give you the perfect list for grocery shopping. Another tip to minimizing food waste is storing the foods correctly so they last longer without spoiling. For example, fruit can be stored in the refrigerator for maximum freshness. Finding out the correct way to store food can help keep food fresher for longer.

Easy Ways to Minimize Food Waste

Minimizing food waste is important because it helps conserve space in our landfills and reduces the need to build more. By reducing food waste, we also conserve our resources. Easy ways to minimize food waste include not over-serving food when serving others or yourself. Saving and eating the leftovers, plan for a left-over night. Avoiding clutter in your fridge, freezer, and pantry, canning and pickling produce and composting foods.

Source: Dec. 2019 GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students



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Christmas Around the World By Ken Anderson, The Mayberry Guru

Christmas will soon be upon us, and with it comes many Anderson holiday traditions. We put up our tree on Thanksgiving weekend, and we put lights up outside. We do our Christmas shopping, and we send Christmas cards to family and friends. Our kitchen has all the tantalizing smells of holiday baking. It gets a bit hectic, but it is all just part of the holiday spirit.

Americans, of course, are not the only people celebrating Christmas. People all over the world spend time with their families celebrating this important holiday in many different ways. So I thought I would share some of the unique ways that people celebrate Christmas around the world.

Although Christmas's true meaning is the celebration of Christ's birthday, Santa Claus is an essential symbol of Christmas. However, some cultures have an anti-Santa. Germany's Christmas includes Krampus, a half-goat, half-demon, created to instill fear in children's hearts. On December 6, Krampus comes out in search of naughty children. If the children were good, they would awaken the next morning to gifts



from St. Nicholas. However, if not, the children would be collected by Krampus and be taken back to his lair.

If you were living in Norway, on Christmas Eve, you would hide all broomsticks. Norwegians believe that bad witches and spirits come out looking for broomsticks. If they find any, they take them and fly through the skies during all of Christmas Eve.

Icelanders believe in the Legend of the

Icelandic Yule Cat. If the children of Iceland have been good, they receive new clothes for Christmas. If they haven't been good, they do not get new clothes. The Yule Cat, which is said to be as big as a house, lurks throughout Iceland and eats the children wearing old clothes.

In the Ukraine, Christmas trees are covered in ornate cobwebs and sparking spider webs. This custom originated from the story of a poor woman who grew a Christmas tree from a pine cone. However, when Christmas arrived, she realized that she had nothing to use to decorate the tree. The story goes that spiders came out during the night and spun beautiful, sparkling webs throughout the tree.

As for me, I prefer our Christmas traditions of caroling, exchanging gifts, putting up a tree, outside lights, and candlelight worship services. But no matter how we choose to celebrate Christmas, it is the true meaning of peace on earth and goodwill toward man that is important.

themayberryguru@gmail.com

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**The Chippewa Falls Senior Center
thanks you for your support!**

To keep up to date, follow us on Facebook or call with questions at 715-720-1666

Comfort in Nature's Course

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



This Christmas will be different for most of us. I'll still decorate, I think. I'll still pull each ornament out of storage, remember when I received it and hang it delicately on the tree. I'll smile as I remember many ornaments were gifts from my mom.

One ornament pulls on my heart strings. It's a tiny white angel I received from the ceremony for those who passed away in hospice that year. That angel reminds me of the gift hospice was to me and mom and of the angels who cared for mom her last year of life.

Mom's last Christmas was preceded by our decision together to enroll her in hospice. Her dementia and overall health had been declining for years and she was ready to let nature take its course. She was done with all of it - the poking, prodding and testing didn't interest her in the least. "Whatever, what-ever-else and what-not, I'm done."

Many families face the decision to choose hospice or not at some stage of dementia. To wait it out or to hold on just a bit longer. Eventually, admitting to letting the disease win or to wait until the signs of death are imminent.

What I learned from Hospice staff and staff at the facility she lived in, was that they would do their best to keep her comfortable and that her end of life would likely be within the following six months. How they can predict that, I'll never know. But she passed away five months later. We

were blessed with time to adjust to nature's course of a dementia long goodbye.

Mom's co-morbidities caused her decline in health and dementia kept her free from worrying about those things. I did the worrying for her. She trusted me with the role.

I knew the possibility of pneumonia or some other virus she'd innocently contract and that we wouldn't choose to treat would accelerate her underlying diseases and assist mom into a peaceful death process. In a way, letting go and letting nature take its course helped us accept her death and we both found peace in our choice to do so. Peace right up to the end as I held her hand and told her, "Mom, we'll be okay, you can go now, goodbye - I love you."

This year, many families of loved ones who remained COVID-19 free in the spring and summer are now faced with the ever increasing or imminent prospect that COVID will be the virus that isn't treated, but accepted with a peaceful goodbye.

Are those families wrong to not fight COVID-19 and then say goodbye to their loved one's life? I say, "No, they've accepted the underlying diseases their loved one has along with a virus they've never encountered in their decades of life before. The hospice angels caring for them know there is a sense of comfort and calming peace as they accept nature's course."

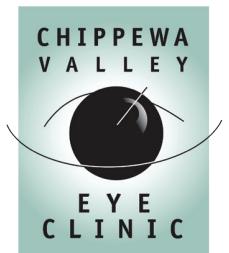
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Providing a Peace of Mind

By Christine Eggers, RN -

Owner Appeal to Heaven LLC: Independent Nurses' Network

“He’s gotten so big!” is a joyous part of celebrating the holidays with family. We shout it out when we first see our youngest family members to mark their growth and vitality. “She looks so frail,” is the other side of that coin. We say it quietly, privately. Instead of being joyous, it’s anxious because we see the people who protected us needing help and protection.

What do we see? Loose fitting clothes indicate weight loss. Weight loss has several possible causes; decreased appetite, inability to shop or prepare food, or an unknown illness. Stained clothes or wearing the same thing every day suggests difficulty doing laundry. The cause may be physical. Look for changes in mobility like needing help getting up from a chair, or shortness of breath after minimal effort? Other signs of poor hygiene include odors, unkempt hair, hands, and nails. Physical barriers that prevent a person doing laundry, taking a shower, or even walking across the room don’t usually prevent them washing hands, brushing teeth, or combing hair. It may be an early sign of dementia, or a late sign of depression.

What about the home environment? Is it as clean as expected? Are there obstacles that could cause falls? Is there expired food in the fridge or in the cupboards? Altogether these add up to deteriorating health.

Help with hygiene and housekeeping is a great start! Personal and supportive care workers assist with bathing, dressing, cleaning, shopping, and a whole host of tasks that need



doing on a daily or weekly basis to help keep loved ones at home.

What can be done to address the health problems behind these changes? Check into private nursing services.

A private nurse performs assessments to control chronic illnesses and prevent acute illnesses. The assessment is like a routine physical; taking vital signs, listening to heart, lungs, and abdomen, performing skin checks, and cognitive and functional assessments, and reviewing medications for effectiveness, side effects, and other issues. Over the age of 70 the majority of ER visits are related to medications. An RN works with her clients’ doctors to change treatment, like medications, as needed to maintain health and prevent decline.

Navigating the health care system is another benefit of a private nurse. Starting with chaperoned clinic appointments, a private nurse is able to communicate between doctors and patients to the benefit of both. A nurse can initiate a referral to a specialist for timely care of a new health problem; and having the status of a nurse when calling the clinic speeds up care and treatment.

Several studies over decades have shown that RN care managers for people with chronic conditions improve overall health, and health outcomes, and are a cost-effective way of slowing decline. Finally, a private nurse provides peace of mind that loved ones are well cared for and safe in their homes so that family may exclaim, “Doesn’t she look great!” at the next holiday gathering.

Chippewa Manor Honors Veterans

Chippewa Manor has hosted a special salute honoring military servicemen and women, during the week of veteran’s day, for the past dozen years. While COVID-19 continues to disrupt so many events and plans, the organization wanted to make sure the spirit of its Veterans Salute continued on despite the many challenges. And it did, flexing the program to include outdoor spaces, technology and one giant thank you card, they held the salute on Tuesday, November 10th, on the Chippewa Manor campus.

“We believe it’s really important to continue to let veterans in our community know that they are appreciated,” said Chippewa Manor Campus President, Jill Gengler. “We want them to know while we can’t all get together like we usually do, we still want to honor their sacrifice and service, and say thank you.”

The event, which was held (socially-distanced) outside and streamed live to residents, family members and members of the

community via Facebook, featured a free, drive thru breakfast for veterans and families, a color-guard and three-volley gun salute by the Chippewa Falls Patriotic Council and a missing-man formation, airplane flyover. It also included the dedication of a new flagpole and plaque, honoring past and present Chippewa Manor employee and resident veterans.

A GIANT (6-foot high) thank you card, with more than 1,800 personal messages (on post-it notes) from Chippewa Manor staff and well-wishers

across the Chippewa Valley, were placed on the card. The card will be on display at VFW Post 1038, the Chippewa Falls Public Library and the Mason Shoe Outlet in Chippewa Falls in the coming weeks.

“The card is pretty amazing,” Gengler said. “The fact that it’s so big grabs your attention, but the messages of appreciation and encouragement, from so many, says a lot about how our community feels about veterans and what they do for all of us.”





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