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MARCH 2024



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WWW.ADRC-CW.ORG 888-486-9545

ADRC-CW MISSION:

The Aging and Disability Resource Center of Central Wisconsin promotes choice and independence through personalized education, advocacy, and access to services that prevent, delay, and lessen the impacts of aging and disabilities in the lives of adults.





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Thank you

The ADRC-CW cannot accomplish all it hopes to do for the people it serves throughout our four-county region, without the dedication and generosity of others. During these most challenging times, several organizations and individuals have extended their talents and time to furthering the mission of the ADRC-CW, and we truly appreciate all their efforts.

O'Tannenbaum Tour, Jim Rasmussen, John Wilzewske, George Felty, Linda Saeger, The Howe School Girl Scout Troop, and the MOWs and Centralia kitchen volunteers.



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SUBSCRIPTION INFORMATION

The newsletter can be mailed to you for a small fee of \$12.00 annually. Subscriptions for our four-county service area run January to December and can be mailed to any location. Please mail your name, address and payment to our Wausau Office:

ADRC-CW - Monthly Newsletter
2600 Stewart Ave., Suite 25
Wausau WI, 54401

SENIOR NUTRITION PROGRAM

Contact us to learn more: 888-486-9545 or <https://www.adrc-cw.org/services/meals-for-seniors/>

Senior Dining and Cafe 60: Persons age 60 or older, their spouse/partner, adults with disabilities living with a participating older adult. Enjoy a nutritious meal for a reasonable cost and an opportunity to socialize. Nutrition education provided.

Senior Dining participation requires a reservation by noon one business day prior.

Meals on Wheels: Nutritious meals delivered with a well-check. Eligible persons are:

1. age 60 or older; a spouse/partner (living in the same home); or adults with a disabilities living in the home with an older adult who is receiving Meals on Wheels, and
2. confined to their home because of illness or disability, and/or
3. unable to prepare their own meals.

Staff complete individual assessments to discuss eligibility. Hot meals delivered weekdays dependent upon route availability. Frozen meals are available based on needs. Meals on Wheels deliveries are scheduled. If you are unable to be home for your scheduled delivery, contact the ADRC-CW by noon one business day prior to the scheduled delivery.

Suggested contribution:

Senior Dining: \$4.50 per meal, **Cafe 60:** \$5.00 per meal, **Meals on Wheels:** \$5.00 per meal.

No eligible person is denied service due to ability to contribute. Our full per-meal cost is \$13.25 for Senior Dining and \$11.66 for Meals on Wheels. Some of the Nutrition Program costs are covered by local, state and federal grant dollars, however customer contributions make a significant difference to our program.

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ADVERTISING INFORMATION

Wausau Buyers' Guide

715-842-4424

Merrill Foto News

715-536-7121

Marshfield Buyers' Guide

715-384-4440



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Serving Langlade, Lincoln, Marathon, and Wood Counties

Phone 888-486-9545 Email: adrc@adrc-cw.org Website: www.adrc-cw.org

WE PROVIDE WELCOMING, TRUSTWORTHY, RESPECTFUL, COLLABORATIVE, AND EMPOWERING SERVICES, PROGRAMS, AND OPPORTUNITIES.

ADRC-CW Programs

Call 888-486-9545 for information on any ADRC-CW program

Monday D.I.S.H

This support group is for all the Dementia Informed Super Heroes caring for a parent or family member with dementia. Every first Monday of the month join other caregivers virtually for support and resources from 7:00-8:00 pm.

To register, contact Scott Seeger at (715)261-6066 or scott.seeger@adrc-cw.org.



Topic Tuesdays

Every 3rd Tuesday of the month, learn about dementia with **Dementia Basics**. This class is intended for individuals, family members, caregivers, and anyone else interested in learning more about dementia.

Every 4th Tuesday of the month, learn about brain health with **Brain Health Basics**. This class is intended for anyone interested in learning more about taking care of the brain.



Caregiver Support Group

It is **NOT SELFISH** for you to also care for yourself. Your role in caregiving will be much more enjoyable if you have someone to talk to and share with.

The ADRC-CW support group for caregivers include both in-person and virtual participation options.

The group will meet the 4th Monday of the month at 10:30am



Alzheimer's and Dementia Caregiver Support Group

A safe place for family and friends who are caring for someone living with Alzheimer's or another dementia. An Alzheimer's Association sponsored group in partnership with the ADRC-CW.

The group meets on the 2nd Tuesday of every month at 9:00am at St. Andrew Lutheran Church in Rib Mountain.



Powerful Tools for Caregivers

A six-week class to help family caregivers take care of themselves. In this weekly interactive class, learn to reduce stress, improve confidence, communication, and locate helpful resources.



Stepping On

A seven-week class to help adults reduce falls and stay active. In this interactive weekly class, learn about balance and strength exercises, safety at home, and ways to be strong and steady wherever you go.



Medicare Basics

Learn the basics of Medicare for those new to Medicare or those enrolling soon. Medicare parts A-D, along with supplement policies, and other prescription drug coverage are explained. Classes held monthly and open to all regional customers.

Medicare Basics is free, but registration is required.

Call to register for the next class: 888-486-9545



Ask a Benefit Specialist

Answers to your public and private benefit questions

Dear Benefit Specialist,

I keep hearing about “Extra Benefits” or “Medicare Flex Cards” for Seniors on the television and even on things that I am getting in the mail. I called the number once and was told by an agent that I was entitled to benefits such as money for groceries, utilities, and over the counter medications because I am receiving Medicare. In fact, they informed me that all individuals on Medicare have access to these benefits. Is that true? What are these benefits and is it something that I am missing out on?

Thanks,

Extra Question

Dear Extra,

These extra benefits that you mentioned above can be very confusing and misleading. Let's start with one of the most misleading statements, which is that all members on Medicare are entitled to these benefits. Medicare Flex Cards or Benefit Cards are not issued by Medicare and are not connected to any government agency or government benefit. These are benefits that are issued by Medicare Advantage Plans (which are private insurance companies) and are not regulated by Medicare.

Advantage Plans may offer benefit cards which sometimes give small benefits like the ones that you mentioned above but often there are restrictions that apply. For example Over the Counter medication may only be offered through a magazine order, or may be restricted to certain brands, items, or dollar amounts. Further restrictions may apply based on service area, chronic conditions, and may change year to year. It is important to look over these benefits yearly to determine how best you can utilize them, and it is even more important to remember to never choose a plan based on these benefits.

Oftentimes we see individuals that are on Medigap Supplements switch to Advantage Plans based on these benefits with the misunderstanding that Supplements and Advantage Plans cover costs in the same way. It's important to remember that Advantage Plans are not supplemental to Medicare and instead are often referred to as “replacement plans.” In other words, Advantage

Plans privatize your Medicare and your health and drug coverage is processed through the private health plan not through Medicare. When electing these extra benefits you are also electing the Advantage Plan's health and drug coverage. This is important to remember as you may experience higher copays, coinsurance, or deductibles on Advantage Plans.

In summary, we recommend that Medicare Beneficiaries choose health and drug plans based on their health needs. It's crucial to understand the differences between Medigap Supplements and Medicare Advantage Plans to understand how coverage and costs may change if one were to switch coverage options based on these benefits. For those that are already enrolled in an Advantage Plan it is crucial to remember that extra benefits are a perk, but should never be the deciding factor in coverage decisions.

Sincerely,

Benefit Specialist



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Ask a Resource Specialist

Answers to your housing, transportation, long-term care questions

Adult Daycare In The Region

Langlade

Aspirus Langlade Adult Day Center
519 Flight Rd
Antigo, WI 54409
(715) 627-0657

Lincoln

Believe & Achieve Learning & Recreational Center
814 East First St
Merrill, WI 54452
(715) 539-3444

Kindhearted Home Care
120 S Mill St
Merrill, WI 54452
(715) 218-3772

Marathon

Homme Heights Adult Day Center
2901 N 7th St
Wausau, WI 54403
(715) 845-1214

Wood

Companion Day Services
905 Tiny Tigers Ct
Marshfield, WI 54449
(715) 384-2115

Marshfield Area Respite Care Center Inc
211 S. Maple Ave
Marshfield, WI 54449
(715) 384-8478

Park Place Adult Day Services
220 3rd Ave South
Wisconsin Rapids, WI 54495
(715) 422-2795

Dear Resource Specialist,

I've heard a bit about adult daycare. Is that something all adults need? What is adult day care and how can my loved one receive services?

Signed,

Daycare Question

Dear Daycare,

Adult day care provides frail seniors, persons with Alzheimer's and individuals with physical disabilities supervision and care in a structured setting during daytime hours. This allows their primary caregivers to work or take a break from their caregiving responsibilities. Adult social day care offers basic health services, supervision, meals, socialization, and activities. Services can be received by contacting your local adult day care provider and determining if they have availability. Typically adult day care providers accept private pay and Medicaid funding through long-term care programs. For a list of adult day care providers in your area, please contact the ADRC at 888.756.9545

Sincerely,

Resource Specialist



Senior Dining Program

Reservations are required. To reserve a meal at any of these dining sites call 888-486-9545 before noon one business day before you plan to attend.

Senior dining activities are back!

Mar 6: Birthdays and Anniversaries
Mar 13: St. Patrick's Day Celebration
Mar 20: Welcome Spring
Mar 27: Easter Celebration

Langlade County Senior Dining

Antigo Community Church
723 Deleglise Street, Antigo
Serving Mon Tue Thu Fri 11:30 am

Elcho Community Center
N11234 Dorr Street, Elcho
Serving Mon Wed and Thu 11:30 am

St. Mary's Church
N9155 Hwy 55, Pickerel
Serving Mon and Wed 11:30 am

Senior Center of Langlade County
623 Edison Street, Antigo
Serving Wed 11:30 am

Lincoln County Senior Dining

Gleason Lions Club
N5179 Bradley Street
Gleason, WI 54435
Serving 3rd Wed of the month 12:00 pm

Jenny Towers:
711 E 1st Street
Serving Mon – Fri 11:30 am

Tomahawk Senior Center

113 S Tomahawk Avenue
Serving Mon – Fri 11:30 am

Marathon County Senior Dining

Call to learn more about Cafe 60, 888-486-9545

The Wild Steer
217900 State Hwy 97
Stratford, WI 54484
715-321-3400
Serving Mon thru Fri 6:00am to 1:00pm

Hmong American Center Dining Site Menu
1109 N 6th St, Wausau
715-842-8390
Serving Thu 4:30 pm

Wood County Senior Dining

2nd Street Community Center
211 E 2nd Street
Serving Mon – Fri 11:30 am

Cedar Rail Apartments
601 S Cedar Avenue
Serving Mon – Fri 11:30 am

Centralia Center
220 3rd Avenue South
Serving Mon – Fri 11:30 am
Frequent Diner Prize the last day of the month
Funny Friday Share your funny jokes or stories
Mar 4: BINGO at 11:00
Mar 6: Birthday and Anniversary Celebration
Mar 13: St. Patrick's Day Celebration
Mar 18: BINGO at 11:00
Mar 20: Spring Welcome
Mar 27: Easter Celebration

Nekoosa Community Center
416 Crestview Lane, Nekoosa
Serving Mon and Wed 12:00 pm

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Please call by noon one business day prior to reserve or to cancel a Senior Dining Meal or Meals on Wheels delivery. 888-486-9545

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Suggested contribution for Senior Dining: \$4.50 per meal. Suggested contribution for Meals on Wheels: \$5.00 per meal. No eligible person is denied service due to ability to contribute. Your contribution makes a significant difference to our program.</p>			<p>1 Cheese Manicotti Marinara Sauce Country Trio Veggie Whole Wheat Bread Pineapple Spice Cake</p>
<p>4 Swedish Meatballs Mashed Potatoes Squash Rye Bread Pineapple Chocolate Cake</p>	<p>5 Italian Rigatoni Casserole Green Beans Mixed Greens Dressing Garlic Breadstick Strawberries & Yogurt</p>	<p>6 Chicken Broccoli Casserole Pacific Veggie Blend Whole Wheat Bread Grape Juice Gingerbread Cake March Birthdays</p>	<p>7 Ham on Marble Rye Romaine Leaf Tomato Slice Mayo Minestrone Soup Crackers Peach Slices</p>	<p>8 Seasoned Baked Fish Parsley Buttered Potatoes Tartar Sauce Carrots Rye Bread Diced Mixed Fruit</p>
<p>11 Spaghetti Meat Sauce Mixed Greens Dressing Garlic Breadstick Mandarin Oranges Pineapple Cake</p>	<p>12 Turkey Sandwich Whole Wheat Bread Romaine Leaf Tomato Slice Tuscan Bean Soup Chicken & Sausage Crackers Peach Slices Cookie</p>	<p>13 Ham Baby Potatoes Carrots & Cabbage Rye Bread Luck O' the Irish Applesauce Jello St Patrick's Day</p>	<p>14 Roast Beef Mashed Potatoes Gravy Peas & Carrots Whole Wheat Roll Fresh Grapes</p>	<p>15 Hearty Mac & Cheese Diced Beets Sweet & Sour Coleslaw Cornbread Honey Bee Fruit Salad</p>
<p>18 Kielbasa Sauerkraut German Potato Salad Peas Rye Bread Diced Mixed Fruit</p>	<p>19 Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Pineapple Carrot Cake</p>	<p>20 Chicken Breast Mushroom & Bacon Sauce Brown Rice Brussels Sprouts Apple Slices Fudgy Black Bean Brownie Spring Welcome</p>	<p>21 Sloppy Joe On a Bun Roasted Potatoes Baked Beans Grape Salad</p>	<p>22 Veggie Lasagna Broccoli Cauliflower Multi-grain Bread Vanilla Yogurt & Berries</p>
<p>25 Chicken Enchilada Casserole WI Blend Vegetables Biscuit Mandarin Oranges Peach Upside Down Cake</p>	<p>26 Lasagna Whole Kernel Corn Mixed Greens Dressing Garlic Breadstick Fruit Jell-O Dessert</p>	<p>27 Ham & Scalloped Potatoes Peas Pineapple Multi-grain Bread Chocolate Pudding</p>	<p>28 Meatloaf Mashed Potatoes Gravy Seasoned Stewed Tomatoes Whole Wheat Bread Applesauce</p>	<p>29 Lemon & Pepper Fish Baby Red Potatoes Dill Carrots Rye Bread Banana</p>

Events and Information



2023 INCOME TAX PREPARATION

Focus on taxpayers who are
Over 50 and have

LOW TO MODERATE INCOME

AARP Foundation Tax-Aide Volunteers will be providing tax assistance with 2023 income tax returns to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income.

Appointments are limited and tax returns will be prepared by appointment only.

Call for an appointment in Wausau starting January 16th: 715-298-5734

Call for an appointment in Marshfield starting January 8th: 211 or 877-947-2211

Call for an appointment in Tomahawk starting January 3rd: 715-369-6170 (Mon & Wed 9am to 4pm)

Call for an appointment in Wisconsin Rapids starting January 15th: 715-422-2778 (10am to 1pm)

Call for an appointment in Antigo starting January 22nd: 715-627-6580 (leave a message)



Survival Coalition

of Wisconsin Disability Organizations

Disability Advocacy Day

Survival Coalition of Wisconsin Disability Organizations is a group consisting of member organizations throughout the state. The Survival Coalition is “committed to creating a society where people with disabilities are full and equal participants in community life.”

They are organizing Disability Advocacy Day 2024. Disability Advocacy Day is Wednesday March 20, 2024 in Madison. Talk to your legislators about important issues impacting individuals with disabilities.

Event is free but registration is required. Visit the Survival Coalition for more information:

<http://www.survivalcoalitionwi.org/index.php/about/>



Classes and Workshops

Upcoming Workshop for Caregivers - Wednesday, March 13th

Caregiving for a family member or friend can be rewarding, but if the person's condition is chronic, there is a strong chance that you will be dealing with a lot of stress on your caregiving journey.

Join members of the ADRC's Caregiving Team for a **'Managing Caregiver Stress'** workshop where we help you look at ways to better manage your stress.

This workshop is free and 7 sessions will be offered on **Wednesday, March 13th.**

10:00am - 11:00am - sessions in Antigo, Marshfield, Wausau, along with a virtual option

2:00pm - 3:00pm - sessions in Merrill, Wisconsin Rapids, along with a virtual option.

Call 888-486-9545 to register for a workshop near you.



Stepping On Spring 2024 Schedule

Wausau

Thursdays, April 18- May 30, 2024

1:00 PM -3:00 PM

Location: The Landing, 707 N 3rd Street, Wausau WI

Call: 888-486-9545 to pre-register

Tuesdays, April 30- June 11, 2024

9:30 AM -11:30 AM

Location: SAFER Fire Department, 224225 Hummingbird Road, Rib Mountain WI

Call: 888-486-9545 to pre-register.

Wisconsin Rapids

Fridays, April 5- May 17, 2024

9:30 AM -11:30 AM

Location: South Wood County YMCA, 601 W Grand Ave, Wisconsin Rapids WI

You do not have to be a YMCA member to join this class.

Call: 888-486-9545 to pre-register

Spencer

Mondays, May 6- June 24, 2024

No Class on Monday, May 27

9:30 AM -11:30 AM

Location: St. John's Lutheran Church, 210167 State Highway 13, Spencer WI

Call: 888-486-9545 to pre-register

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Sudoku solution on page 15

Topic Tuesdays

About 1 in 9 people (10.8%) age 65 and older have Alzheimer's dementia in the United States (Alzheimer's Association). The risk of developing Alzheimer's or other dementia increases as we age. As the baby boomer generation is aging, a higher number of adults are being diagnosed with dementia and this is one reason why we are seeing an increase in the number of adults living with dementia (Alzheimer's Association's Facts and Figures).

One way to support those living with dementia is to learn more about dementia. The ADRC-CW hosts Topic Tuesdays throughout the year for those that want to learn more about dementia.

Perhaps you are interested in how to keep your brain healthy both now and into your future. Learn tips and what you can do to take good care of your brain during the Topic Tuesday's Brain Health Basics.

Mark your calendars for our Topic Tuesdays.

Topic Tuesday presentations are one hour in length and scheduled throughout the year. In person options are rotated among our five offices and there are virtual options as well. The presentations cover two key topics for understanding memory, dementia and brain health. These free presentations are geared toward individuals, their family and other loved ones. Registration is required.

Dementia Basics: held the 3rd Tuesdays of each month. Location varies. Dementia Basics is an introduction to dementia for individuals, families, caregivers and others interested in learning more.

March and April Locations: 3:00-4:00 pm

- March 19: Virtual option OR in-person presentation option: ADRC-CW Antigo office
- April 16: Two in-person presentation options: ADRC-CW Marshfield office and TB Scott Library in Merrill
- May 21: Two in-person presentation options: ADRC-CW Wausau office and ADRC-CW Wisconsin Rapids office

Brain Health Basics: held the 4th Tuesdays of each month. Location varies. Brain Health Basics touches on options and choices leading to a healthier brain. For anyone interested in a healthy brain.

March and April Locations: 3:00-4:00 pm

- March 26: One in-person presentation: ADRC-CW Antigo office
- April 23: Two in-person presentation options: ADRC-CW Marshfield office and TB Scott Library in Merrill
- May 28: Two in-person presentation options: ADRC-CW Wausau office and ADRC-CW Wisconsin Rapids office

Free but registration is required: Call 888-486-9545, email adrc@adrc-cw.org, or online [www.https://www.adrc-cw.org/classes/topic-tuesdays/](https://www.adrc-cw.org/classes/topic-tuesdays/)

Source:
<https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>



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

When asked what my favorite way to spend a lazy day is, I respond with crafting. Mostly because I can sit in my recliner, binge watch Netflix and hang out with my family.

Sunday is my favorite day of the week. My normal routine for Sunday includes heading to church, then breakfast out, and then home. Once home, my husband, kids and I pick a show to watch. Of course, during football season, the Packers are on. The rest of the year can include any kind of movie or series we are in the mood for.

I like to keep my hands busy so I am always working on some sort of craft. I usually pick a quiet portable craft I can do on my lap. I can crochet, knit, cross stitch, embroidery, or hand stitch on my lap. It keeps me busy, I am able to spend time with my family, watch a show, and sometimes have a project finished as well.

I learned several crafts from my mom and grandmother. I've been crafting from a very young age and feel extremely lucky to have had these skills taught to me. I have passed on these skills to my children as well. Both the boys and girls are able to read simple instructions to build or stitch things together. My mom believed in providing me a productive and creative outlet, and I too believe my children benefit from productive creativity.

Crafting produces beautiful items, useful items, handmade gifts, and a calming sense of accomplishment. I often feel a bit of stress relief when crafting and sometimes a sense of confidence and a boost in my self-esteem for a job well done. Feeling these benefits myself when crafting, I wondered if others would experience a boost from crafting. According to several blogs and studies, crafting has been known to have several benefits beyond the beautiful projects made.

How to avoid stress...

stay home an craft!



Crafting is known and proven to provide stress relief which can lead to lower blood pressure. Other emotional responses include improved confidence and self-esteem. I wondered how this was possible. As it turns out, crafting allows for further self-expression and a better understanding of self. It also helps with increasing critical thinking. The physical benefits of crafting include dexterity, brain activity and cognition.

I encourage you to find a craft you enjoy and craft to your heart's content. There are several craft stores in the region and even some craft groups. There are several groups dedicated to specific crafts like quilting, knitting, and crocheting. There are also lesser known groups for woodworking, flower arranging, and beading. If you don't know where to start, check out the local library. There are all sorts of craft books you can check out.

Craft away on your lazy day!

March

Renee Krautkramer-Huebsch

When someone mentions the month of March, what comes to mind? For some it may be that spring is just around the corner. For some it may be March Madness. For others the first thought may be St. Patrick's Day. For me it's a combination of all three!

I'm looking forward to more sun (evening walks during daylight), green grass and spring flowers peeking through! All 4 of my children are in grade school and high school basketball. I love watching them grow in their basketball skills, team work skills and their individual confidence levels. I've also always enjoyed St. Patrick's Day! I'm a quarter Irish however I always joke that if I didn't have bad luck, I'd have no luck at all!

In completing some research for this article, I came along with some fun and maybe surprising facts about St. Patrick and St. Patrick's Day.

- St. Patrick was not Irish. St. Patrick was actually British.

- St. Patrick's name was not Patrick. His real name was Maewyn Succat!
- Why is St. Patrick's Day celebrated on March 17th? This is the day of his death.
- Green wasn't the first color associated with St. Patrick, it was blue.
- Slavery is what brought Patrick to Ireland. He was born in Roman-Britain and at the age of 16 brought to Northern Ireland as a slave. He then tended sheep for 6 years in the mountains.
- The famous four leaf clover is said to stand for faith, hope, love and luck. It's believed that Ireland is the home of more four leaf clovers than any other place. This gives meaning to "the luck of the Irish"!

When spring does arrive and if you are out for a walk or attending those basketball games, perhaps you'll come across a four leaf clover! Wishing everyone a healthy and lucky March!



Telecommunications Discount

Traci Zernicke, Director of Resource Services

Every year we see the cost of our shelter expenses increase, while it may just be a few dollars on each bill when the total is added together the impact can be felt on your pocket book. There is a program that is available through the Wisconsin Public Service Commission that can save you some dollars on your landline phone bill, cellular phone bill or internet services. The program's name is Lifeline, not to be confused with the Lifeline that provides personal response in the event that a person falls.

This Lifeline program allows eligible individuals to receive a savings on their monthly bill. The amount of savings that you see depends on the type of service that you receive and if your service is provided through a company that is authorized to provide the Lifeline Discount in Wisconsin. The discount can range from \$7.25 - \$18.50 a month. The service provider is able to tell you the exact amount.

A person is eligible for Lifeline if you receive benefits from any of the following programs: Medicaid, Foodshare, Supplemental Security Income (SSI), Federal Public Housing Assistance (Section 8) or Veteran's or Survivors Pension Benefit. Even if you don't receive benefits through any of these programs you may be eligible for the program if your income is at or below 135% of the federal poverty level. For 2024, that is an annual income at or below \$20,331 for a household of one person and an annual combined income of \$27,594 for a household of two.

Some restrictions apply, the discount is limited to only one person and one telephone number per household and your provider needs to be an authorized provider. To enroll, contact an authorized provider or complete a paper application. A list of authorized providers and a paper application is available at <https://psc.wi.gov/Pages/ForConsumers/Lifeline.aspx>,

For more information contact the Wisconsin Internet & Phone Helpline at 608-267-3595 or Federal Lifeline Support at 1-800-243-9473.

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2	8	5	9	7	4	6	3	1
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4	7	3	8	1	6	5	2	9
9	4	2	5	6	7	8	1	3
8	5	7	3	2	1	9	6	4
6	3	1	4	9	8	7	5	2
5	2	4	7	8	3	1	9	6
3	1	8	6	4	9	2	7	5
7	9	6	1	5	2	3	4	8



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