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MAY 2024

**OLDER  
AMERICANS  
MONTH**



**POWERED BY CONNECTION: MAY 2024**

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Trualta

**WWW.ADRG-CW.ORG 888-486-9545**

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**Toll-free Helpline:**  
**888-818-2611**  
 Email: [smp-wi@gvaar.org](mailto:smp-wi@gvaar.org)  
[www.smpwi.org](http://www.smpwi.org)  
 WisconsinSeniorMedicarePatrol

347523

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 ASSISTED LIVING • MEMORY SUPPORT

## 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 inability 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](mailto:adrc@adrc-cw.org) Website: [www.adrc-cw.org](http://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

## Topic Tuesdays

Every 3rd Tuesday of the month, learn about dementia with Dementia Basics. 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. For anyone interested in learning more about taking care of the brain.



## 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. This class is not intended for professional caregivers.



## 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. A Medicare Basics session is free, but registration is required.



## Memory Cafe

This social activity is for individuals with mild or moderate dementia AND a family member or friend who assists them. The Cafe is held every other month with varying activities and locations around the Wausau area.



## Support Groups

As you provide care for a loved one, it is important 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.



**Caregiver Support Group:** 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:** Alzheimer's Association sponsored caregiver support group in partnership with the ADRC-CW. This is a safe place for family and friends who are caring for someone living with Alzheimer's or another dementia. Two group options: Second Tuesday of each month: 9:00-10:30 am at St. Andrew Lutheran Church in Rib Mountain. A second group is held the 4th Tuesday of each month from 9:00-10:30 am at Covenant Community Presbyterian Church in Weston.

**Monday D.I.S.H (Dementia Informed Super Heros):** This virtual support group in the evening is intended for those working caregivers who are supporting a loved one living with dementia. The group meets on the Monday of each month from 7:00- 8:00 pm

# Ask a Benefit Specialist

## Answers to Your Public and Private Benefit Questions

### Dear Benefit Specialist,

I swear that I receive over a dozen calls a day from telemarketers. When I answer and realize it is a salesperson, I ask them to stop calling, but that doesn't help. I even have my name on the Do-Not-Call list, but they keep calling! What can I say to get them to stop?!

Sincerely, Busy Signal

### Dear Busy Signal,

I promise you that you are not alone in your predicament. Unfortunately, you are asking the million-dollar question. The short answer is to simply not answer. Remember, the majority of phone calls from fraudulent numbers are just that - fraudulent. These callers do not adhere to the

Do-Not-Call List, which only applies to legitimate telemarketing companies. The individuals calling you are criminals who are not going to follow those guidelines.

If you see a number that you don't recognize, don't answer. Every time you answer one of these calls, you are putting yourself at risk. Furthermore, when you answer your phone, you are confirming to these criminals that your phone number is working and active, and therefore inadvertently increasing the number of fraudulent phone calls you may receive.

Lastly, please remember that Social Security, Medicare, and most government agencies will never call you, without your knowledge or consent. I know it may be uncomfortable to ignore your ringing phone, but it is okay to simply not answer!

Sincerely, Benefit Specialist



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## Topic Tuesdays

In person and virtual sessions available:

### Dementia Basics:

- May 21: Wausau
- May 21: Rapids
- June 18: Antigo
- June 18: Virtual

### Brain Health Basics:

- May 28: Wausau
- May 28: Rapids
- June 25: Antigo
- June 25: Virtual

All sessions: 3:00-4:00 pm

Free. Pre-registration is required.

[www.adrc-cw.org](http://www.adrc-cw.org)

888-486-9545



# Ask a Resource Specialist

## Answers to your Home Modifications and Life Alert Options

### Dear Resource Specialist:

My father lives alone. He wants to remain independent; he is able to care for himself pretty well. My siblings and I worry that he may fall or have another emergency and need help. Dad said he carries his cell phone with him at all times, but he would consider wearing a button to call for help like you see in the commercials - if he had more information on how it works. Could you tell me about "Lifeline?"

Thank you, Concerned Children

### Dear Concerned Children:

I believe that you are asking about a Personal Emergency Response System or PERS. That's great that your father is willing to consider having one for his safety and for your peace of mind. I understand that Dad feels carrying his cell phone may be sufficient, however, they have limitations compared to PERS monitoring devices. Cell phone buttons or a touchscreen may be difficult to push and navigate during an emergency. PERS devices have large, central buttons that are designed to be pushed easily. If Dad's cell phone is buried in his pocket, it may be difficult to reach during a medical emergency. A PERS can generally be worn as a pendant or bracelet. PERS connects the individual to a 24/7 monitoring center when the device is activated. Dad will be able to speak directly with a trained agent

who can dispatch emergency services and/or contact his loved ones, depending on who he listed when he first set up the PERS. If he is unable to speak or is unresponsive, the agent will immediately send emergency responders to his location. Some things to consider when choosing a PERS: Does Dad have a landline or just a cell phone? Does Dad travel and need the PERS to work when he is traveling? Does he stay in the home or yard most of the time and need those areas covered? Does Dad fall frequently and need an automatic fall detector? Answering these questions will assist the PERS agency to help you find the one that works best for Dad and his lifestyle! If you or your Dad have other questions that a Resource Specialist may be able to answer, or for a list of local PERS agencies, please contact the ADRC-CW and ask to speak to a Resource Specialist!

Sincerely, ADRC-CW Resource Specialist





# Senior Dining Program

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**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. ADRC-CW offices are open Monday- Friday 8:00 am- 4:00 pm.

## **Senior Dining Activities:**

May 1: Celebrating May Birthdays and Anniversaries

May 8: Mother's Day Celebration

May 22: Honoring Memorial Day

## **Langlade County**

### **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

Bingo with the Community Center Weds at noon

### **St. Mary's Church**

N9155 Hwy 55, Pickerel

Serving Mon and Wed 11:30 am

Bingo with the church 2nd Monday of each month

### **Senior Center of Langlade County**

623 Edison Street, Antigo

Serving Wed 11:30 am

Bingo with the Senior Center after lunch at 1:00

## **Lincoln County**

### **Gleason Lions Club**

N5179 Bradley Street, Gleason

Serving 3rd Wed of the month 12:00 pm

### **Jenny Towers Apartments**

711 E 1st Street, Merrill

Serving Mon – Fri 11:30 am

### **Tomahawk Senior Center**

113 S Tomahawk Avenue, Tomahawk

Serving Mon – Fri 11:30 am

Bingo with the Senior Center every Thursday at 12:30

## **Marathon County**

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

### **The Wild Steer**

214910 State Hwy 97, Stratford

715-321-3400

Serving Mon thru Fri 6:00am to 1:00pm

### **Hmong American Center**

1109 N 6th St, Wausau

715-842-8390

Serving Thu 4:30 pm

May 2: Chicken Larb w/ Green Lettuce Leaf

May 9: Ground Pork Stir-Fry w/ Rice Noodles

May 16: Chicken Copia

May 23: Steamed Catfish with Herbs

May 30: Beef Stir Fry with Baby Bok Choy,  
Lemongrass and Ginger

## **Wood County**

### **2nd Street Community Center**

211 E 2nd St, Marshfield

Serving Mon – Fri 11:30 am

### **Cedar Rail Apartments**

601 S Cedar Avenue, Marshfield

Serving Mon – Fri 11:30 am

### **Centralia Center**

220 3rd Avenue South, WI Rapids

Serving Mon – Fri 11:30 am

Frequent Diner Prize the last day of the month

Funny Friday Share your funny jokes or stories

### **Nekoosa Community Center**

416 Crestview Lane, Nekoosa

Serving Mon and Wed 12:00 pm

Suggested contribution for 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 inability to contribute. Your contribution makes a significant difference to our program.



Please call by noon one business day prior to reserve or to cancel a Senior Dining Meal or Meals on Wheels delivery. ADRC-CW office hours: Monday- Friday 8:00 am- 4:00 pm

## May 2024

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| <p><b>Milk</b> served with each meal. Menus subject to change.<br/> <b>Suggested contribution:</b> Senior Dining: \$4.50 per meal<br/>           Meals on Wheels: \$5.00 per meal<br/>           No eligible person is denied service due to inability to contribute. Your contribution makes a significant difference to our program.</p> |  |   |  |   |
| <p><b>6</b><br/>           Swedish Meatballs<br/>           Mashed Potatoes<br/>           Broccoli Salad<br/>           Whole Wheat Bread<br/>           Applesauce</p>   | <p><b>7</b><br/>           Baked Seasoned Fish<br/>           Tartar Sauce<br/>           Baked Potato<br/>           Sour Cream<br/>           Creamy Coleslaw<br/>           Rye Bread<br/>           Berries</p>  | <p><b>1</b><br/>           Ham &amp; Scalloped Potato<br/>           Casserole Pacific Blend<br/>           Veggies<br/>           Whole Wheat Roll<br/>           Banana<br/> <b>May Birthdays &amp; Anniversaries</b></p> | <p><b>2</b><br/>           Chicken Alfredo<br/>           over Linguini<br/>           Broccoli<br/>           Sweet &amp; Sour Coleslaw<br/>           Garlic Breadstick<br/>           Berries</p>                                       | <p><b>3</b><br/>           Sloppy Joe<br/>           On a Bun<br/>           Roasted Potatoes<br/>           Baked Beans<br/>           Grape Salad</p>   |
| <p><b>13</b><br/>           Kielbasa &amp; Kraut<br/>           Twice Baked Mashed<br/>           Potatoes<br/>           WI Blend Vegetable<br/>           WW Dinner Roll<br/>           Raspberry Sherbet Jell-O</p>   | <p><b>8</b><br/>           BBQ Chicken<br/>           Diced Seasoned<br/>           Potatoes<br/>           Texas Caviar<br/>           Multi Grain Bread<br/>           Pineapple Cake<br/> <b>Mother's Day Celebration</b></p>                                 | <p><b>9</b><br/>           Meat Lasagna<br/>           Green Beans<br/>           Mixed Greens Salad<br/>           Dressing<br/>           Garlic Breadstick<br/>           Jell-O w/ Fruit</p>                            | <p><b>10</b><br/>           Chicken Salad<br/>           On a Croissant<br/>           Romaine Leaf &amp; Tomato<br/>           Veggie Chicken Noodle<br/>           Soup Crackers<br/>           Sliced Peaches<br/>           Cookie</p> | <p><b>14</b><br/>           Swiss Steak<br/>           Parsley Buttered<br/>           Potatoes<br/>           Carrots<br/>           Whole Wheat Bread<br/>           Pineapple Upside Down<br/>           Cake</p>  |
| <p><b>20</b><br/>           Monterey Chicken w/<br/>           Veggies &amp; Sauce<br/>           Broccoli<br/>           Brown Rice<br/>           Pineapple<br/>           Blueberry Coffee Cake</p>   | <p><b>15</b><br/>           Roast Beef<br/>           Mashed Potatoes<br/>           Gravy<br/>           Squash<br/>           Oat Bread<br/>           Fresh Fruit Mix</p>   | <p><b>16</b><br/>           Cranberry Chicken<br/>           Breast<br/>           Baby Red Potatoes<br/>           Coleslaw<br/>           Sliced Peaches<br/>           Brownie</p>                                       | <p><b>17</b><br/>           Chili w/ Macaroni<br/>           Crackers<br/>           String Cheese<br/>           Mixed Greens Salad<br/>           Dressing<br/>           Berries<br/>           Vanilla Yogurt</p>                      | <p><b>21</b><br/>           Chef Salad with<br/>           Mixed Spring Greens,<br/>           Tomatoes,<br/>           Diced Turkey, Hard<br/>           Boiled Egg, Shredded<br/>           Cheese, Dressing<br/>           Fresh Roll<br/>           Minestrone Soup<br/>           Crackers<br/>           Cookie</p> |
| <p><b>27</b><br/> <b>Closed for<br/>           Memorial Day</b></p>  | <p><b>22</b><br/>           Hamburger<br/>           On a Bun<br/>           Grilled Onions<br/>           Ketchup<br/>           German Potato Salad<br/>           Baked Beans<br/>           Mixed Fruit<br/> <b>Honoring<br/>           Memorial Day</b></p> | <p><b>23</b><br/>           Spaghetti &amp; Meat Sauce<br/>           Italian Blend Vegetables<br/>           Garlic Breadstick<br/>           Diced Pears<br/>           Rhubarb Cake</p>                                  | <p><b>24</b><br/>           Lemon Pepper Fish<br/>           Baked Potato<br/>           Sour Cream<br/>           Carrots<br/>           Rye Bread<br/>           Creamy Fruit Salad</p>  | <p><b>28</b><br/>           Crab Pasta Salad<br/>           over Mixed Greens<br/>           Tomatoes<br/>           Dinner Roll<br/>           Peaches<br/>           Lemon Bar</p>  |
| <p><b>29</b><br/>           Chicken Breast<br/>           Mushroom &amp; Bacon<br/>           Sauce<br/>           Mashed Potatoes<br/>           California Blend<br/>           Vegetables<br/>           Biscuit<br/>           Banana</p>  | <p><b>30</b><br/>           Pulled Pork<br/>           On a Roll<br/>           Parsley Buttered Red<br/>           Potatoes<br/>           Creamy Coleslaw<br/>           Cinnamon Applesauce</p>   | <p><b>31</b><br/>           Beef Stroganoff<br/>           Mashed Potatoes<br/>           Sweet &amp; Sour Cabbage<br/>           Whole Wheat Bread<br/>           Strawberries</p>   |  |   |

# Older Americans Month: Connections

By Erin Wells, Director of Aging and Wellness

---

## Can YOUR social connections support your health?

Think of those that are close to you. Do you feel they are supportive and stable relationships? Do you feel cared for, valued, and appreciated by your network? Your relationships could be your spouse, family, neighbors, friends, church groups, exercise buddies and others.

May is Older Americans Month and the theme for 2024 is “Powered by Connection.” Connections and relationships with others can impact our health.

The quality of your relationships, close bonds, and sense of belonging, as well as having more than one person that you can turn to can positively impact your health. According to the CDC, “when people are socially connected and have stable and supportive relationships, they are more likely to make healthier choices and have better outcomes with mental and physical health. They are also better able to cope with hard times, stress, anxiety, and depression.”

Reach out to others and invite new friends to join you. There are great places to meet others and get involved. Check out your local community center, join an exercise group, stay for coffee after church, attend a book club at the library or volunteer. In honor of Older Americans Month, try something different- just one change- to connect with another person.

Your local library and senior/community centers are always a great place to start. Check out their websites and Facebook pages for events and activities. These suggestions are just a start as there are many other options to check out as well. Talk to friends and neighbors. Peruse your newspaper, call United Way 2-1-1 or the ADRC-CW: 888-486-9545

### Langlade County:

Antigo Public Library  
Antigopl.org  
715-623-3724

Locations: Antigo, Elcho, White Lake

Senior Center of Langlade County  
Visit on Facebook  
715-350-4388

### Lincoln County

TB Scott Free Library: Merrill  
Tbscottlibrary.org  
715-536-7191

Merrill Enrichment Center  
ci.merrill.wi.us/enrichment-center  
715-536-4226

Tomahawk Public Library  
Tomahawk.lib.wi.us  
715-453-2455

Tomahawk Senior Community Center  
Cityoftomahawkwi.com  
715-453-5757

### Marathon County:

Marathon County Public Library:  
mcpl.us/  
715-261-7200

Locations: Wausau, Athens, Edgar, Hatley, Marathon, Mosinee, Rothschild, Spencer, Stratford

The Landing: YMCA  
Thelandingausau.com  
715-841-1855

### Wood County

McMillan Memorial Library: Wisconsin Rapids  
Mcmillanlibrary.org  
715-422-5136

Lowell Center: Wisconsin Rapids  
Lowell-center.org  
715-421-1051

Everett Roehl Marshfield Public Library  
marshfieldlibrary.org  
715-387-8494

Marshfield Senior Center  
Ci.marshfield.wi.us  
715-486-2055 (Parks and Recreation)

Charles and JoAnn Lester Library: Nekoosa  
Nekoosalibrary.com  
715-886-7879

Nekoosa Area Senior Community Center  
cityofnekoosa.org/community-center/  
715-886-3939

Source: CDC <https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm>  
<https://acl.gov/oam/2024/older-americans-month-2024>

“Just keep swimming,” says Dory from Nemo.

There are few better sports to age with than swimming. Besides being a life-saving skill, swimming is an activity that you can continue to enjoy while the years go by. Many people learn to swim very young and see it as either a leisure activity or a competitive sport. For the purposes of fitness, swimming can be in between a leisure activity and a competitive sport. Swimming can be enjoyed by all for a lifetime.

Older adults looking for something to do that doesn't hurt, head to the local pool. Walking through water reduces the weight on joints while providing gentle resistance to improve muscle tone and strength. Swimming laps, even a slow side-stroke, works the entire body!

There is little risk of injury in the pool. The locker room and pool deck can pose some hazards, but take it slow or ask a lifeguard for help. As of 2010, large pools are required to have two accessible ways to enter the pool. That can be stairs, zero entry slope, or a lift chair. Swimming is low impact and very easy on the joints while working all the major muscle groups.

There is nothing better than floating freely in the water. Stretching your hips, legs, arms, and neck in the water can improve your flexibility, posture, and



alleviate soreness. The more you swim, the stronger you become. Swimming can lower your blood pressure and improve your circulation. As you feel improvements in your physical being, your mental being improves as well. It is well known that when your physical health improves, so does your mood.

How to get started? If you are wondering how to get started swimming, consider the basics. Water exercise, lap swimming, water resistance, or water relaxation. Most pools have water exercise classes. Water exercise classes have participants walk, dance, and do aerobics in the pool. You don't need anything special to lap swim, although a suit and goggles are recommended. Water resistance exercises use some pool-friendly equipment. Water relaxation exercises are similar to land versions of yoga and pilates.

Improve your quality of life by hitting your local pool! As with any new exercise routine, make sure you consult your doctor before you start.

*Source:*

*CDC. (2019). Health Benefits of Water-based Exercise. Centers for Disease Control and Prevention. [https://www.cdc.gov/healthywater/swimming/swimmers/health\\_benefits\\_water\\_exercise.html](https://www.cdc.gov/healthywater/swimming/swimmers/health_benefits_water_exercise.html)*

**Hey! It's May!**

**Put a spring in your step!**

**Volunteer at the ADRC-CW**

**Opportunities:** 888-486-9545  
www.adrc-cw.org

Senior Dining Site  
Package Meals  
Meals on Wheels Delivery  
Stepping On Program Leaders



## SENIORS, Caregivers, and Concerned Families...



**LATTYAK ELDER LAW LLC**

**715-359-8833**

**JANET M. LATTYAK, ATTORNEY**  
“LEGAL SERVICES FOR AGING ON YOUR TERMS”

50914



# Birding by Ear: Wisconsin Rapids

A birding-by-ear event will be held at Helen's House at the Wisconsin Rapids Municipal Zoo on May 14, 2024, from 10 a.m. to 12 Noon. John Kubisiak will give a presentation on how to identify birds by their calls. Following the presentation, attendees will be invited to take to the trail to identify birds by their songs. Volunteers familiar with the Merlin app, which helps people identify birds by their calls, will be on hand to help anyone who is interested in birding by ear. This is being done as a Birdability event sponsored by Clean Green Action (CGA), a local nonprofit devoted to advancing education around conservation and environmental sustainability. CGA is helping to provide transportation for anyone with a disability who needs assistance getting to the event. Please contact us via email no later than May 7 at [cleangreenaction@gmail.com](mailto:cleangreenaction@gmail.com) if you wish to attend and need help with transportation. For more information on CGA, visit [cleangreenaction.org](http://cleangreenaction.org)



**Your Needs.  
Your Independence.  
Your Best Life.**

Lakeland Care is your local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.

[www.lakelandcareinc.com](http://www.lakelandcareinc.com)



DHS Approval 3/16/20



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**This May is Older Americans month and the 2024 theme "Powered by Connections" is in recognition of the impact meaningful relationships and social connections have on our health and wellbeing.**

Administration for Community Living  
[acl.gov](http://acl.gov)



# Start Summer Off on the Right Foot!

## Jennifer Clark, Community Health Educator

Let's touch on the often overlooked topic of footwear. Over the years, my footwear choices may have been based more on looks or fashion, rather than comfort and support. Of course, I never really wore high heels, platforms, or pointed toes, but I can say that my summer sandal choices very much resembled a flip flop of some sort. As you know, flip flops are often flat, flimsy, and lacking any support. It wasn't until a few years ago that I changed my views on footwear. I began having some foot problems that involved a visit to a local podiatrist. Since then, my flip flop days suddenly came to a halt, and the only shoes that I buy now are for comfort and support. I also found additional support with orthotics, which were recommended by my podiatrist.

At times, shoe shopping can be somewhat challenging, especially when it comes to summer sandals.

We don't necessarily think about how our feet change over time. As we age, we can sometimes see a decrease in muscle mass (such as in our toes, which we use in our shoes for gripping). In addition, we often notice a reduced range of motion in our ankles, as well as an increased risk for dropped arches and flat feet. All of this can play a role in our gait (the way we walk) or our balance, thus putting us at an increased risk for falls.

The good news: Choosing the right footwear can make a substantial difference in balance and can actually reduce our risk of falling.

Here are some things to think about the next time you are out shopping for a new pair of shoes or sandals.



Look for a supportive shoe. A supportive shoe is one that:

- covers most of the foot
- has a snug, firm grip at the heel collar
- has lace or velcro fastenings so that the shoe “holds” onto the foot when walking
- has a firm arch support
- has a midsole that is flexible under the ball of the foot
- has a sole that is thin and firm so you can “feel” the ground.

Your shoe must have a good fit. It should:

- have a roomy toe box for comfort
- hold the foot well back into the shoe
- be lightweight

Look for a good sole that has:

- texture
- tread

Don't forget the heel!

- non-slip and textured heel
- low heel - less than 1.5 to 2 inches
- beveled heel to prevent slipping

Remember, price is not always an indicator of a good, supportive shoe. Some expensive shoes have slippery leather soles. Be sure to take a close look at the shoes you are buying to make sure they are safe and comfortable.

You may even consider doing an audit of your current footwear, based on some of these tips. What was once considered a safe shoe may no longer give support, and the heel and sole may be worn or slippery.

As you prepare to be on your feet more during the summer months, consider purchasing a good pair of shoes – you will be glad you did!

<https://www.activespineandjoint.com/activesj-blog/sg2kpazkist1kl4ypy0a4c6hsv4g3j>

<https://chphealthmt.org/news/why-good-footwear-is-so-important-for-your-health>

# Trualta- An Online Learning Portal for Caregivers

## Kacie Niemuth-Caregiver Support Coordinator

Are you caring for a friend, your spouse, or another family member? Do you have questions about how to safely assist with personal care or about how to make your home safer to prevent falls? Maybe you have questions about what to do after coming home from a hospital stay or would like tips for your own self-care? Trualta Care Network Inc is a free online learning portal that provides a collection of articles, videos, tip sheets, and training that focus on aging, Alzheimer's and other dementias, developmental disabilities, chronic conditions, and more. Every person's caregiving journey looks different. Trualta allows you to choose topics of interest to you, any time of the day or night, that pertain to your unique caregiving situation.

Trualta is a Canadian-based company, created in 2017, that provides educational content for residents of the United States and Canada. Trualta specializes in creating training programs focused on critical skills and knowledge that families require to keep their aging parents, spouse, family and friends safe and healthy at home. Contact a Caregiver Support Coordinator at the ADRC-CW with any questions or to access Trualta for FREE.

Trualta is a complimentary service provided by the Wisconsin Family and Caregiver Support Alliance.



# Thank You



To everyone involved with helping the Aging and Disability Resource Center of Central Wisconsin:  
**Thank you!**

## A special Thank You to:

Lori Resch

## SteppingOn

### Better your Balance

Spencer: St John's  
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(No class on  
Monday, May 27)  
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Reduce your risk of falling.  
Hear from the guest experts  
such as a Physical Therapist,  
Pharmacist, and others.  
Free but contributions  
accepted.

**Pre-registration is required.**  
888-486-9545





# Senior Farmer Market Nutrition Program

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## Senior Farmers' Market Nutrition Program 2024

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The Senior Farmers' Market Nutrition Program (SFMNP) gives \$45 of vouchers to eligible seniors (age 60 and older) to purchase Wisconsin **GROWN FRESH FRUITS, VEGETABLES, & HERBS** from approved markets and roadside stands.



**Who is Eligible?** An eligible person must meet all of the following requirements:

- Is a resident of Langlade, Lincoln, Marathon or Wood County;
  - Is 60 years or older, or a Native American 55 years or older,
- AND**

Has a monthly household income that meets program eligibility guidelines

### **How Does the Program Work?**

Eligible seniors receive **\$45 in vouchers** per eligible person.

Vouchers can be used to buy WI grown fresh fruits, vegetables, & herbs at approved farmers' markets or roadside stands: June 1-Oct 31.



### **How Do I Get Senior Farmers' Market Vouchers?**

Vouchers are distributed on a **first-come, first-served basis**  
**June 1 - September 30.**

**Call the ADRC-CW 888-486-9545 starting in June.**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



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