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JUNE 2024

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A graphic featuring the word 'SUMMER' in large, bubbly, green letters with a yellow outline. Below the text is a slice of watermelon and a pair of yellow sunglasses resting on a wooden surface. The background is a blurred beach scene with a blue sky and ocean.

SUMMER

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





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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 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 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

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 Heroes): 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 first Monday of each month from 7:00-8:00 pm

Ask a Benefit Specialist

Answers to your public and private benefit questions

Dear BenSpec,

I am turning 65 this year. My friends all tell me to sign up for their Advantage plan, because they get a free gym membership, and they want me to join them. But my sister tells me I should get her Medigap plan because she never sees a bill, but she also lives in a different state. I just don't know who to listen to.

Signed,
Conflicted

Dear Conflicted,

Thank you for taking the time to reach out! This is something we hear often. Taking the time to evaluate your own insurance needs is always the best approach.

Members of our Benefit Specialist Team are State Health Insurance Assistance Program (SHIP) certified. We provide local, in depth, and objective insurance counseling and assistance to Medicare-eligible individuals. We believe that making informed choices will allow you to choose the best coverage that works for you and your unique needs. Here is how we can help:

We offer Medicare Basics every month and review everything you need to know, including:

- Who is eligible for Medicare
- When and how to enroll in Medicare
- Costs and coverage of Original Medicare
- Additional coverage options to include Medigap and Advantage Plans
- Options for prescription coverage

These sessions are designed for people who are new to Medicare. To learn more, please visit our website or call us at 1-888-486-9545 to register for a class near you.

In addition to Medicare Basics, we can offer one-on-one assistance with reviewing health or prescription drug plan options and explain how Medicare can work for you.

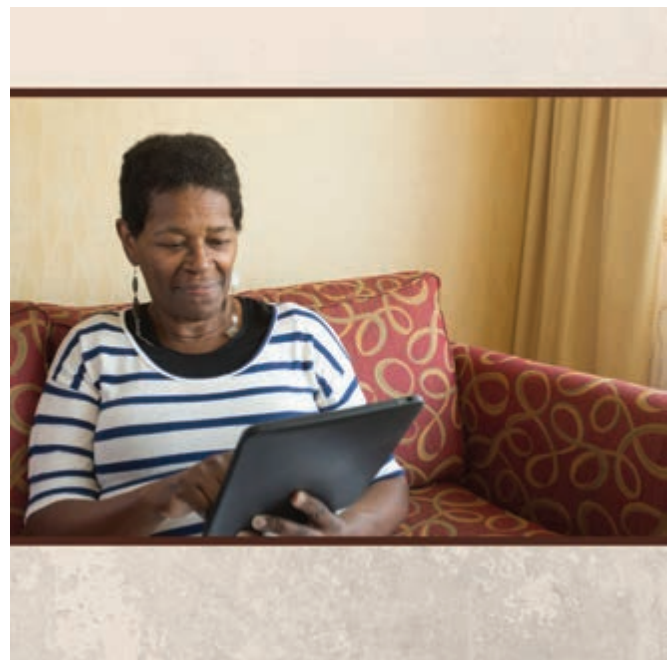
Many people who become Medicare eligible are

already enrolled in Forward Health Services through Wisconsin Medicaid. We can walk you through program eligibility and how this transition will work based on your unique qualifications. This process can look very different depending on your age, the Medicaid program you qualify for, and the type of coverage you want.

Still working and have questions about Medicare eligibility? Many people or their spouses continue to work after age 65 or are under 65 and qualify for disability. You may qualify for a Special Enrollment to add Medicare at a later date, but you will want to check your specific details to ensure you avoid a penalty and/or have the creditable coverage you need. We can talk you through this.

Feel free to give us a call to register for Medicare Basics or to schedule an appointment with a SHIP certified staff member. We would love to get you the information you need so that you can make the insurance choice that is best for you!

Sincerely,
Your local Benefit Specialist at the ADRC-CW



Ask a Resource Specialist

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

Dear Resource Specialist:

How can I find someone to help care for my parents who live at home?

Signed,
Uncertain

Dear Uncertain,

Thank you for making the Aging and Disability Resource Center of Central Wisconsin your preferred choice for information and assistance.

Many aging parents who live at home are in need of daily personal care assistance with a broad range of activities of daily living such as bathing, dressing, eating, mobility, toileting, and transferring. They may also need supportive assistance with their instrumental activities of daily living such as obtaining and preparing meals, medication management and administration, money management, household chores, cleaning and laundry, and transportation. As an adult child, friend or relative, it may be difficult to provide all of the needed assistance on your own for your aging parent.

In addition, if you are providing care on a daily, weekly or even monthly basis, you may find that you may need help or need a break. There are in-home care agencies who offer a variety of in-home care services. You may hire someone from any of these in-home care agencies or hire someone you know and pay out of pocket. For information and a list of in-home care service agencies and other providers, please contact the Aging and Disability Resource Center of Central Wisconsin at 888-486-9545.

Medicare will not pay for these services, however, there is a publicly funded Wisconsin Long Term Care Program that covers limited in-home care or chore services for those who qualify both financially and physically. For more information on the Medicaid Long Term Care programs, please contact the ADRC-CW at 888-486-9545.

Sincerely,
Your ADRC-CW Resource Specialist



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

Senior Dining Activities:

June 5: Birthday Celebration

June 12: Honoring Father's Day

June 19: Summer Welcome

June 26: June Dairy Days

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

June 6: Pork and Mustard Green Boil w/ Ginger

June 13: Boiled Chicken w/ Lemongrass & Herbs

June 20: Ground Pork Stir Fry w/ Cabbage

June 27: Chicken Breast and Tofu

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

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Rosemary Chicken Baked Sweet Potato Cauliflower Oat Bran Bread Mixed Fruit	4 Boneless BBQ Pork Rib Whole Wheat Hoagie Au Gratin Potatoes Whole Kernel Corn Mini Muffin Cinnamon Applesauce	5 Salisbury Steak Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Honey Bee Ambrosia June Birthdays	6 Salmon Diced Seasoned Potatoes Creamed Peas Rye Bread Grapes	7 Seasoned Chicken Breast Broccoli Mediterranean Salad Whole Wheat Bread Vanilla Yogurt & Berries
10 Sloppy Joe On a Bun Roasted Potatoes Baked Beans Grape Salad	11 Seasoned Baked Chicken Twice Baked Mashed Potatoes Diced Beets Whole Wheat Bread Peaches & Vanilla Pudding	12 Ham & Scalloped Potato Casserole Pacific Blend Veggies Whole Wheat Roll Banana Honoring Father's Day	13 Swedish Meatballs Mashed Potatoes Broccoli Salad Whole Wheat Bread Beetnik Cake	14 Chicken Alfredo over Linguini Broccoli Sweet & Sour Coleslaw Garlic Breadstick Berries
17 Meatloaf Mashed Potatoes Dill Carrots Raisin Bread Spice Cake	18 Baked Seasoned Fish Tartar Sauce Baked Potato Sour Cream Creamy Coleslaw Rye Bread Berries	19 Chef Salad with Mixed Spring Greens, Tomatoes, Diced Turkey, Hard Boiled Egg, Shredded Cheese Dressing Fresh Roll and crackers Minestrone Soup Cookie Summer Welcome	20 Cranberry Chicken Breast Baby Red Potatoes Coleslaw Sliced Peaches Brownie	21 Meat Lasagna Green Beans Mixed Greens Salad Dressing Garlic Breadstick Jell-O w/ Fruit
24 BBQ Chicken Diced Seasoned Potatoes Texas Caviar Multi Grain Bread Pineapple Cake	25 Roast Beef Mashed Potatoes Gravy Squash Oat Bread Fresh Fruit Mix	26 Swiss Steak Parsley Buttered Potatoes Carrots Whole Wheat Bread Pineapple Upside Down Cake June Dairy Day	27 Kielbasa & Kraut Twice Baked Mashed Potatoes WI Blend Vegetable Whole Wheat Dinner Roll Raspberry Sherbet Jell-O	28 Chili w/ Macaroni Crackers String Cheese Mixed Greens Salad Dressing Berries Vanilla Yogurt

Milk served with each meal. Menus subject to change.

Suggested contribution: Senior Dining: \$4.50 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.

Caregiving Support

Kacie Niemuth, Caregiver Support Coordinator

Caregiving looks different for everyone. Whether you are caring for your spouse, an adult child helping mom with her shower a few times a week, a neighbor helping around the house, or a nephew stopping by a few times a month to bring groceries...it is caregiving. The Aging and Disability Resource Center of Central Wisconsin (ADRC-CW) is here to support and help caregivers by listening and providing information and resources to help while you care for your loved one.


The ADRC-CW has limited grant funding available to help caregivers continue to care for a loved one. The Alzheimer's Family Caregiver Support Program (AFCSP) and the National Family Caregiver Support Program (NFCSP) can provide a limited amount of funding to help support the caregiver. Eligibility for AFCSP is a max household income of \$48,000 for the individual needing care and their spouse. There also must be a dementia diagnosis. NFCSP has a more limited amount of funding available, but has more flexible eligibility and the individual needing care does not need to have a dementia diagnosis. The grant program can assist with a variety of expenses including supportive home care services, respite care, urinary incontinence supplies, home safety modifications and more.

Whether you need a program with funding or just more information, the ADRC-CW is a phone call away. Call the ADRC-CW to talk with a Caregiver Coordinator or Dementia Care Specialist at 888-486-9545.

Additional support can be found:

- Caregiver Support Group: Offered for family caregivers throughout Langlade, Lincoln, Marathon and Wood counties. Meets the 4th Monday of the month from 10:30 am - noon, with virtual options, as well as in person, in Marshfield, Merrill and Wausau. Call the ADRC-CW to register 888-486-9545
- Powerful Tools for Caregivers: Strategies for self-care and connection during a six-week program that's offered in the spring and fall. Visit www.adrc-cw.org for more information or call 888-486-9545.

- Alzheimer's Association: www.alz.org or 24/7 helpline: 800-272-3900
- Trualta: Online training and support: WisconsinCaregiver.Trualta.com
- Wisconsin's Family Caregiver Support Programs: Topics including caregiver education, living options, legal and financial resources: WisconsinCaregiver.org
- Caregiver Teleconnections: Telephone learning sessions for caregiver covering a variety of useful topics: CaregiverTeleconnection.org



Volunteer!

You can help by delivering a Meals on Wheels route 1-2x a month or even once a week! Routes typically take 1-2 hours.


Routes are available on a variety of days throughout our region (no weekends and no holidays).



We have Meals on Wheels routes available based out of:

- Antigo
- Elcho
- Marshfield
- Merrill
- Pickerel
- Tomahawk
- Wausau
- Wisconsin Rapids

888-486-9545



Volunteering Feels Good and is Good for You

Tony Omernik, from Secrets of the Happiest Retirees

Would you be surprised if your doctor prescribed volunteering at your next visit? You really shouldn't. Volunteering as part of your plan for good health is being recommended by physicians to their patients. Even in our local community, I have had volunteers tell me that, besides enjoying their volunteering, it was something their doctor suggested they do.

In the past three decades, research has shown that volunteering has many health benefits for the volunteer. In fact, there have been over 50 studies published on the connection between altruism and physical and mental well-being. We can all relate to that good, warm feeling we get inside when we help someone or do something good. That good feeling is just part of a much larger spectrum of the many health benefits of volunteering, which include both physical and mental health benefits.

More specifically, a report by the Corporation for National and Community Service, The Health Benefits of Volunteering: A Review of Recent Research shows that volunteers have "greater longevity, higher functional ability, lower rates of depression and less incidence of heart disease." In addition, those who volunteer report an increased sense of accomplishment and purpose in their lives. The studies repeatedly found that volunteering leads to improved physical and mental health. In fact, it only takes about 100 hours per year, or about two hours a week, to enjoy significant health benefits of volunteering.

Data has shown that older adults reap the greatest health benefits. This is attributed to the sense of purpose and social role, which volunteering provides. For individuals over 70 who volunteer 100 hours per year, the data shows less decline in health and functioning levels, less depression and increased longevity.

Doing good, feels good and is good for you! While your gift of time and talents is helping to build a better community – you're also improving your health and happiness.

If you're not volunteering but would like to - start by learning about volunteer opportunities and what might be a good match for your interests and schedule. The Aging and Disability Resource Center of Central Wisconsin has a variety of volunteer opportunities such as delivering Meals on Wheels and meal packaging. You can learn more by contacting the ADRC-CW at 888-486-9545 or visiting www.adrc-cw.org.

Some other starting points:

- United Way of South Wood and Adams County:
<https://www.volunteerunitedway.org/>
or call 715-421-0390
- United Way of Marathon County:
<https://www.unitedwaymc.org/volunteer>
or call 715-848-2927
- Marshfield Area United Way:
<https://www.volunteermarshfield.org/>
or call 715-507-5005
- VolunteerMatch.org

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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

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234220

June is National Dairy Month

Molly Morris, Nutrition Supervisor

Dairy is a pretty big deal here in Wisconsin; the Dairy State! Wisconsinites overhauled the agriculture industry because wheat became difficult to produce by 1880, becoming the dairy industry leader in 1915 (UW Madison, nd). Did you know that the month of June was established as Dairy Month in 1937 by grocers as a way to distribute extra milk during the warmer months (The Dairy Alliance, 2024)? It's true! By 1939 the month of June was recognized nationally as the National Dairy Month.

Dairy is an important part of a healthy diet. The 2020-2025 Dietary Guidelines for Americans, released by The U.S. Department of Agriculture and Department of Health and Human Services, recommends three daily servings of dairy (milk, yogurt and cheese). This is because dairy products contain the protein, calcium, potassium and vitamin D that tends to be lacking in the American diet (The Dairy Alliance, 2024). We all remember the milk mustache campaigns promising to help build strong bones! Well, the nutrients provided by dairy products are important to a healthy lifestyle as they are known to help prevent obesity, heart disease, diabetes and high blood pressure in addition to osteoporosis.

Incorporating dairy into your daily diet supports healthy aging and can be done in a number of ways! Simply adding a glass of milk or a slice or two of cheese to your three daily meals is all it takes to meet your daily dietary needs. Some people enjoy yogurt or cottage cheese instead of milk or cheese and this is perfectly fine too! There are countless ways that a person can include dairy in their diet. It is important to make healthy dairy choices that limit fat and sugar intake. Choosing three servings of low fat dairy options and limiting dairy as a sugary treat supports a healthy lifestyle and has the potential to prevent illness.

There are many ways to celebrate National Dairy Month in June. Visiting and touring a local dairy farm to learn about the dairy process from start to finish is a wonderful way to celebrate. Enjoying an ice cream sundae or having an ice cream Sunday party with family and friends is another wonderful way to

celebrate. Or maybe you will put a cheese tray out to share with friends, family or coworkers. Whatever way you choose to celebrate dairy in June, your body will surely thank you!

Dairy is a pretty big deal for healthy aging as well as our culture and economy here in Wisconsin! Are you consuming enough dairy? Will you find new ways to ensure you are reaching your dairy dietary intake needs? How will you celebrate National Dairy month with your friends and family?

The Dairy Alliance. (N.D.). The Origins of June's National Dairy Month. The Dairy Alliance. <https://thedairyalliance.com/national-dairy-month#:~:text=The%20Origins%20of%20June's%20National,became%20the%20official%20dairy%20month>.

Driscoll, D. (N.D.). Becoming the Dairy State. Wisconsin 101. <https://wi101.wisc.edu/becoming-the-dairy-state/>

Vera Pischke

Paula Overend

Connie Friedhoff

Judy & Scott Skinner

Carol Brandenburg and Others in
Memorial of Tom Brandenburg

Piecemakers Quilt Guild of Central Wisconsin



Hearing Loss and Anxiety

Dani Ley, UWSP Intern

Have you ever been in a crowded room and tried to hear the conversation happening around you? Or have you experienced a time when you talked with someone and couldn't make out exactly what they were saying? Struggling to hear and understand others can be anxiety provoking. An individual with chronic or progressive hearing loss can have a sense of anxiety, stress or unease going into situations where they need to communicate with others. Anxiety and hearing loss can have a compounding effect.

Hearing loss is common. According to the Mayo Clinic, "more than half the people in the United States older than 75 have some age-related hearing loss." Hearing loss can range from mild to significant, and the ability to hear fluctuates, depending on the individual's condition and situation. Hearing loss can be caused by a number of factors including damage due to loud noises, age, ear infections, bone or tumor growths, inherited conditions, medications or illness.

Anxiety is often experienced as tension, worry and physical changes such as increased blood pressure (apa.org). Depending on the individual, anxiety is triggered by different thoughts and circumstances. A few examples of what can trigger anxiety for individuals experiencing hearing loss can include:

- Worrying about and experiencing the challenges involved with social interactions
- Difficulty in understanding the words or sounds involved in having a conversation
- Concern about missing important information
- Feeling isolated from others because of the struggle to share or learn about others.

Why would hearing loss make someone anxious? A person experiencing hearing loss can anticipate the struggles that might occur while trying to communicate. According to the National Council on Aging, hearing loss creates anxiety by:

- Communication difficulties : struggling to understand conversations, missing information, and difficulty expressing themselves which can cause frustration, embarrassment, and isolation
- Cognitive strain : someone with hearing loss works

extra hard to concentrate, fill in gaps, and decipher speech.

- Social impact : Someone with hearing loss may be self-conscious and feel embarrassment, which can lead to withdrawal from social situations.

The National Council on Aging also shares that anxiety itself can impact the ability to hear. The physical and psychological changes that impact the ability to hear can include:

- Stress response : anxiety causes a stress response that increases heart rate, muscle tension, and shortness of breath, which can cause tinnitus (i.e., buzzing or ringing in the ears)
- Attentional bias : during anxious situations, someone may focus on solely background noise which can make them lose concentration.
- Catastrophic thinking : anticipating the worst possible outcome can lead to sensitivity to all sounds, which can distract someone from conversations. This can lead to a vicious cycle.

There are tools and support available for those struggling with anxiety, including:

- Therapy/counseling
- Seeing a licensed medical professional (ear, nose, and throat doctor, audiologist, etc.)
- Social support (friends, family, church, etc.)
- Breathing and relaxation techniques
- Self-care (hobbies, getting good sleep, having eating a balanced diet, getting physical exercise, etc.)
- Journaling

Learn more about anxiety and self-care to find what works for you or your loved one.

To learn more about what resources are available in the community for you or a loved one, please contact the Aging and Disability Resource Center of Central Wisconsin at 888-486-9545 or visit www.adrc-cw.org

Sources:

<https://www.mayoclinic.org/diseases-conditions/hearing-loss/symptoms-causes/syc-20373072>

<https://www.apa.org/topics/anxiety>

<https://www.ncoa.org/adviser/hearing-aids/hearing-loss-anxiety/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/tips-to-help-ease-anxiety>

Fighting the Filthy Fly

Kit Ruesch, Quality Manager ADRC-CW

June is a big month in Wisconsin. All around the state, farms welcome visitors for dairy breakfasts as a way to celebrate June Dairy month, as well as educate people on the important role the dairy industry plays in Wisconsin. I was fully prepared to write an article about June Dairy month but, during the course of my research, I discovered that June is also a month that explores another animal that spends an uninvited season at dairy farms across the state; June is also Fight the Filthy Fly Month.

Filthy Fly is not just a term used to create alliteration in a marketing campaign, but is in fact a subcategory of fly that feeds on waste. Filthy flies, such as house flies, blow flies and flesh flies are all around us, feeding and breeding in manure, decaying organic matter, dumpsters, garbage cans, and other areas of filth. Although this sounds like a pretty unsavory existence, flies play an important role in expediting the decomposition process, while also being a food source for many other animals such as spiders, frogs, fish and birds, among others. So outside of living in an environment that we find disagreeable, is there a reason that we as a collective want to fight the filthy fly?

In short, yes, there are many reasons to fight filthy flies. They often regurgitate and excrete on surfaces, which increases the potential of transmitting bacteria and disease to humans and animals. Bacteria is the most common organism spread by flies, but fungi, parasites and viruses can also spread from flies to humans and animals. The potential of flies carrying disease, along with their extraordinary reproductive rate (female house flies lay up to 500 eggs in their lifetime), makes fighting filthy flies seem a worthwhile effort.

Along with the trusty fly swatter, here are some other tips and tricks for helping to fight filthy flies as outlined by Ecolab, a company that specializes in hygiene and infection prevention solutions (<https://www.ecolab.com/pages/how-to-prevent-large-fly-problems>).

- Keep garbage areas clean and away from the building when possible; close receptacles with tight-fitting covers.
- Bag and seal garbage in durable plastic garbage bags; under-stuff and tie off garbage bags to eliminate spillage.
- Pave or seal area beneath and around dumpsters.
- Remove standing water, weeds, tall grass, and other excessive vegetation to reduce breeding and harborage areas.
- Remove clutter and items stored on the ground near the building.
- Pick up discarded food containers, spilled foods, and other garbage.
- Inspect, seal, and maintain doors in good condition.
- Windows that open to the outside should have properly fitting mesh screens.
- Clean up food debris and keep floors cleaned/mopped so as to not allow accumulated condensation.

Additionally, along with many pesticides on the market to help with fly control, you could try one of the following repellants/traps to deter flies from hanging around your living space.

- Essential oils, such as lavender, citronella, lemongrass, eucalyptus, peppermint, tea tree and geranium are effective in repelling flies.
- Herbs and plants, such as basil, lemongrass, lavender, rosemary, and mint can help repel flies.
- Creating a trap by filling a shallow dish with apple cider vinegar with a few drops of dish soap, and placing it where flies are most common is also an effective way of combating flies.

Keeping flies out of your living space helps avoid the nuisance of having the little buggers buzzing about, but also helps with ensuring appropriate hygiene. Hopefully, some of these ideas will help you as we all fight to keep the filthy flies at bay.

Sources:

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