



**FREE**

Information for older adults, adults with disabilities, their families, and caregivers.

# CHOICES

SERVING LANGLADE, LINCOLN, MARATHON, AND WOOD COUNTIES

JULY 2024

## IN THIS ISSUE

Ask a Specialist

A Special Goodbye

Clinical Trials for Dementia

Music and the Brain

Crossword Puzzle

Adults with Disabilities and Tobacco Use

Caregiver Stress

What to Know About Elder Abuse



[WWW.ADRC-CW.ORG](http://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.





## Making an Impact Through Quality Care



**Assisted Living**  
Lead an engaging lifestyle supported by a perfect balance of personal care services.  
1204 W. McMillan Street, Marshfield, WI

**Memory Support**  
All the comforts of home with an innovative programming to ignite your inner spark.  
1606 N. St. Joseph Avenue, Marshfield, WI



**STONEY RIVER**  
ASSISTED LIVING • MEMORY SUPPORT

(715) 207-6423 | [stoneyrivmarshfieldwi.com](http://stoneyrivmarshfieldwi.com) | 

347523



**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

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

### Empowering Seniors to Prevent Healthcare Fraud

► **PROTECT**  
your personal information

► **DETECT**  
suspected fraud, abuse, and errors

► **REPORT**  
suspicious claims or activities



Call us with questions about billing errors, scams and medical identity theft



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



# HABUSH

PERSONAL INJURY ATTORNEYS

National reputation. Hometown service.

**If you suspect your loved one is a victim of nursing home neglect, contact us today for a free legal consultation.**

---

**(800) 242-2874 | [www.habush.com](http://www.habush.com)**

345273

# Table of Contents

Page	Content
4	ADRC-CW Info
5	ADRC-CW Programs
6	Ask a Benefit Specialist
6	A Special Goodbye
7	Ask a Resource Specialist
7	Clinical Trials for Dementia
8	ADRC-CW Senior Dining
9	Menu
10	Music and the Brain
11	You Can Prevent Falls! Crossword
12	Adults with Disabilities and Tobacco Use
13	Caregiver Stress
14	What to Know About Elder Abuse
15	Thank You

**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)



234220

Available for eligible...

- Families
- Adults
- Seniors
- Persons with Disabilities

Monthly rent is based on 30% of income with a maximum rent payment of \$575

*For more info or a tour,*

**CALL 715-387-0528 ext. 308**

**NOW RENTING.....**

- ✓ 1-Bedroom Apartment
- ✓ Applications Processed Immediately
- ✓ 24 HR Security ✓ On-Site Laundry
- ✓ Kitchen Appliances Included
- ✓ TV & Internet at Reduced Rate
- ✓ Affordable Lunch Program
- ✓ Steps Away From Downtown

The ODA is pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the Nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, disability, color, religion, gender, sexual orientation, or national origin.



**Affordable, Independent Living Apartments**

343759

## 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.*

### PUBLISHER

Patrick J. Wood

### GENERAL MANAGERS

Dave Wood dwood@mmclocal.com

Tim Schreiber tschreiber@mmclocal.com

### PRINTER

Christensen Printing & Publishing LLC

### ADVERTISING INFORMATION

Wausau Buyers' Guide

715-842-4424

Merrill Foto News

715-536-7121

Marshfield Buyers' Guide

715-384-4440



Aging & Disability Resource Center of Central Wisconsin newsletter is published monthly by Multi Media Channels, LLC, N2919 Cty Rd QQ, Waupaca, WI 54981.  
© Copyright Multi Media Channels LLC 2024. All Rights Reserved. No part of this publication or any of its contents may be reproduced, copied, modified, or adapted without the prior written consent of Multi Media Channels LLC.

**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 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

# A Special Good-Bye

by Brittany Boyer,  
Benefit Specialist Supervisor

## Dear Benefit Specialist,

I'm new to texting. After my son helped me set up my new phone, he also showed me how to send text messages! However, last week I received a text message from Social Security. It said there was a problem with my account, that I owe money for back taxes, and they gave me a phone number to call. When I asked my son to look at the text, he told me it was a scam and not to worry about it. I want to make sure I don't actually owe anything to Social Security, but my son told me not to call the phone number. Who should I call to make sure I'm not doing anything wrong?

Sincerely,  
Distressed Texter

## Dear Distressed Texter,

Scammers have started using all sorts of innovative ways to try and contact you. They even text! Social Security will only send text messages to people who have actively opted into receiving text messages from the agency. This is not something that happens automatically. The message you received sounds like a classic scam to me.

If you did actually owe money to the Social Security Office, they would mail you a letter detailing your payment options and appeal rights. This is not something they would send in a text message. Never call the phone number provided in a text message. If you need a little more confirmation that it is okay to ignore suspicious text messages, you can always call your local Social Security office directly at the numbers below. Have fun texting!

Social Security Administration:

- National: 1-800-772-1213
- Wausau: 1-855-269-9186
- Wisconsin Rapids: 1-855-686-1465
- Rhinelander: 1-888-868-8185
- Green Bay: 1-888-862-4811

It is always bittersweet when we see an employee off into the next chapter of their lives. It is especially bittersweet when that employee has served our Langlade County community for over 50 years. Kathy Schultz, Elder Benefit Specialist, is entering retirement as of June 2024.

I have always known Kathy to be a kind, motivated, and passionate individual. She has strived over the years to provide her customers with a welcoming and compassionate place to put down their worries, and be heard. She is a pillar in her community and is often seen sharing a laugh or a hug to those in her presence.

Any Social Service position is not without its personal sacrifices. We offer up our comfortability for others, our patience, our time, our empathy, and our compassion. We sit with customers in some of their most vulnerable times and hold space as they communicate their fears. Kathy has served her community and sacrificed herself for the good of her customers countless times. We have been lucky enough to have her as an ADRC-CW employee over the years.

We wish her a heartfelt congratulations on her retirement and all the incredible years of work she put into getting there.

***Thank you Kathy!  
Congratulations on your retirement!***

-Brittany Boyer



## Ask a Resource Specialist

### Dear Resource Specialist:

My neighbor recently moved her father to a nursing facility, and she told me that the nursing home will take her father's home. Can a nursing facility really take someone's home?

Sincerely,  
Henry Home

### Dear Henry Home:

We often hear people say that a nursing home “took” someone's home from them. While it may feel that way to the family, that's not entirely true. If someone is using long-term care Medicaid benefits, they are subject to Estate Recovery in Wisconsin. Estate recovery is how the state of Wisconsin gets reimbursed for long-term care Medicaid benefits. For example, if Thomas is in need of nursing facility care and doesn't have the assets to pay privately, he might apply for and enroll in Medicaid, who may then pay for his care at the nursing facility. Under the Estate Recovery Program, after Thomas passes away, the state of Wisconsin can recoup money that was paid out for Thomas's care from his estate. If he owned a home, and there is no surviving spouse living in it, his estate may need to sell that home and use the funds to repay the state of Wisconsin for the care that Medicaid paid for while Thomas was in the nursing facility. The nursing facility itself has nothing to do with the funds from the sale of the home. If you would like to learn more about estate recovery and how it could affect yourself or your loved one, a great resource can be found at: <https://www.dhs.wisconsin.gov/publications/p1/p13032.pdf> or you can call the Estate Recovery program directly at: 608-264-6755 or 608-264-7739.

Submitted by:  
Jenny Pagel  
Resource Specialist, ADRC-CW

## Clinical Trials for Dementia

Do you wish you could prevent Alzheimer's and other dementias? Or help find a cure?



Consider joining a research study. According to [Alzheimers.gov](https://www.alzheimers.gov), your participation “may help resources discover new ways to diagnose, treat, and prevent Alzheimer's disease and related dementias.”

If you are interested in helping to find answers, take some time to explore if there are trials that would be a good fit for you:

Alzheimer's and related Dementias Education and Referral (ADEAR) Center is a service of the National Institute on Aging at the National Institutes of Health.

- [Alzheimers.gov](https://www.alzheimers.gov): You can search which trials are nearby.
- Or call: Alzheimer's and related Dementias Education and Referral Center: 800-438-4380
- Or email: [adear@nia.nih.gov](mailto:adear@nia.nih.gov)

<https://www.alzheimers.gov/clinical-trials/frequently-asked-questions>

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



**LATTYAK ELDER LAW LLC**

**715-359-8833**

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

50914

# 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:

July 3: Independence Day and July Birthdays

July 4: CLOSED

July 24: Baseball Party

## 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 - Cafe 60

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

July 4: CLOSED for Independence Day

July 11: Boiled Fish with Herbs

July 18: Chicken Kapone

July 25: CLOSED for Hmong Wausau Festival

## 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

## July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Lemon Pepper Fish Baked Potato Sour Cream Carrots Rye Bread Creamy Fruit Salad	<b>2</b> Chicken Salad on a Croissant Romaine Leaf & Tomato Slice Veggie Chicken Noodle Soup & Crackers Sliced Peaches Cookie	<b>3</b> Brat on a Bun Ketchup Steamed Onions pinch Baked Beans Potato Salad White Cake w/ Berries  <b>Independence Day &amp; July Birthdays</b>	<b>4</b>  <b>Closed for Independence Day Holiday</b>	<b>5</b> Beef Stroganoff Mashed Potatoes Sweet & Sour Cabbage Whole Wheat Bread Strawberries
<b>8</b> Pulled Pork on a Roll Parsley Buttered Red Potatoes Pea Cheese & Onion Salad White Cake with Raspberries	<b>9</b> Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Mandarin Oranges Carrot Cake	<b>10</b> Hamburger On a Bun Grilled Onions Ketchup German Potato Salad Baked Beans Mixed Fruit	<b>11</b> Chicken Breast Mushroom & Bacon Sauce Mashed Potatoes California Blend Vegetables Biscuit Banana	<b>12</b> Crab Pasta Salad over Mixed Greens Tomato Wedges & Slices Dinner Roll Peaches Lemon Bar
<b>15</b> Salisbury Steak Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Honey Bee Ambrosia	<b>16</b> Salmon Diced Seasoned Potatoes Creamed Peas Rye Bread Grapes	<b>17</b> Baked Rosemary Chicken Baked Sweet Potato Cauliflower Oat Bran Bread Mixed Fruit	<b>18</b> Boneless BBQ Pork Rib Whole Wheat Hoagie Au Gratin Potatoes Whole Kernel Corn Mini Muffin Cinnamon Applesauce	<b>19</b> Seasoned Chicken Breast Broccoli Mediterranean Salad Whole Wheat Bread Vanilla Yogurt & Berries
<b>22</b> Ham & Scalloped Potato Casserole Pacific Blend Veggies Whole Wheat Roll Banana	<b>23</b> Meatloaf Mashed Potatoes Dill Carrots Raisin Bread Spice Cake	<b>24</b> Sloppy Joe On a Bun Roasted Potatoes Baked Beans Grape Salad  <b>Baseball Party</b>	<b>25</b> Seasoned Baked Chicken Twice Baked Mashed Potatoes Diced Beets Whole Wheat Bread Peaches & Vanilla Pudding	<b>26</b> Chicken Alfredo over Linguini Broccoli Sweet & Sour Coleslaw Garlic Breadstick Berries
<b>29</b> Meat Lasagna Green Beans Mixed Greens Salad Dressing Garlic Breadstick Fruit Jell-O	<b>30</b> BBQ Chicken Diced Seasoned Potatoes Texas Caviar Cranberry Cornbread Pineapple Cake	<b>31</b> Chicken Salad On a Croissant Romaine Leaf & Tomato Slice Veggie Chicken Noodle Soup & Crackers Sliced Peaches Cookie	<b>Milk served with each meal. Menus subject to change.</b> <b>Suggested contribution:</b> 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.	

# Music and the Brain

Jennifer Thompson, Dementia Care Specialist

The human brain is a fascinating, very busy, and efficient organ. Like any muscle or organ in our bodies, there are some changes that can occur as we age. We do have some control over this, and there are things we can do to keep the brain strong and operating as it should. Things like physical activity, socialization, what we put into our bodies, and managing our physical health are some very important aspects in brain health. Stimulating or exercising our brain is another.

As one would expect, there have been a number of studies done on the brain. One interesting focus has been the effects that music has on this amazing organ. Research has shown that there are few things that stimulate the brain in the way that music does. Did you know that listening to music activates nearly all of your brain? If you are wondering why this is important, it is because pathways in the brain become stronger when they are used and weaker when not used.

Not only does music stimulate the entire brain, but it is also believed that listening to music has therapeutic benefits. Music has been shown to reduce stress levels, decrease blood pressure, increase energy, improve moods and even improve cognitive functioning. Studies show that when listening to music, hormones that are associated with pleasure, and those that are responsible for helping to control our emotions, are released. This is what helps to reduce stress levels and improve our moods. Music can also stimulate parts of the brain that are responsible for memory recall and learning new skills, thus improving cognitive function. Music therapy is very common in hospitals, rehabilitation centers, and nursing homes. Music is often part of celebrations and can connect us with each other and our emotions.

When we hear music we are interested in, it causes our brain to pay attention. Listening to our favorite music can bring back many memories that are associated with the music. These memories can help us to feel connected with others around us. Music can be a very powerful way to connect with others, even when the brain has been affected by injury or disease.

We all like different types of music, and listening to something you really do not like can feel less enjoyable. However, an article from Johns Hopkins Medicine reported that listening to new or different music can actually be more stimulating for the brain because the brain has to work harder to understand the new sound. This is something to consider if you are up for an added challenge.

Regardless, if it is your old favorites or something new, music is a great way to keep our brain engaged and stimulated as we age. The familiar saying “use it or lose it” is very applicable when we are talking about brain health. So, if you want to give your brain a good workout, go ahead and listen to the music!

Sources:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/keep-your-brain-young-with-music>

<https://www.health.harvard.edu/blog/why-is-music-good-for-the-brain-2020100721062>



# We Can Prevent Falls!

## Falls Free Wisconsin

### Across

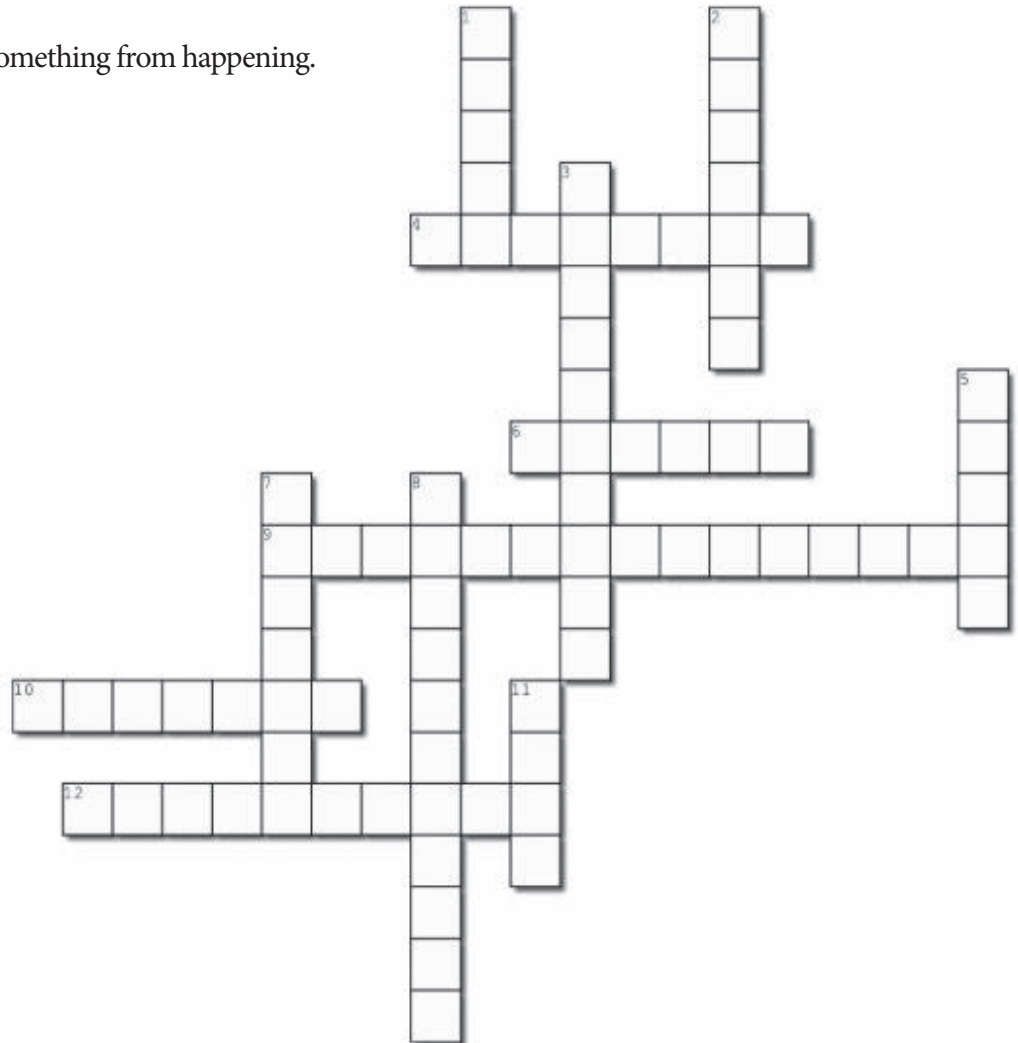
- Practice \_\_\_\_\_ exercises at least 2 days a week to help prevent falls.
- May be used if someone is unsteady on their feet or has poor balance (hint: a type of assistive device).
- Items that can be installed or used to prevent falls and help with independence.
- This sense can change with time and may affect our balance (hint: you may have a problem with this sense if you frequently ask people to repeat what they say).
- The action of stopping something from happening.

### Down

- Changes such as contrast sensitivity, difficulty with glare, depth perception, decreased peripheral vision, and needing more lighting are some of the things that affect this sense.
- A collection of things lying around in a somewhat untidy mess that can contribute to a fall. Examples include a pile of newspapers, medical documents, artwork from the grandkids, books, and more.
- This can be in the form of prescriptions, over the counter, and/or herbal supplements and can increase someone's fall risk.

### Down continued...

- Offer good support and grip to our feet and are important to help prevent falls.
- Allows for an individual to remain steady.
- Use these in hallways, bathrooms, and bedrooms to see better in dim spaces or at night.
- Can be used when an individual has a weak and/or painful lower extremity (foot, hip, or leg) that makes it hard to walk or keep their balance (hint: a type of assistive device).



# Adults with Disabilities and Tobacco Use

Erin Wells, Director of Aging and Wellness

According to the Centers for Disease Control and Prevention (CDC), cigarette smoking kills almost one in five adults each year, and tobacco use is the leading preventable cause of death in the United States. Research and public health campaigns have alerted all of us to the dangers of smoking. So, why do people still continue to smoke? Nicotine is addictive. Nicotine releases dopamine in the brain causing a brief euphoria. Repeated exposures to nicotine creates a change in the brain to alter the brain's "sensitivity to dopamine and leads to changes in other brain circuits involved in learning, stress and self-control (NIH)."

Adults with disabilities are more likely to be targeted by advertising from tobacco companies. Tobacco companies spend billions of dollars each year because they know that marketing works. Tobacco companies "also target specific populations, including people who have behavioral health conditions, with commercial tobacco advertising (CDC)." Tobacco companies funded "research" to support ideas that have since been proven to be untrue such as the "idea that people with mental health conditions need cigarettes to treat their symptoms (CDC)."

With more marketing aimed at individuals with disabilities, it isn't surprising to see that more adults with disabilities use tobacco. The CDC states that 27.8% of adults with disabilities smoke cigarettes compared to 13.4% of adults without a disability. E-cigarette use is higher as well, with 8% of adults with disabilities using the product, compared to 3.9% of adults without a disability. However, there is good news. Research has shown that access to comprehensive tobacco control programs can reduce smoking rates, which in turn means healthier lives, as well as less tobacco-related diseases and deaths (CDC).

If you ( or a loved one) would like to learn more about quitting or changing how you/they use tobacco (including those smoke, vape, or chew), the Quit Line can provide confidential services and coaching 24 hours a day, 7 days a week. They can also provide a free limited time starter kit of medications for those looking to quit the use of tobacco.

800-QUIT-NOW (800-784-8669)

Text: READY to 34191

Visit: [WiQuitLine.org](https://www.wiquitline.org)  
(Materials and information in Spanish and Hmong)

American Indian Program: 888-7AI-QUIT

En Espanol: 877-2NO-FUME

TTY: 877-777-6534

Sources:

<https://nida.nih.gov/publications/research-reports/tobacco-nicotine-e-cigarettes/nicotine-addictive#:~:text=Yes.,half%20try%20to%20quit%20permanently.>

<https://www.cdc.gov/ncbddd/disabilityandhealth/smoking-in-adults.html>

<https://www.cdc.gov/tobacco/health-equity/behavioral-health/unfair-and-unjust.html>

<https://quitline.wisc.edu/>



The Aging and Disability Resource Center of Central Wisconsin (ADRC-CW) works with older adults and adults with disabilities... and those who provide care for them. Family caregivers come with a variety of responsibilities and situations. A family caregiver might be juggling full-time work, raising children or grandchildren and squeezing in time to help a loved one a couple times a week. A family caregiver might be a spouse that is managing a household and navigating her partner's dementia diagnosis. A family caregiver doesn't even have to live in town! From a distance, a caregiver might help with finances, make phone calls and give emotional support.

Caregiving is as unique as each individual. It can be a time of connection and togetherness but it also can be tough. It is critical to take care of yourself, in addition to the person receiving care. Caregivers have a lot on their plate, and they sometimes sacrifice the time they need for themselves. They can be at higher risk of physical and mental health issues, sleep problems, and chronic conditions such as high blood pressure and even premature death. It may not be obvious when a caregiver needs help, but it's important to learn about caregiver stress and what to do.

Stress shows up differently in everyone. Pay attention and learn what your symptoms of stress look like. Examples may include:

- Feeling exhausted, overwhelmed, or anxious
- Becoming easily angered or impatient
- Feeling lonely or disconnected
- Having trouble sleeping or not getting enough sleep
- Feeling sad or hopeless, or losing interest in activities formerly enjoyed
- Experiencing frequent headaches, pain, or other physical problems
- Not having enough time to exercise or prepare healthy food for yourself
- Skipping showers or other personal care tasks such as brushing your teeth
- Misusing or drugs, including prescription medications

Finding ways to manage your stress can help you as a caregiver but also the person you are caring for. Some suggestions for managing stress:

- Be active: walk, dance, garden, play with a pet
- Eating a well-balanced diet
- Prioritize sleep
- Meditation or yoga
- Take time to relax: watch a movie, read, work on a hobby, visit a friend
- Keep up with your own health: keep your medical appointments, especially preventative care. Share with your provider that you are a caregiver.
- Reach out for support: join a support group for caregivers, talk to a loved one
- Take a break: ask another family member or friend to step in, explore hiring help or an adult day program
- Be kind to yourself: you don't have to pretend to feel cheerful all the time. Feelings of sadness, frustration, and guilt are normal and understandable
- Express your feelings by writing in a journal or talking to a friend

Remember that you are doing the best you can and that you are not alone. If you are experiencing health concerns or a high level of stress and anxiety, contact your health-care provider.

The Aging and Disability Resource Center of Central Wisconsin is a great place to start if you would like to talk about resources or programs in the community to help support you in your caregiving journey. Join us on the 4th Monday of each month from 10:30 am - 12:00 noon for the Caregiver Support group to connect with other caregivers like yourself. In-person Support Group options: Wausau, Merrill and Marshfield. Virtual options are also available. Contact us to learn about more options: 888-486-9545 or visit [www.adrc-cw.org](http://www.adrc-cw.org)

Source: National Institute of Health: [www.nia.nih.gov/health/caregiving](http://www.nia.nih.gov/health/caregiving)

# What to know about Elder Abuse

## Reprint from the National Institute on Aging

From the National Institute on Aging: Tips for Caregivers. About 1 in 10 adults over 60 is abused, neglected, or financially exploited.

Abuse can happen anywhere, including in the older person's or a family member's home, an assisted living facility, or a nursing home.

Signs that can indicate that an older person is being abused include:

- Becoming withdrawn, agitated, or violent
- Having unexplained pressure marks, bruises, burns, cuts, or scars
- Developing preventable conditions, such as bedsores
- Looking messy or having unwashed hair, dirty clothes, or poor dental hygiene
- Having sudden and unexpected financial losses or unpaid bills, despite adequate finances

Watch for patterns that may suggest abuse and seek help if you are concerned.

Learn more about what to look for if you suspect an older loved one is being abused.

### Additional Resources:

Visit [www.nia.nih.gov](http://www.nia.nih.gov) and learn more.

Adult Protective Service:

Langlade, Lincoln, Marathon Co: 855-487-3338

Wood Co: 715-421-4244

Wisconsin Elder Abuse Hotline (GWAAR):  
833-586-0107

Ombudsman Program on Aging and Long Term Care (Nursing Homes, CBRFs, Adult Family homes in Wisconsin): 800-815-0015

[https://www.nia.nih.gov/health/elder-abuse/elder-abuse??utm\\_source=nia-eblast&utm\\_medium=email&utm\\_campaign=caregiving-20240523#signs](https://www.nia.nih.gov/health/elder-abuse/elder-abuse??utm_source=nia-eblast&utm_medium=email&utm_campaign=caregiving-20240523#signs)

## You can reduce your risk of a fall!

### Falls Free® Wisconsin can help

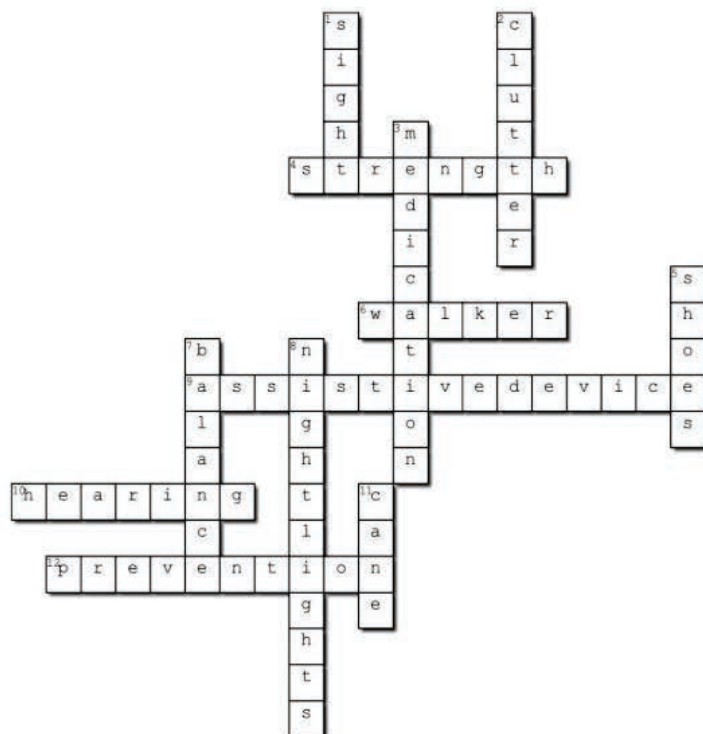
- Learn how vision, medications, hearing – even footwear – affect your falls risk
- Spot the fall hazards on a virtual home tour and learn how to remove them to stay safe
- Learn balance and strength exercises designed to reduce your risk of falling

Find all of this and more at: [FallsFreeWI.org](http://FallsFreeWI.org)

Scan me for quick & easy access to [FallsFreeWI.org](http://FallsFreeWI.org):



Falls  
Free  
Wisconsin



# Thank You

Sister Kris - tokens of kindness to bring a spring smile to the face of WI Rapids Meals on Wheels customers.

Silo Jumpers  
 Jean Anhalt  
 Avis Schroer  
 John and Mary Wilzewske  
 Connie Osborne  
 Star Anaker  
 Anonymous  
 Marge Fockler  
 Assumption Middle and High School  
 Sparta Herrman Elementary 2nd grade classes  
 Dan Norberg  
 Material Girls Quilting Group



Paolo & Anne Chagnon Cicarolli  
 Augie Erdmann  
 Mary Hartman  
 Susan Jung  
 Todd & Laurie Smith  
 Jim, Sue, & Craig Randall  
 Joyce Kastner  
 Tom & Diana Filipiak  
 Bill Clark  
 Kris Vraney  
 Debbie Nass  
 Marge Hapke  
 Jim Maguire  
 Sue Raab  
 Wesley Helke  
 Bill & Sandy Panzigrau  
 Mark & Bette Martino  
 Bob & Jean Berens  
 Don & Sue Schmidt  
 Guy & Liz Pieczynski  
 Susan Kroeplin  
 Carol Brandenburg



Thank you to Prairie River Middle School in Merrill. The 5th grade classes created Spring gifts for Meals on Wheels customers in Merrill.



**Start** your journey to joyful living

Private assisted-living apartments  
 Friendly staff & residents · 24/7 nurses  
 Home-cooked meals · Fun events & activities

**Schedule a personal tour: 715-536-5575**



1500 O'Day St in Merrill — [BellTowerResidence.org](http://BellTowerResidence.org)



**FIRSTCALL**  
 Medical Monitoring

*Independent living without leaving the comfort of your home. That is what we provide.  
 Call us today to have your 24/7 personal emergency response system installed in your home.*

**CLARK ELECTRIC APPLIANCE & SATELLITE**

1209 W. Dall-Berg Rd. • Greenwood, WI 54437

866-279-6544 • 715-267-6544

HOURS: Monday-Friday 8 a.m. to 4:30 p.m.



## **Rennes Health & Rehab Center**

*Rehabilitative Services & Skilled Nursing*

- Private Rooms
- 24-Hour Nursing Care
- In-House Staff Therapists
- Home Safety Evaluation
- Outpatient or Inpatient Rehab
- Physical, Occupational & Speech Therapy
- One-to-One Patient-to-Therapist Treatment
- State-of-the-Art Rehab Equipment & Therapy Gyms



***For more information or a tour, please contact us:***

**715.393.0400**

**715.420.0728**

**4810 Barbican Ave, Weston**

**1970 Navajo St, Rhinelander**



## **Renaissance by Rennes**

*Assisted Living Apartment Community*

- Individual Private Apartments
- Wireless Internet/Cable Included
- Medication Monitoring
- Transportation & Outings
- Healthy Home-cooked Meals
- Weekly Housekeeping
- 24-Hour Care Team
- Full-Time Registered Nursing
- Beauty Salon/Barber Shop and Spa



***For more information or a tour, please contact us:***

**715.355.5858**

**715.424.6500**

**4602 Barbican Ave, Weston**

**1500 Pepper Ave, Wisconsin Rapids**

Learn more and take an online tour at [www.rennesgroup.com](http://www.rennesgroup.com)