



**FREE**

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

# CHOICES

SERVING LANGLADE, LINCOLN, MARATHON, AND WOOD COUNTIES

AUGUST 2024



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Ask a Resource Specialist

Vaccinations

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[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.





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- Persons with Disabilities

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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 Café 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, **Café 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.



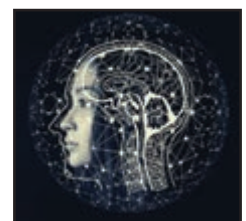
## Memory Café

This social activity is for individuals with mild or moderate dementia AND a family member or friend who assists them. The Café 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 have recently received letters stating that my personal Medical, Internal Revenue Service (IRS) Tax ID and Financial institution identities have been stolen by multiple internet data breaches. What can I do?

Signed, Under the Breach

Dear Under the Breach,

We are moving into the age where internet data sharing is commonplace. While most transactions are secure, there is a very real risk of losing your personal information and identities to cybercrimes. You can feel vulnerable and exposed, but there are steps you can take to regain some control and protect yourself from harm. Here are some basic steps you can take.

Medical identity can affect records and insurance claims, however patients can play a vital proactive role in protecting their identities. You may want to closely monitor your Explanation of Benefits (EOB) or Medicare Summary Notices (MSN) for any suspicious activity. Promptly report discrepancies to your healthcare provider, insurance company and Senior Medicare Patrol Officer. Going forward you should review your medical records for any incorrect appointments and watch your medical diagnosis list for changes.

In the event of IRS identity theft, swift action is crucial to mitigate the damage. You should contact the IRS immediately to report the incident and request assistance in resolving the matter. The IRS has dedicated resources and procedures in place to

help victims. Resources will help by sharing how to complete forms like the IRS 14039 Identity Theft Affidavit or how to request an Identification PINs (IP PINs). If you feel more comfortable contact your local tax preparer they may assist you as well.

Regarding your financial identity theft, you should immediately contact law enforcement and all your financial institutions providing them a copy of your breach letter. Most data breach notices come with a free year credit monitoring, covering up to a million dollars' worth of damages. Check with the Credit Bureaus: TransUnion, Experian and Equifax, to see what monitoring services they offer, which are free and can last up to seven years. You may also inquire about freezing your accounts. In addition to these efforts you should also stay informed about the latest scams and fraud tactics, so if someone tries to use your information you can better protect yourself.

Moreover, advocating for stronger data protection laws and regulations can help create a more secure environment for personal information online.

Resources:

Senior Medicare Patrol: 888-818-2611

Internal Revenue Service: 800-908-4490

Credit Bureaus:

Equifax: 888-298-0045

Experian: 888-397-3742

Transunion: 800-916-8800

Sincerely,

Your local Benefit Specialist at the ARDC-CW

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



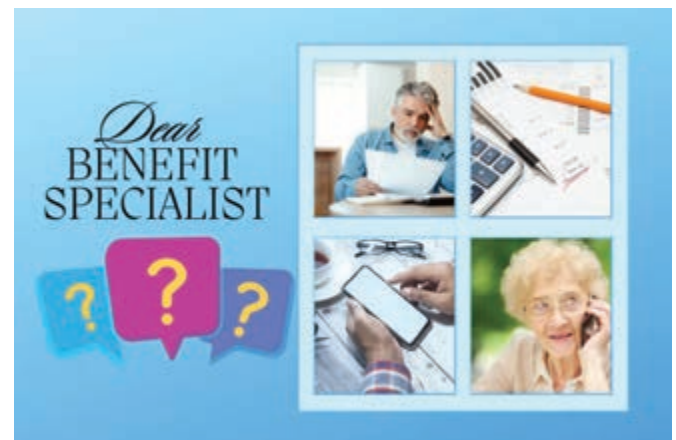
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**JANET M. LATTYAK, ATTORNEY**

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

Dear Resource Specialist,

What are some assistive technologies for individuals with disabilities?

Sincerely, Tech Question Assistance Needed

Dear Tech Question Assistance Needed:

Technology is changing and advancing every day. There are many products that allow greater independence with tasks that we want or need to do. Let's take a look at a few of these technologies:

**Screen Reader Software** is available for those with a visual impairment by reading the text or explaining the imagery displayed on the computer screen. The text can also be displayed in braille.

**Screen Magnification Software** enlarges text, images and graphics on a computer screen.

**Footmouse** is a computer mouse operated by the foot which is helpful for those with limited mobility in their wrists or hands.

**Alternative Keyboards:** Keyguards are made to go over a standard keyboard which makes it easier to press the correct keys. Compact Keyboards are smaller and can fit on a wheelchair tray. Large-Keyed Keyboards are helpful for those who are visually impaired.

**Braille Embossers:** Braille embossers are printers that connect to a computer to print documents using braille by producing the material in raised dots on the paper rather than ink.

**Text-to-Speech software:** This helps users who have difficulty reading by producing the text and then reading it to the user.

**Amazon Alexa** responds to verbal requests and has accessibility features such as controlling lights and ceiling fans. One feature uses the device's camera to tell people with a visual impairment which objects, such as grocery items, they are holding.

**Label Readers** allow for easy identification of items by recording voiced labels and attaching them to household items such as medicine bottles, clothing, or groceries.

**Sound Amplifier** is a powerful amplification device with a built-in microphone for clear and loud delivery of voice and sound.

**Where can I get these devices/software and are there any funding options available?**

Most assistive technology software and devices can be found on Amazon or other websites such as: [enablingdevices.com](http://enablingdevices.com), [assistivetechologystore.com](http://assistivetechologystore.com), [Eye-Link Wisconsin](http://Eye-Link Wisconsin) or [independentliving.com](http://independentliving.com)

**Midstate Independent Living Choices (MILC):** learn more about different assistive technology: [milc-inc.org](http://milc-inc.org) or 715-344-4210 or 800-382-8484. Explore a **WisLoan** which is a loan program that allows qualified Wisconsin residents with a disability to obtain a loan to purchase adaptive equipment or assistive technology, as well as home modifications or accommodations for employment. There are no income requirements.

**TEPP (Telecommunications Equipment Purchase Program):** assists people with disabilities to buy the equipment they need to use basic telephone services such as iPhones, Samsung Droids, iPads, captioned phones and sound alert devices. There are no income limits to receive a TEPP voucher (paid for by the WI Universal Services Fund). To fill out an application, go to: [tepp.solixinc.com](http://tepp.solixinc.com) or call 608-231-3305

**Adventures in Vision Loss (Rosholt, WI):** Five day training event for individuals with visual impairments to learn to do things differently and focuses on cooking, technology, communications, mobility and resources about vision loss. More information: Office of the Blind and Visually impaired at 888-879-0017 or [dhsobvi@dhs.wisconsin.gov](mailto:dhsobvi@dhs.wisconsin.gov).

As always, please contact an ADRC Resource Specialist with questions or further information regarding assistive technology: 888-486-9545 Monday- Friday 8:00 am to 4:00 pm.

Kari Krause, 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:

August 7: August Birthday Celebration  
National Root Beer Day

August 21: County Fair Day

August 28: Labor Day Celebration

## 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 Wed 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 Café 60: 888-486-9545

### The Wild Steer - Café 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  
8/1: Closed: Hmong Wausau Festival Clean Up  
8/8: Boiled Ground Pork and Young Bamboo  
August 15: Chicken Larb with Green Lettuce  
August 22: Ground Pork Stir Fry with Ginger, Green Onion, Lemongrass  
August 29: Chicken Copia with Fresh Cilantro, Green Onion, Lime

## 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, Café 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

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Milk</b> served with each meal. Menus subject to change.</p> <p><b>Suggested contribution:</b> Senior Dining: \$4.50 per meal</p> <p>Meals on Wheels: \$5.00 per meal</p> <p>No eligible person is denied service due to inability to contribute. Your contribution makes a significant difference to our program.</p>			<p><b>1</b> Swedish Meatballs Mashed Potatoes Broccoli Salad Whole Wheat Bread Applesauce</p>	<p><b>2</b> Baked Seasoned Fish Tartar Sauce Baked Potato Sour Cream Creamy Coleslaw Rye Bread Berries</p>
<p><b>5</b> Roast Beef Mashed Potatoes Gravy Squash Oat Bread 1ea Fresh Fruit Mix</p>	<p><b>6</b> Swiss Steak Parsley Buttered Potatoes Carrots Whole Wheat Bread Pineapple Upside Down Cake</p>	<p><b>7</b> Cranberry Chicken Breast Baby Red Potatoes Coleslaw Sliced Peaches Brownie</p> <p><b>August Birthdays</b> <b>National Root Beer Day</b></p>	<p><b>8</b> Kielbasa &amp; Kraut Twice Baked Mashed Potatoes WI Blend Vegetable Whole Wheat Dinner Roll Raspberry Sherbet Jell-O</p>	<p><b>9</b> Chili w/ Macaroni Crackers String Cheese Mixed Greens Salad Dressing Berries Vanilla Yogurt</p>
<p><b>12</b> Lemon Pepper Fish Baked Potato Sour Cream Carrots Rye Bread Creamy Fruit Salad</p>	<p><b>13</b> Chef Salad with Mixed Spring Greens, Tomatoes, Diced Turkey Hard Boiled Egg, Shredded Cheese Dressing &amp; Fresh Roll Minestrone Soup Crackers Cookie</p>	<p><b>14</b> Spaghetti &amp; Meat Sauce Italian Blend Vegetables Garlic Breadstick Mixed Greens Salad Dressing Rhubarb Cake</p>	<p><b>15</b> Beef Stroganoff Mashed Potatoes Sweet &amp; Sour Cabbage Whole Wheat Bread Strawberries</p>	<p><b>16</b> Monterey Chicken w/ Veggies Broccoli Brown Rice Pineapple Blueberry Coffee Cake</p>
<p><b>19</b> Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Mandarin Oranges Carrot Cake</p>	<p><b>20</b> Pulled Pork On a Roll Parsley Buttered Red Potatoes Pea Cheese &amp; Onion Salad White Cake w/ Raspberries</p>	<p><b>21</b> Hamburger &amp; Grilled Onions On a Bun Ketchup German Potato Salad Baked Beans Mixed Fruit</p> <p><b>County Fair Day</b></p>	<p><b>22</b> Chicken Breast Mushroom &amp; Bacon Sauce Mashed Potatoes California Blend Vegetables Biscuit Banana</p>	<p><b>23</b> Crab Pasta Salad over Mixed Greens Tomato Wedges &amp; Slices Dinner Roll Peaches Lemon Bar</p>
<p><b>26</b> Salmon Diced Seasoned Potatoes Creamed Peas Rye Bread Grapes</p>	<p><b>27</b> Baked Rosemary Chicken Baked Sweet Potato Cauliflower Oat Bran Bread Mixed Fruit</p>	<p><b>28</b> Brat &amp; Grilled Onions on a Bun Ketchup Whole Kernel Corn Mediterranean Salad Vanilla Yogurt &amp; Berries</p> <p><b>Labor Day Celebration</b></p>	<p><b>29</b> Salisbury Steak Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Honey Bee Ambrosia</p>	<p><b>30</b> Boneless BBQ Pork Rib Whole Wheat Hoagie Au Gratin Potatoes Whole Kernel Corn Cinnamon Applesauce</p>

# Vaccinations: What is recommended for you?

Erin Wells, Director of Aging and Wellness

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August is National Immunization Awareness Month, and it is a good time to review recommended vaccinations. According to the Centers for Disease Control and Prevention (CDC), there are vaccines available for 18 dangerous or deadly diseases such as measles, tetanus, whooping cough, COVID-19, and others.

Why have these 18 diseases been selected? The University of Chicago Medical Center offers a good explanation of the steps of vaccine development and disease selection:

“The first step is determining which diseases will be targeted with a vaccine. Some diseases, such as HIV, are not easy to target with a vaccine because of how the pathogen interacts with our immune system. Other diseases that are extremely rare, or rarely cause serious illness, are not likely to be targeted for vaccine development due to the time and cost required.” The next step involves examining the bacteria or virus structure to understand how they make us sick and which parts to target for a vaccine to produce the strongest immune response. This information is used to “create an ‘imitation infection’ that teaches our immune system how to fight the pathogen without causing illness.”

A vaccination schedule is what types of vaccinations are recommended for you and when, or how often, you should get them. Vaccination schedules vary, based on the individual’s age, health conditions and their life events, occupations or travel plans. Always consult with your healthcare provider about what vaccinations are appropriate for you.

There are routine vaccinations that are typically recommended for all adults (be sure to talk to your healthcare provider):

1. COVID-19 Vaccine: Everyone 6 months and older should get an updated COVID-19 vaccine. The “updated” vaccine that is recommended by the CDC is the 2023-2024 updated COVID-19 vaccine (Pfizer-BioNTech, Moderna, or Novavax). For those who are moderately or severely immunocompromised, they may get additional doses of the updated vaccine. Those who are 65+

should receive one dose of the updated vaccine and one additional dose at least 4 months after the previous updated dose.

2. Flu vaccine (influenza): People with a higher risk of complications if they get influenza are those age 65+, those with medical conditions, pregnant women, and young children. The CDC recommends that everyone 6 months of age or older should receive a flu vaccine every year.
3. Tdap vaccine (tetanus, diphtheria, and whooping cough) or Td vaccine (tetanus and diphtheria): The CDC recommends: “All adults who have never received one should get a Tdap shot. This can be given at any time, regardless of when they last received Td. This should be followed by either a Td or Tdap shot every 10 years.”

There are vaccination schedules specific for those with different health conditions such as:

- Asplenia (without a functioning spleen)
- Diabetes: Type 1 and Type 2
- Heart Disease, Stroke, or other Cardiovascular Disease
- HIV Infection
- Liver Disease
- Lung Disease (including Asthma or COPD)
- End Stage Renal (Kidney) Disease
- Weakened Immune System (excluding HIV infection)

The CDC has a Vaccine Self-Assessment Tool: 12 questions to determine the recommended vaccinations for you. Discuss results with your healthcare provider. <https://www2.cdc.gov/nip/adultimmsched/>

At your next visit, ask your healthcare provider if you are up to date on your vaccinations and if there are any additional vaccine recommendations based on your age, health and situation.

Sources:

<https://www.cdc.gov/vaccines/adults/rec-vac/index.html#conditions>  
<https://www.cdc.gov/vaccines/vpd/vaccines-diseases.html>  
<https://www.uchicagomedicine.org/forefront/coronavirus-disease-covid-19/2020/december/how-are-vaccines-made>

# Volunteering with the Youth in Your Life

Peggy Kurth, Volunteer Coordinator

Have you ever thought about volunteering with a youth? A special youth in your life might be your child, grandchild, niece or nephew, or other loved one. Volunteering with the youth in your life can bring many benefits to both of you.

Volunteering together is a valuable gift of “together” time and memories that will last a lifetime. Committing to volunteering and making a difference also teaches the youth in your life that they have the power to do something to make a positive change (kiplinger.com). By choosing to volunteer with a youth, you are instilling positive values in our future generations such as investing or building a strong supportive community, understanding and respecting others and, of course, the value of bond with older generations (you!). Depending on the volunteer opportunity, you may help your youth develop skills such as problem-solving skills and help to boost confidence.

“Devoted Grandma,” a website with a blog and articles on being a grandparent, includes some advice on volunteering with a youth. Start by exploring what would be age appropriate for your youth and what would be a fit for your and your youth’s interests and schedules. Talk with the agency to determine if you and the youth in your life would be a good fit with the activities and agency. Ask about a joint activity and make sure to ask about any age-related restrictions. Paperwork, including signed permission forms from the youth’s parents or guardians, may be required. If you need after school, weekend or summer activities because of your youth’s school commitments, be sure to ask when you connect with the volunteer agency.

Be sure to be patient and encouraging with your youth as you start a new volunteer experience and, most importantly, enjoy your time together!

## Ideas to explore:

- Meals on Wheels: deliver meals to homebound older adults
- Senior Dining: help to set up, serve lunch and clean up afterwards
- Clean-Up Activities at your local park, beach or neighborhood
- Help at your local animal shelters
- Help with activities at senior centers or spending time with residents at a nursing home.
- Fundraising events
- Food Banks
- Tutoring
- Public Libraries
- Volunteer with the DNR for a variety of outdoor activities

## Get started:

- For more information on volunteer opportunities, please visit your local United Way: <https://www.unitedway.org/find-your-united-way>
- United Way of Marathon County: <https://www.unitedwaymc.org/volunteer> or call 715-848-2927
- United Way of South Wood and Adams County: <http://www.volunteerwisconsin.org/> or call 715-421-0390
- Marshfield Area United Way: [https://www.volunteermarshfield.org/agency/detail/?agency\\_id=8408](https://www.volunteermarshfield.org/agency/detail/?agency_id=8408) or call 715-507-5005
- Contact the Aging and Disability Resource Center of Central Wisconsin to learn more about volunteering for Meals on Wheels or one of our Senior Dining Sites: [adrc-cw.org](http://adrc-cw.org) or call 888-486-9545.
- Visit [VolunteerMatch.org](http://VolunteerMatch.org) or [volunteerwisconsin.org](http://volunteerwisconsin.org) for volunteer opportunities throughout the state
- Wisconsin Department of Natural Resources: <https://dnr.wisconsin.gov/volunteer>

<https://www.devotedgrandma.com/activities/volunteering-with-grandkids/>

<https://www.kiplinger.com/article/retirement/t065-c032-s014-get-your-grandkids-in-giving-spirit-by-volunteerin.html>

# Senior Farmers' Market Nutrition Program

**How Does the Program Work?** Eligible seniors receive **\$45 in vouchers** to be used to buy WI grown fresh fruits, vegetables, and herbs at approved farmers' markets or roadside stands. Vouchers good until October 31, 2024.



Vouchers are **first-come, first-served, and may be limited in some areas.**



Get Started by completing an eligibility form  
**888.486.9545**  
adrc-cw.org

**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

1-person household \$2,322 per month / \$27,861 per yr  
2-person household \$3,152 per month / \$37,814 per yr  
3-person household \$3,981 per month / \$47,767 per yr  
4-person household \$4,810 per month / \$57,720 per yr



This institution is an equal opportunity provider



**Protect yourself in our virtual world.  
Join T.B. Scott Free Library in Merrill:**



**Secrets in Your Data (PBS NOVA showing)**  
**Thursday, 8/8/24: 10:30 am -12:30 pm:** Learn more about where your data goes, who uses it and how to protect it.

**Bug Tussel University on Thursday, 8/15/24:**  
**10:30 am -12:30 pm:** For basic technology users to learn strategies to protect information and improve online safety.

Need a ride? The Merrill-Go-Round offers free transportation to library events. 715-536-7112.  
Contact TB Scott Free Library for more information: 715-536-7191



Loneliness can be a passing feeling that arises during major life events or other transitional experiences. According to the American Psychological Association, “Problems can arise, however, when an experience of loneliness becomes chronic.” Loneliness is not the same as choosing to be alone or solitude. It can occur when an individual lives alone or even if they are surrounded by others, as loneliness is defined by “people’s levels of satisfaction with their connectedness or their perceived social isolation.” (APA)

The American Psychological Association explains that loneliness affects our health through an increased stress response, impact on our sleep and lack of encouragement from others to make healthy choices. This can lead to a number of health risks such as increased depression, poor sleep quality, impaired executive function, impaired immunity, increased risk of dementia, and poor cardiovascular function. (APA)

The Wisconsin Coalition for Social Connection has resources for older adults and people with disabilities to stay connected and tools for professionals working to end social isolation and loneliness. Visit the new site: <https://connectwi.org/> The site has a 3-minute self-assessment to help people understand their risk level, and receive information and local recommendations.

Suggestions from the Wisconsin Coalition for Social Connection to connect with others:

- Visit a neighbor
- Volunteer
- Reconnect with those you were formerly close to
- Start a new hobby
- Take a class
- Join a fitness facility
- Join a club
- Get a job
- Visit a park
- Use technology to call, text, or video call

Another website that is helpful is [Connect2affect.org](https://connect2affect.org). It is an AARP website to learn more about resources.

AARP Friendly Voice is a program connecting individuals with a friendly volunteer. To request a call: 888-281-0145 and leave your information. You will get a call back from that number. Llámamos directamente al 1-888-497-4108. If you have questions or you are interested in volunteering, email AARP Friendly Voice at: [friendly.voice@aarp.org](mailto:friendly.voice@aarp.org).

For additional resources such as community centers, senior centers, programs or other resources, please contact the Aging and Disability Resource Center of Central Wisconsin at 888-486-9545 or email: [adrc@adrc-cw.org](mailto:adrc@adrc-cw.org)

Resources: <https://www.apa.org/monitor/2019/05/ce-corner-isolation>  
<https://connectwi.org/>  
[https://aarpcommunityconnections.org/?\\_gl=1\\*1o91dnn\\*\\_gcl\\_au\\*MTk1ODczNTY2Ni4xNzEyNjk5MTE2&\\_ga=2.128148044.1709486282.1718646576-753148707.1701449431](https://aarpcommunityconnections.org/?_gl=1*1o91dnn*_gcl_au*MTk1ODczNTY2Ni4xNzEyNjk5MTE2&_ga=2.128148044.1709486282.1718646576-753148707.1701449431)

# It's Time to Mark Your Calendar

## ADRC-CW Upcoming Fall Programs

Time to mark your calendars for upcoming programs with the Aging and Disability Resource Center of Central Wisconsin!

Registration is required for all of these programs: 888-486-9545

**Powerful Tools for Caregivers:** 6 week program for those providing care for a loved one. This program focuses on how caregivers can care for themselves as well as stress reduction, time management and communication skills. Free but registration is required. This program is not intended for professional caregivers. Contributions to the program are welcome.

Mondays: October 7-November 11, 2024 from 1:00-2:45 pm: being offered at two locations (same days and same times):

- Marshfield: 2nd Street Community Center (211 E. 2nd St)
- Wausau: ADRC-CW Office (2600 Stewart St, Suite 25)

**Managing Caregiver Stress:** Providing for a loved one can be rewarding but caregivers can also experience stress, guilt and frustration. Join us for a one hour workshop. Free but registration is required. This program is not intended for professional caregivers.

Four workshop options to be held on September 26, 2024 from 10:00-11:00 am

- Antigo: ADRC-CW Office (1225 Langlade Rd)
- Marshfield: 2nd Street Community Center (211 E. 2nd St)
- Merrill: TB Scott Library (106 1st St)
- Virtual: join from your home or office

Two workshop options to be held on September 26, 2024 from 3:00-4:00 pm

- Rothschild: Marathon County Public Library Rothschild Branch (221 Grand Ave)
- Wisconsin Rapids: ADRC-CW office (220 3rd Ave S, Suite 1)

**Stepping On:** Improve your balance and join us for a 7 week program that is proven through research to reduce your risk of a fall by 31%!

Fall programs:

- Antigo: September - October 2024
- Marshfield: September - October 2024
- Merrill: September - October 2024
- Wausau: October - November 2024

**Medicare Basics:** For those that are new to Medicare or those wanting a basic overview. Upcoming programs:

<b>Antigo:</b> ADRC-CW (1225 Langlade Rd)	8/20/24: 9:00-11:30 am 9/10/24: 1:00-3:30 pm 10/8/24: 9:00-11:30 am
<b>Merrill:</b> ADRC-CW (607 N Sales St Ste 206)	8/8/24: 5:30- 8:00 pm 9/12/24: 1:00- 4:30 pm 10/10/24: 5:30- 8:00 pm
<b>Wausau:</b> ADRC-CW (2600 Stewart Ave, Ste 25)	8/21/24: 1:00-3:30 pm 9/11/24: 9:00-11:30 am 10/9/24: 1:00-3:30 pm
<b>Marshfield:</b> ADRC-CW (300 S Peach, Ste 1)	8/15/24: 10:00am - 12:30 pm 10/17/24: 10:00am - 12:30 pm
<b>Tomahawk:</b> Senior Center (113 S Tomahawk Ave)	9/18/24: 1:00- 4:30 pm
<b>Wisconsin Rapids:</b> ADRC-CW (220 3rd Ave S, Ste 1)	9/10/24: 1:00- 3:30 pm

Programs are free but registration is required. Contributions are welcome.

Call 888-486-9545 or visit: [www.adrc-cw.org](http://www.adrc-cw.org) to learn more or to register.

Email: [adrc@adrc-cw.org](mailto:adrc@adrc-cw.org)

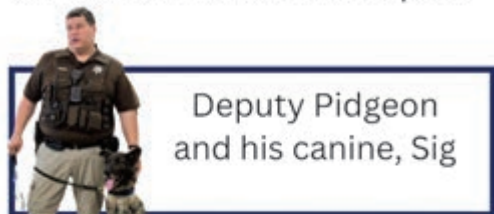
# Thank You

Deputy Pidgeon and his canine, Sig  
 Jean Anhalt  
 Mary Iwanski  
 Peg Wasrud  
 Jim Rasmussen  
 The Silo Jumpers  
 Dave Gibbs  
 Dan Norberg  
 LHS Mariachi Band  
 Aleigh Weight- Miss Wisconsin Rapids  
 Dick Engelbright  
 Avis Schroer  
 Marge Fockler  
 Star Anacker

Mary Jo Gustafson  
 Ann Quaschnick  
 Herrman Elementary School, Sparta WI  
 George Felty  
 Anonymous  
 Jerry Jackson  
 Chelsey Gilbert & K-5 Art Students of Maine, Rib Mountain, & South Mountain Elementary Schools



Thank you to our guests at the ADRC-CW Senior Dining Site at Centralia in Wisconsin Rapids.



Deputy Pidgeon and his canine, Sig



Lincoln High School Mariachi Band



Aleigh Wright, Miss Wisconsin Rapids, sharing her talent for speed painting



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



**Toll-free Helpline:**  
**888-818-2611**

Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)

[www.smpwi.org](http://www.smpwi.org)

[WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

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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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