

April 2024

Newsletter



Toll Free: 866-743-5144

Office: 715-743-5166

Fax: 715-743-5240



Feeling Stretched as a Caregiver?

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself.

This program helps family caregivers reduce stress, improve self-confidence, improve communication, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

The caregiver class consists of six sessions held once a week. Two experienced Class Leaders conduct the series (many are experienced caregivers themselves, who have successfully applied the techniques they teach). Interactive lessons, discussions and brainstorming will help you take the “tools” you choose and put them into action for your life.

Participants will receive a book, *The Caregiver Helpbook*. Suggested contribution of \$25.00 for class materials.

For more information, or to register, contact Aging and Disability Resource Center of Clark County at 715-743-5251. Class size is limited and pre-registration is required.

Classes will be hosted on Zoom on Wednesdays and begin on May 1st 5:00pm-6:30pm with the additional dates listed below.

May 8th

May 15th

May 22nd

May 29th

June 5th



Aging Plan 2025-2027

AGING & DISABILITY RESOURCE
CENTER OF CLARK COUNTY

INVITES YOU TO A

COMMUNITY ENGAGEMENT SESSION

Location: Loyal Public Library

Date: April 9, 2024

Time: 12:30pm

Please join us for coffee and conversation on what you would like to see the ADRC/Office on Aging do for your community. Clark County ADRC is working on goals for services that will better serve our community.



2024



ADRC of Clark County &
Granton Public Library invites you to
Coffee & a Conversation



**Call (715) 743-5166
for more information**

April 18, 2024

9:00 AM

Granton Library

217 N. Main St., Granton, WI

**We are excited about the partnership between
Granton Public Library and the ADRC of Clark
County and we want to share...**

**JOIN US and let's talk about how we can help
support you and our community.**

**Doughnuts and coffee/juice available
Raffle chance for those who attend**

ADRC OF CHIPPEWA AND CLARK COUNTIES PRESENTS:



HOW TO SPEAK DEMENTIA

The Chippewa and Clark
County ADRC will
collaboratively present
FREE, quarterly education
sessions for caregivers of
individuals with dementia
hosted at Aspirus Stanley
Hospital

JOIN OUR EVENT



May 7, 2024

10:00 am—11:30 am



Aspirus Stanley Hospital
1120 Pine Street
Stanley, WI 54768

Please Register:



715-644-6153



diane.finn@aspirus.org



Legal and Financial Planning for People with Dementia

Many people are unprepared to deal with the legal and financial consequences of a serious illness such as Alzheimer's disease or a related dementia. Legal and medical experts encourage people recently diagnosed with a serious illness — particularly one that is expected to cause declining mental and physical health — to examine and update their financial and health care arrangements as soon as possible.

Basic legal and financial documents, such as a will, a living trust, and advance directives, are available to ensure that the person's late-stage or end-of-life health care and financial decisions are carried out.

A complication of diseases such as Alzheimer's and related dementias is that the person may lack or gradually lose the ability to think clearly. This change affects his or her ability to make decisions and participate in legal and financial planning.

People with early-stage Alzheimer's or a related dementia can often understand many aspects and consequences of legal decision-making. However, legal and medical experts say that many forms of planning can help the person and his or her family address current issues and plan for next steps, even if the person is diagnosed with later-stage dementia.

There are good reasons to retain a lawyer when preparing advance planning documents. For example, a lawyer can help interpret different state laws and suggest ways to ensure that the person's and family's wishes are carried out. It's important to understand that laws vary by state, and changes in a person's situation — for example, a divorce, relocation, or death in the family — can influence how documents are prepared and maintained. Life changes may also mean a document needs to be revised to remain valid.

Advance Health Care Directives for People with Dementia

Advance directives for health care are documents that communicate a person's health care wishes. Advance directives go into effect after the person no longer can make decisions on their own. In most cases, these documents must be prepared while the person is legally able to execute them. Health care directives may include the following:

- **A durable power of attorney for health care** designates a person, sometimes called an agent or proxy, to make health care decisions when the person with dementia can no longer do so.
- **A living will** records a person's wishes for medical treatment near the end of life or if the person is permanently unconscious and cannot make decisions about emergency treatment.
- **A do not resuscitate order**, or DNR, instructs health care professionals not to perform cardiopulmonary resuscitation (CPR) if a person's heart stops or if he or she stops breathing. A DNR order is signed by a doctor and put in a person's medical chart.

Get Permission for Caregiver Communication in Advance

Get permission in advance from the person with dementia to have his or her doctor and lawyer talk with a caregiver as needed. Advance permission can also be provided to others, such as Medicare or a credit card company, bank, or financial advisor. This can help with questions about care, a bill, or a health insurance claim. Without consent, the caregiver may not be able to get needed information.

Advance Planning Advice for People with Dementia

- **Start discussions early.** The rate of decline differs for each person with dementia, and his or her ability to be involved in planning will decline over time. People in the early stages of the disease may be able to understand the issues, but they may also be defensive, frustrated, and/or emotionally unable to deal with difficult questions. The person may even be in denial or not ready

to face their diagnosis. This is normal. Be patient and seek outside help from a lawyer or geriatric care manager if needed. Remember that not all people are diagnosed at an early stage. Decision-making may already be difficult by the time the person with dementia is diagnosed.

- **Gather important papers.** When an emergency arises or when the person with dementia can no longer manage their own affairs, family members or a proxy will need access to important papers, such as a living will or financial documents. To make sure the wishes of the person with dementia are followed, put important papers in a secure place and provide copies to family members or another trusted person. A lawyer can keep a set of the papers as well.
- **Review plans over time.** Changes in personal situations — such as a divorce, relocation, or death in the family — and in state laws can affect how legal documents are prepared and maintained. Review plans regularly, and update documents as needed.
- **Reduce anxiety about funeral and burial arrangements.** Advance planning for the funeral and burial can provide a sense of peace and reduce anxiety for both the person with dementia as well as his or her family.



ADAPTIVE EQUIPMENT

The ADRC office has several pieces of DME equipment available in our Loan Closet. Call for further details 715-743-5166. We are also accepting donations of unused/unopened incontinence garments.



UPDATED COVID-19 GUIDANCE



IF YOU TEST POSITIVE FOR COVID-19

Stay home and away from others until no fever for 24 hours (without using fever-reducing medication), **and** until at least 24 hours after symptoms are getting better overall (person is starting to feel better and body is returning to normal).



MAINTAIN PREVENTION STRATEGIES FOR 5 DAYS

Help lower the chance of spreading COVID-19 to others by continuing added precautions (enhanced hygiene practices, wear a well-fitting mask, keep a distance from others, get tested for other respiratory illnesses if able, etc.), as individuals can remain contagious beyond their isolation at home.

WHAT CAN EVERYONE DO?

Stay up to date with immunizations, practice good hand hygiene, take steps for cleaner air, follow recommended guidance when you are sick, etc. Additional prevention strategies to provide further protection include wearing a mask, physical distancing, and testing.



WHY THE CHANGE?

Protective tools, like vaccination and treatment, are now widely available. Fewer people are getting seriously ill from COVID-19, and hospitalizations and deaths are decreasing. These changes better align with other respiratory illnesses (flu and RSV). This does not mean that seasonal respiratory viruses are not a threat. They can have serious impacts, and can be deadly. Respiratory viruses and patterns of illness can change.



cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html

2023-2024 mRNA COVID-19 Vaccine for Those Age 65+

Individuals aged 65 years and older can receive an additional dose of the 2023-2024 COVID-19 vaccine formulation if it has been at least 4 months after their previous 2023-2024 formulation dose.



It is anticipated that an updated COVID-19 vaccine (2024-2025 formulation) will be released this fall - similar to updating flu vaccines on a yearly basis.

The Clark County Health Department (CCHD) only has Moderna COVID-19 vaccines available for adults who do not have health insurance, or their health insurance does not cover all the costs associated with receiving a COVID-19 vaccine.

Other potential COVID-19 vaccine locations include primary care providers, local pharmacies, etc. Visit [vaccines.gov](https://www.vaccines.gov) to find COVID-19 vaccine locations.



For an appointment to receive a Moderna COVID-19 vaccine, please call the CCHD Immunization Hotline: 715-743-5292.

Updated: 3/21/24



GO DIGITAL

You can now receive our newsletter in digital form. If you are interested please contact us at 715-743-5166. You can also visit our website at clarkcountywi.gov/adrc-newsletter click go digital to get the newsletter sent to your email.



“There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.” ~ Rosalynn Carter

5th Annual Tomah VA Caregiver Summit

“Beyond the Caregiving Role: Seeing the “Whole” Caregiver”

Tuesday, April 23, 2024 from 10:00am-11:30am
(Resource Fair immediately following the Summit)

Tomah VA Medical Center
500 East Veterans Street, Tomah, WI 54660
Building 455 – Veterans Hall

****RSVP required to: VHATOMCaregiverSupportStaff@va.gov****

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Tomah VA Medical Center

Grow Native Plants!

By the GWAAR Legal Services Team (for reprint)

Spring is on the way, and it's time to start planning your garden. When you're trying to decide what to plant this year, consider planting native plants. Whether you're looking for flowers, shrubs, grasses, or vines, there's sure to be a native plant that will look great in your garden. Native plants can even grow well in containers on your patio or balcony.

Plants that are native to your region tend to be hardy and easy to grow. They are usually drought-resistant and require little to no fertilizer. They can help prevent erosion and reduce stormwater runoff. They also help filter pollutants out of the soil. In addition, native plants support local wildlife by providing food and shelter for birds, butterflies, and other wildlife. When choosing native plants for your garden, think about the following:

- How much sunlight does your garden get?
- What is the soil like? Is it sandy, silty, loamy, or clay?
- Are there any low-lying spots where there are puddles after a rainstorm?
- Are there any nearby sources of pollution, like winter salt, fertilizer, or pesticide runoff?
- Are you trying to attract specific wildlife species?

The Wisconsin Department of Natural Resources has more information on growing native plants here: <https://dnr.wisconsin.gov/topic/endangeredresources/nativeplants>

You can also learn more at Homegrown National Park:

<https://homegrownnationalpark.org/> □

Hospice Care Myths

By the GWAAR Legal Services Team (for reprint)

When people think of the term "hospice," many believe it means a person has given up on life or has just days to live. Many others think hospice is a type of facility, like a hospital or nursing home, that once a person enters they can never leave. However, hospice care is much different. The following are several common hospice care myths and the facts behind them.

Myth: Hospice is for people who have given up.

Fact: Hospice is for patients who are in the last phases of an incurable disease, but instead of focusing on curing an illness or prolonging death, the goal of hospice care is to relieve symptoms and give patients the best quality of life. The purpose of hospice care is to manage pain and other symptoms and to focus on the comfort and dignity of the person. And contrary to popular belief, research shows that in many cases, hospice care increases life expectancy, rather than decreases it.

Myth: Hospice is a place.

Fact: Hospice is rarely an actual location that people go to. Instead, the care almost always is provided where a person lives. Hospice patients are assigned a team of providers, such as a physician, registered nurse, home health aid, social worker, and chaplain. This team regularly checks in with the person, and works together to provide medical, emotional, spiritual and grief support to not only the patient but also their family.

Myth: People on hospice have to stop taking all medications.

Fact: This isn't always true. While it is true that hospice focuses on providing comfort rather than a cure, the decision to stop medication is usually left up to the patient. Depending on where people are in their diseases, it may be best to stop taking a medication that's a source of discomfort, but this is determined on a case-by-case basis. People are able to continue taking medications for pain and symptom control.

Myth: Once you sign up for hospice, there's no turning back.

Fact: Hospice doesn't mean a person is giving up control over their care or the ability to choose who provides it. A person can leave hospice and reapply at any time. For example, if a person on hospice wants to try a new drug trial or experimental therapy, they can always leave hospice and return at a later time, if needed.

Myth: You can only be on hospice for a limited amount of time.

Fact: Eligibility for hospice care requires that two physicians agree that the person has six months or less to live, however, this does not mean a person has to die within six months. If the person lives longer than six months but doctors continue to certify that they're terminally ill, they'll receive hospice care for as long as needed.

For families that have used hospice care for loved ones, nearly all say they wished they'd known about it sooner. You do not have to wait for your doctors to bring it up – it is never too early to ask about hospice and what benefits it could provide.

For more information, visit:

<https://leadingage.org/common-myths-of-hospice-care-debunked/>

<https://www.npr.org/2023/12/28/1221648271/hospice-care-myths-jimmy-carter-end-of-life> □

May is Older Americans Month – 2024 Theme Announced

By the GWAAR Legal Services Team (for reprint)

Every May is Older Americans Month – a month to honor and recognize the valuable contributions of older Americans. The Administration for Community Living (ACL) sets a theme each year. The ACL declared that this year's theme is "**Powered by Connection**" which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues."

ACL suggests the following ways in which individuals can participate in promoting the benefits of connecting with others:

- à Share facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.
- à Promote resources that help older adults engage, like community events, social clubs, and volunteer opportunities.
- à Connect older adults with local services, such as transportation, that can help them overcome obstacles to achieving or maintaining meaningful relationships.
- à Encourage partners to host a connection-centric event or program focused on older adult mentors to youth, peer-to-peer support, or similar efforts.
- à Challenge professional and personal networks to prioritize meaningful social connections and share the benefits.
- à Inspire older adults to share what connection means to them on social media using the hashtag #PoweredByConnection.

For more information, visit: <https://acl.gov/oam/2024/older-americans-month-2024> □

FoodShare Overpayment Compromise Process is Now Available

By the GWAAR Legal Services Team (for reprint)

Individuals who are liable for repaying FoodShare overpayments can contact their local Income Maintenance (IM) agency to request an overpayment claim compromise if they think that they will not be able to reimburse the full amount owed. This policy, which began being implemented in late February 2024, is anticipated to provide FoodShare members with an opportunity to minimize the burden of repaying overpayment claims when experiencing financial hardships.

Compromises must be requested in writing by using the [Request to Lower a FoodShare Overpayment Form, F-03266](#), and returning it to the local IM agency, either by mail or hand-delivery. The requester's current household income, assets, and expenses, along with any other liable person's household information, will be reviewed to determine an amount that could reasonably be expected to be repaid toward the current claim balance over the next 36 months. The household information of the liable person that provides the greatest benefit to all liable individuals associated with a given claim will be used to determine the outcome.

If it is determined that the amount that can be repaid over 36 months is less than the total claim balance, then the overpayment will be reduced (i.e., compromised). The Wisconsin Department of Children and Families (DCF) "[Write-Off and Adjustment Form](#)" (DCF-F-140-E) will be sent to the DCF, Public Assistance Collection Section, and an approval notice will be sent notifying the liable individuals of the new payment amounts.

Overpayment claims may only be compromised once, unless the agency concludes that a significant change in the household's circumstances will result in the liable individual not paying off the claim in the three-year period calculated for the original compromise determination. In addition, when claims have been compromised, they must be paid to a \$0 balance before any future compromise requests can be considered.

Overpayments that are attributable to any of the following are not eligible for a compromise agreement:

- Intentional program violation (IPV)
- Trafficking

- Duplicate participation
- Fraud

If a requester disagrees on a compromised amount or if a compromise is denied, they can escalate a compromise determination with the IM agency. The agency will conduct an escalation review to determine if policy was followed, if the compromise was calculated correctly, and if proper notices were provided. The results of the review will be sent to the requester.

If the requester disagrees with the agency escalation review, the agency may escalate the case to the Wisconsin Department of Health Services (DHS). DHS will perform a review to validate that the correct policy and process were followed. If DHS agrees that the agency's decision was correct, there will be no change in the decision. The DHS review is considered final and may not be escalated further. There are no fair hearing rights for compromise requests.

More information about the FoodShare Overpayment Compromise Policy and Process is available in DMS Operations Memo 24-03, Compromising FoodShare Overpayments, available at <https://www.dhs.wisconsin.gov/dms/memos/ops/index.htm>. □

Press/News Release

Dated: February 1, 2024

Contact: Elizabeth Goodsitt, 608-266-1683

Jennifer Miller, 608-266-1683

Feeling Sick? Report it Quick!

DHS launches new tool letting people report suspected illnesses from food or water

In time for the annual peak in norovirus cases and outbreaks, the Wisconsin Department of Health Services (DHS) has launched a [new online tool](#) to encourage Wisconsinites to report food or water sickness when symptoms occur. The online questionnaire, which takes less than five minutes to complete, helps local health departments identify sources of contamination to prevent others from getting sick. This

tool is especially important as cases of norovirus, the leading cause of vomiting and diarrhea, tends to spike in the winter.

"By using this tool, Wisconsinites can help other people in their community from getting sick and prevent outbreaks," said DHS State Health Officer Paula Tran. "Ingesting contaminated food and water may cause just a little stomach upset for some, for others it can lead to hospitalization and be life threatening. We're asking people - when you're feeling sick, report it quick."

Contaminated food or water can come from a variety of sources, including food from grocery stores or restaurants, or water from pools, lakes, or rivers. Certain bacteria, viruses, or parasites can cause vomiting and diarrhea. In Wisconsin and the United States, it is believed these illnesses are under-reported, since many people who are infected get better without seeing a doctor. This new online tool is just one way for public health professionals to learn about food and water related illnesses and outbreaks to help prevent others from getting sick too. This tool is not a substitute for health care, and people who are feeling sick should contact their health care provider.

The new tool is a simple questionnaire that asks for current symptoms, places recently visited, and food items recently eaten. The information is sent to local health departments that identify potential sources of illness. If additional information is needed, public health specialists may contact Wisconsinites who report their illness. All follow-up will remain confidential.

The launch of the new tool will be accompanied by a "Feeling Sick? Report it Quick!" message campaign which will share information and resources about prevention, symptoms of food or waterborne illness, and the reporting system through print materials and on social media.

To avoid food poisoning before it happens, here are a few tips:

- Wash hands and surfaces touched with food often.
- Keep raw meat, chicken, seafood, and eggs away from food that will not be cooked.
- Cook food to the right temperature to kill germs that can cause illness.
- Refrigerate food at 40 degrees Fahrenheit or colder within 1-2 hours of cooking

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

Cook more, eat out less

Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit [MyPlate.gov](https://www.myplate.gov).

Decide how much to make or buy

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

Determine where to shop

Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.



Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.

Focus on nutritious, low-cost foods

Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Make your own healthy snacks

Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

Start a garden or visit a Farmers Market

A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price.

Another way to increase your family's variety of produce is to visit a farmers market. Locally grown fruits and vegetables are often available for less money than at the grocery store. Check and see where the closest farmers market is in your area.

Quench your thirst with water

Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars.

To find a registered dietitian nutritionist in your area and get additional food and nutrition information, visit eatright.org



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

ADRC of Clark County
517 Court St., Rm 201
Neillsville, WI 54456

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion and Complete Food and Nutrition Guide, 5th edition
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Effective **April 1, 2024** the maximum number of Café 60 vouchers will be **15** per month. Thank you for your support and understanding of this change.

Strength Training Class StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



Benefits of Strength Training:

- ♦ **Reduced risk for chronic diseases:**
 - ♦ Diabetes
 - ♦ High Blood Pressure
 - ♦ Heart Disease
 - ♦ Osteoporosis
 - ♦ Arthritis
 - ♦ Some Cancers
- ♦ **Increased:**
 - ♦ Strength
 - ♦ Muscle mass
 - ♦ Bone density

What: 8 Week Strength Training Class

When: Mondays and Thursdays
from 9:30-10:30 a.m.

Starting Monday April 29th

Where: Loyal Library

When: Tuesday and Thursdays
from 9:30- 10:30 a.m.

Starting Tuesday June 4th

(No class Week of July 15th)

Where: Colby Senior Center

Suggested Contribution: \$20

Please contact the UW-Extension office to register:

517 Court Street, Room 104

Neillsville, WI 54456

Phone: 715-743-5121

ADRC of CLARK COUNTY IS OFFERING A NEW WELLNESS INITIATIVE

GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



NEW SERIES BEGINS SOON



For registration code, please contact:
Lynne.McDonald@co.clark.wi.us
or 715-743-5166

Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle!

All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device.

ADRC of Clark County is covering the full cost of the program.

Go to www.esmmweighless.com to view class times for the upcoming series beginning soon.

All participants must be over 60+ years of age.

www.esmmweighless.com

SCAM ALERT

Watch out! Scammers target everyone.



Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/soam for more information. Please also share with your friends and family.



Five Myths About Aging

Myth 1

The older you get, the less sleep you need.

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



Myth 2

Depression is normal in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.



Myth 3

Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



Myth 4

Memory problems always mean Alzheimer's disease.

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.



Myth 5

Older adults do not need to exercise.

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.



Visit www.nia.nih.gov/health/10-myths-about-aging for more information about aging and older adults.



Foods for Eye Health

Contributors: Esther Ellis, MS, RDN, LDN

Reviewers: Academy Nutrition Information Services Team

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma, and other sight woes? Read on to learn about some of the top foods to promote eye health. But don't count on popping a pill to reduce your risk! Your best sources of vitamins, minerals, and antioxidants are from whole foods, since it may be a combination of nutrients within the foods which provide these benefits.

Kale: See the Light

This leafy green is a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens, and spinach, broccoli, kiwi, grapes, yellow squash, oranges, corn, and egg yolk. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of unsaturated fat such as a drizzle of olive oil or a few slices of avocado. Kale also contains vitamin C and beta-carotene, other eye-friendly nutrients.

Sweet Potatoes: The Color of Health

Beta-carotene gives these tubers their orange color. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent night blindness and age related macular degeneration. Sweet potatoes not your favorite? For beta-carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk, and eggs are also sources of vitamin A.

And, similar to lutein and zeaxanthin, beta-carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

Strawberries: Help You "C" Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit), and cantaloupe.

Healthy Fats: Include Sources of Omega-3 Fatty Acids

Besides helping with the absorption of certain nutrients, some healthy fats also contain omega-3 fatty acids. Salmon is an excellent source of omega-3s, which may be beneficial for eye health. Include salmon or other types of fatty fish two to three times per week. Other foods that include omega-3 fatty acids are walnuts (which also contain eye-healthy vitamin E), flax and chia seeds.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 StrongBodies Loyal Library 9:30 to 10:30</p> <p>Game Group Loyal Library 1:00 to 4:00</p>	<p>2 StrongBodies Greenwood Fire Hall 11:00 to 12:00</p>	<p>3 Sheepshead @ Neillsville Sr. Center 12:00</p>	4	<p>5 BINGO Greenwood Center @ 11:30</p>	6
7	<p>8 StrongBodies Loyal Library 9:30 to 10:30</p>	<p>9 Loyal Library Lunch & Learn Call library to sign up 715-255-8189</p>	<p>10 Sheepshead @ Neillsville Sr. Center 12:00</p>	11	<p>12 BINGO Greenwood Center @ 11:30</p>	13
14	15	<p>16 Greenwood Library Lunch & Learn Call library to sign up 715-267-7103</p>	<p>17 Sheepshead @ Neillsville Sr. Center 12:00</p>	18	<p>19 BINGO Greenwood Center @ 11:30</p>	20
21	22	23	<p>24 Sheepshead @ Neillsville Sr. Center 12:00</p>	25	<p>26 BINGO Greenwood Center @ 11:30</p>	27
28	<p>29 StrongBodies Loyal Library 9:30 to 10:30</p>	30				

April Fools' Day

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

K	C	O	M	E	H	S	I	D	L	I	H	C	D	Y	S
I	S	T	U	N	O	N	S	E	N	S	E	P	E	R	E
D	G	E	A	G	E	M	A	G	D	E	C	E	I	V	E
D	H	A	R	E	B	R	A	I	N	E	D	H	A	R	J
I	O	S	B	R	I	G	A	G	N	I	F	F	U	L	B
N	O	E	C	H	I	H	L	C	I	T	O	I	D	I	A
G	D	U	M	B	F	O	U	N	D	O	G	N	A	M	N
R	W	B	L	U	J	F	F	M	P	I	R	A	M	N	T
H	I	L	A	R	I	O	U	S	O	G	I	G	I	L	E
A	N	T	I	C	S	C	K	A	J	R	D	L	S	U	R
U	K	S	I	L	L	I	N	E	S	S	D	E	D	F	I
C	U	N	N	I	N	G	S	P	S	E	L	R	I	Y	N
A	R	I	V	I	C	T	I	M	D	L	E	E	R	A	G
P	H	I	D	N	E	D	D	I	H	D	E	N	E	L	O
E	P	A	P	R	I	L	F	O	O	L	V	P	C	P	K
R	B	B	I	Y	R	E	L	O	O	F	M	O	T	S	H



ANTICS
 APRIL FOOL
 BANTERING
 BLUFFING
 CAPER
 CHILDISH
 CUNNING
 DECEIVE
 DUMBFOUND
 FINAGLE

GAG
 GAME
 HAREBRAINED
 HIDDEN
 HILARIOUS
 HOODWINK
 HUMOR
 IDIOTIC
 JESTER
 JOKES

KIDDING
 MISDIRECT
 NONSENSE
 PLAYFUL
 RIDDLE
 SILLINESS
 SPOOF
 TEASE
 TOMFOOLERY
 VICTIM



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