

July 2024

Newsletter



Toll Free: 866-743-5144

Office: 715-743-5166

Fax: 715-743-5240

Senior Farmers Market Vouchers Are Available

Would you like \$45 worth of fresh produce for free?

Are you 60 years or older?

Does your household meet the income guidelines below?

If yes, please contact our office at 715-743-5166 or stop by.



2024 Income Eligibility Table

Effective: **June 1, 2024** Based on 185% of the US Dept. of 2023 Health & Human Services Poverty Guidelines.

Use total gross income—before taxes and deductions—of ALL household members.

Household Size	Yearly	Monthly	Weekly
1	\$27,861	\$2,322	\$536
2	\$37,814	\$3,152	\$728
3	\$47,767	\$3,981	\$919
4	\$57,720	\$4,810	\$1,110

Powerful Tools FOR Caregivers

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 715-743-5166. Class size is limited and pre-registration is required.

Classes will be hosted at the Clark County Courthouse on Tuesdays and begin on August 7th from 2:00pm-3:30pm.



Main Office

2920 Schneider Avenue SE
Menomonie, WI 54751
cilww@cilww.com

Phone 800.228.3287
Fax 715.233.1083

Branch Office

2021 Cenex Drive, Suite D
Rice Lake, WI 54868
www.cilww.com

Peta Easi-Grip Garden Weeder

It is currently gardening season in Wisconsin and individuals facing challenges with gardening due to various reasons can benefit from the assistive devices offered by CILWW. One of these items available for loan is the Peta Easi-Grip Garden Weeder, specifically designed for individuals with arthritis or dexterity issues. The ergonomic handle of this weeder ensures a comfortable grip and keeps the hand and wrist at a natural angle, reducing discomfort. Additionally, this tool is waterproof, made of stainless steel for durability, and easy to use and maintain.



The Easi-Grip Garden Weeder is priced at approximately \$20.00 and can be purchased from online retailers such as Amazon and other arthritis supply stores.

CILWW offers the opportunity for individuals to borrow or try out items mentioned in our articles before making a purchase. To learn more about this assistive device or other devices that can improve your independence, please contact CILWW at 715-233-1070 or 800-228-3287. Our services are provided free of charge. However, we do not directly fund the purchase of assistive technology. Through the WisTech Assistive Technology Program, CILWW provides a variety of services, including information on alternative financing options like WisLoan, Telework, and TEPP, upon request.



Report Unwanted Calls



Verify Your Registration



Register Your Phone

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls. Unfortunately you may still receive calls from organizations such as charities, political groups, debt collectors, and surveys as well as scammers making illegal calls.

Registrations on the National Do Not Call Registry DO NOT EXPIRE. If you have previously registered, there is no need to register again.

VERIFY HERE

REGISTER HERE

<https://www.donotcall.gov/verify.html>

<https://www.donotcall.gov/register.html#step1>



You can now receive our newsletter in digital form. If you are interested please contact us a 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.

Fun Ways for Older Adults to Celebrate the Fourth of July



The Fourth of July is a fun summer celebration full of backyard barbeques, parades and fireworks. And for many families, it's a wonderful opportunity to spend quality time together. If you have older loved ones in your life, you may be wondering how to safely include them in your July Fourth festivities, especially if they have health limitations or mobility issues.

Fortunately, there are still plenty of patriotic activities and events that older adults can participate in. Here are some suggestions to celebrate Independence Day with your senior loved ones in mind.

- ♥ Enjoy a fireworks display
- ♥ Watch a community parade
- ♥ Attend a backyard barbecue
- ♥ Make red, white and blue crafts
- ♥ Honor Veterans

Using VEGETABLES Before they Spoil

When we fill our shopping carts with fresh veggies, we have the best of intentions. Have you ever experienced reaching for a vegetable in the fridge only to find it spoiled?

Here are a few ways to use up extra vegetables in the refrigerator before it has a chance to spoil.

Make a stir fry

Veg up a pasta salad

Top your favorite pizza

Add to egg dishes

Stir into a veggie soup

Roast them





Staying Safe When It's Too Darn Hot

Although summer brings warmth and blooming flowers, it also brings the risk of heat related health problems. This is particularly true for older adults, who are at high risk due to physical changes associated with aging, chronic health conditions, and certain medications. Every year, more than 600 Americans die from heat and humidity-related health problems.

To stay safe during hot summer days, it's important to keep the following tips in mind.

STAY AWAY from direct sun exposure as much as possible.

If possible, plan your outdoor activity in the morning or when the sun starts to set.

DRESS APPROPRIATELY

Whenever you can, try wearing loose, light colored clothes.

Avoid dark-colored clothes as they absorb heat.

STAY HYDRATED

Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine.

AVOID SUNBURN

Buy a broad-spectrum sunscreen lotion or spray with a sun protection factor (SPF) of 15 or higher.

Stay Hydrated!
• drink more water •

Preventing Heat Exhaustion and Heat Stroke and Recognizing the Warning Signs

By the GWAAR Legal Services Team (for reprint)

As the temperature rises, so does the risk of heat-related illnesses like heat exhaustion and heat stroke. Recognizing the warning signs and understanding the differences between these conditions can help keep you safe and healthy all summer long.

Heat Exhaustion

Heat exhaustion occurs when the body overheats, often due to strenuous activity in hot, humid weather. Symptoms include:

- * Heavy sweating
- * Cold, pale, and clammy skin
- * Muscle cramps
- * Fast, weak pulse
- * Fatigue, weakness, or dizziness
- * Headache
- * Nausea or vomiting
- * Dark urine or decreased urination

If left untreated, heat exhaustion can escalate to heat stroke, so it is essential to seek shade, rest, loosen your clothing, and hydrate immediately, when you first experience symptoms. Get medical help right away if you are throwing up, your symptoms worsen, or your symptoms last longer than one hour.

Heat Stroke

Heat stroke is more severe and occurs when the body's temperature rises to 103°F or higher. It can cause damage to the brain, kidneys, and muscles. Warning signs include:

- * High body temperature
- * Hot, dry, damp, or red skin
- * Headache
- * Rapid heartbeat
- * Dizziness
- * Confusion, agitation, or unconsciousness
- * Nausea
- * Seizures

Preventing Heat Exhaustion and Heat Stroke and Recognizing the Warning Signs Continued

Heat stroke is a medical emergency and requires immediate medical attention, so call 911 if you suspect you or someone else is suffering from this life-threatening condition! In addition, move the person to a cool place, and help lower their body temperature by putting cool cloths or ice on them. Do NOT give the person anything to drink unless they are fully awake and alert and sitting completely upright. Otherwise, doing so could cause them to choke and aspirate.

Prevention Is Key

To avoid heat-related illnesses, on hot, humid days, be sure to stay hydrated, wear light-colored and breathable clothing, and take breaks in cool, shaded areas. Additionally, never leave children or pets in hot cars. Be sure to also check on neighbors at high risk, such as the elderly or those with chronic health conditions. If you or someone you know is at high risk and is living in a home without air conditioning, be sure they at least have a fan. In addition, on very hot days, suggest they go to a local shelter that has air conditioning.

Most communities offer shelters with air conditioning where members of the public can go to stay cool on particularly hot days.

Conclusion

Knowing the signs of heat exhaustion and heat stroke and taking steps to prevent them can make all the difference when it comes to enjoying a safe and healthy summer.



Follow Us, Like Us, Tell Your Friends About Us!

Stay connected with ARDC for the latest updates, exciting news, and exclusive content!

- **Follow Us** on Facebook to keep up with our latest posts.
- **Like Us** to show your support and let us know you're with us.
- **Tell Your Friends** about ARDC so they can join our growing community.

Together, we can make a difference. Thank you for being a part of our journey.

Post-Surgery Depression

By the GWAAR Legal Services Team (for reprint)

Surgeries, no matter how large or small, can bring up intense feelings and emotions. Surgeries are often accompanied with pain, discomfort, lack of mobility, and dependence on other people. Many people are surprised to learn that depression after a surgery is also very common. Despite it being such a common surgery side effect, it is rarely talked about.

Symptoms

Post-surgery depression symptoms are similar to other types of depression, including:

- o Fatigue
- o Sadness
- o Hopelessness
- o Difficulty making decisions
- o Loss of interest in activities
- o Irritability
- o Changes in appetite and/or sleep patterns
- o Difficulty concentrating/remembering
- o Slow movements and speech
- o Thoughts of suicide or harming oneself or others
- o Anxiety

The difference, however, is that these symptoms are persistent and last more than two weeks after a surgery. These symptoms can occur even for patients who have a successful surgery and are on their way to a full recovery. If untreated, however, post-surgery depression can last months, and make physical healing more difficult.

Post-Surgery Depression Continued

Causes

Post-surgery depression can have many causes, including:

- o Physical discomfort and pain
- o Reactions to pain medications, antibiotics, or anesthesia
- o Poor or traumatic pre-surgery experience
- o Diagnosis of a serious illness
- o Changes in body image
- o Feelings of anxiety, guilt, and stress
- o Financial strain
- o Lack of a support system
 - o Concerns about the impact on the quality of life or lifespan

Tips

One of the best tips for dealing with post-surgery depression is to be informed so you can feel a sense of control.

This can take many forms, including:

- o Knowing what to expect before, during, and after surgery
- o Understanding that post-surgery depression is very common
- o Being able to recognize the signs and symptoms of post-surgery depression
- o Having resources ready in order to seek professional help (therapists, counselors, etc.)

As your body and recovery plan allow,

- o Do gentle stretching, take a slow walk, or simply go outside for a few minutes each day
- o Eat plenty of fruit, healthy fats, lean protein, vegetables, and whole grains
- o Rest as much as you can
- o Take antidepressants if a healthcare provider prescribes them

Post-Surgery Depression Continued

Supporting Someone Else

If you are caring for someone after a surgery, it's good to address the possibility of post-surgery depression so they also understand how common it is. Other things that can help are:

- o Aiding them in their recovery process (such as helping them make follow-up appointments and reminding them to take medications)
- o Encouraging them to eat regularly and get low-impact physical activity if possible
- o Listening to and accepting their needs
- o Treating them with respect
- o Encouraging them to talk to a healthcare provider if you notice they are not eating and drinking enough, taking care of their hygiene, or taking medications as prescribed.
- o Seeking medical attention right away if your loved one experiences new or worsening thoughts of self-harm and suicide.

If you or a loved one is experiencing thoughts or threats of suicide, self-harm or emotional distress, call or text 988 - the 24/7 Suicide and Crisis Lifeline.

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.



DID YOU KNOW?

The ABCs of Caregiving



by [Maryanne Curran](#)

My journey as a caregiver began in 2003. My mother was diagnosed with a rare neurological disease. Her health slowly deteriorated. As it did, I learned more and more about how to properly and lovingly care for her.

When she passed away in 2008, I thought my caregiving duties were over. But the Universe said, “No.” My 83-year-old father got hit with one health issue after another and again I donned my caregiver hat. Because of this hands-on experience, I feel confident in claiming the title of Professional Family Caregiver.

If you’re facing the new role of caregiver, here are some tips to help you succeed in your new position. While many of these tips pertain to caring for a senior citizen, they can be used for other family members as well.

Ask. Admitting that you need help caring for your parent is hard. If you are the primary caregiver, ask other family members to contribute some time. Don’t take “No” for an answer. Everyone is busy. But being a caregiver for an ill person is more than one person can handle. All family members need to pitch in where they can.

Banking. Visit the bank where your parent does his or her banking. Have your name added to their bank accounts so you may access funds if they are not able to. Be sure to check with a financial advisor about any tax consequences for you.

Community. There are many resources in your community. Identify them and use them. Neighbors, friends, and church members are often eager to help, but don’t know what’s needed. In many towns, Meals on Wheels is available to deliver a nutritional meal for your parent.

Delegate. As a caregiver, you may think that you have to do everything. Delegate activities of lesser importance to others. It will give you more free time to deal with the important healthcare issues.

Emotions. Caregiving is an emotional ride. There will be days of anger, depression, loneliness, anxiety, and more. These feelings are normal given the circumstances. To balance the darker days, there will also be days of laughter, love, and joy. Relish these days.

THE ABC's of Caregiving Continued

Forgiveness. In the daily stress of caregiving, you'll have your share of difficult days. Forgive yourself when you're having a bad day. No one is perfect. Every sunrise marks a new day. Wipe the slate clean and start your day anew.

Government. There are a multitude of agencies that can be a great resource for caregivers. Check www.eldercare.gov to find an agency near you. If your town has a senior center, that's also a great place to start. Some states participate in programs that provide a monetary stipend to a family member who is caring for a senior who is ill.

Home Health Aides. A good home health aide can be a blessing. If using an agency, make sure they do a background check on new aides. Make a list of things you want the aides to do. You may have many different aides who cover different shifts. Writing a list of their duties will make it easier to transition from one aide to the next.

Insurance. Understand what medical insurance your parent has. Find out what benefits he/she is entitled to and what will be the out-of-pocket expenses. Join. A support group is a place where you can share and vent. If you can't drive to one, there are many online groups. The group members know what you're going through and can be a great sounding board.

Knowledge. They say that knowledge is power. This is never truer than when dealing with a health crisis. Learn as much as you can about the disease your loved one is facing. It will prepare you and teach you what symptoms to watch for. If it's a progressive illness, you can learn to identify the stages of the illness to assist with your caregiving.

Legal. Make sure all your parent's legal documents are up-to-date. A will, power of attorney, and health care proxy are a must. Consult an attorney to prepare these documents.

Medications. You will need to become an expert about the various medications your parent is prescribed. Ask for a 90-day supply of medication. It's often more cost-effective and will save you some trips to the pharmacy. Check with the pharmacist to ensure that any new prescriptions will not affect existing medications.

Nutrition. Illness can often change the eating habits of both the person who is ill and his or her caregiver. Make sure you both have healthy, nutritional meals during this journey.

THE ABC's of Caregiving Continued

Organize. If you were never an organized person, it's a skill you'll need to master quickly. As a caregiver, you'll multitask more than you ever thought you could. The caregiving tasks may seem overwhelming. Just take one at a time and you'll succeed.

Patience. They say that patience is a virtue. As a caregiver, this is a necessary attribute to your skill set. Everything you want to do will take more time than you think. Be patient.

Question. There are no dumb questions. Don't be afraid to ask doctors, nurses, and other medical personnel any question you have about the health of your parents. Remember, they work for you.

Respite. If your family member is sick, they become the center of your family's world. It's vital that you find time for yourself and get a break from your role as a caregiver. No one works 24 hours a day. Make sure to schedule some time to take a walk, get a massage, or even go to a movie.

Spirituality. Connect to your spiritual side. Maintaining your faith or finding the faith that you lost is a significant coping mechanism on this caregiving journey. Spiritual leaders will often make visits to your home to provide spiritual guidance to both you and your loved one.

Talk. Talk about your feelings about being a caregiver to someone you trust. Talk to your loved one about their feelings about their health. Talking makes any relationship a closer and more loving one.

BEING A CAREGIVER IS
A WORK OF HEART



Aging and Disability Resource Centers (ADRCs)

provide a broad range of services to assist older adults and individuals with disabilities, as well as their families and caregivers. These centers serve as single points of entry for accessing various types of long-term care services and supports.



By offering these comprehensive services, ADRCs aim to enhance the quality of life for older adults and individuals with disabilities, promote independence, and support their ability to live in the community for as long as possible.

Here are some the key services that ADRCs offer:

- ~Information and Assistance
- ~Benefits Counseling
- ~Transition Support
- ~Caregiver Support
- ~Health & Wellness Programs
- ~Options Counseling
- ~Care Coordination
- ~Long-Term Care Planning
- ~Advocacy
- ~Legal Assistance

NEWSLETTER POSTAGE DONATIONS

Thank you for your continued support of our Clark County ADRC Newsletter. We sincerely appreciate the support that our readers have shown by making donations towards the cost of postage.

If you would like to make a newsletter donation please make a check payable to: ADRC Newsletter and mail it to:

ADRC of Clark County
517 Court Street, Room 201
Neillsville, WI 54456



If you do not already receive this newsletter in the mail and you would like to start, just include your name and address with your check and a note stating that you would like to start receiving it.

Know the signs of a stroke!

BE FAST

BALANCE

Sudden loss of coordination or balance

EYES

Sudden change in vision

FACE

Sudden weakness on one side of the face or facial droop

ARM

Sudden arm or leg weakness or numbness

SPEECH

Sudden slurred speech, trouble speaking, trouble understanding speech

TERRIBLE HEADACHE

Sudden onset of a terrible headache



WISCONSIN COVERDELL
STROKE PROGRAM



UNIVERSITY OF WISCONSIN
MADISON

TIME TO CALL 9-1-1
Every second counts!

FRAUD PREVENTION



Medicare Fraud Prevention Week Teaches Everyone How to Prevent Fraud

By the Senior Medicare Patrol Resource Center

Fraud costs Medicare an estimated \$60 billion per year. It costs Medicare beneficiaries in time, stress, their medical identities, and potentially their health. It costs families, friends, and caregivers in worry and lost work when helping their loved ones recover from falling victim to Medicare fraud. “

Medicare fraud has a devastating impact on both beneficiaries and the Medicare program,” said Ingrid Kundinger, Senior Medicare Patrol Director. “We teach people how to avoid experiencing Medicare fraud. By preventing fraud from happening, this program helps individuals and protects the Medicare program for generations to come.”

Learn how to protect yourself and your loved ones by joining the Senior Medicare Patrol (SMP) and their partners for Medicare Fraud Prevention Week which runs the week of June 5, or 6/5, because most people become eligible for Medicare when they turn 65. “We’re excited to teach people both about how to protect themselves from Medicare fraud and about the services that the Senior Medicare Patrol program offers. We hope that people will remember the numbers ‘6-5’ to help us celebrate Medicare Fraud Prevention Week,” said Kundinger. Everyone plays a part in the fight against fraud.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations.

The Wisconsin SMP program is supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy .

NEW Granton Pop-Up Food Pantry

Beginning May 2024



This free resource is available to anyone in need of some extra food.
Receive fresh produce, dairy/meat, pantry staples, and more for your household.

1st & 3rd Fridays

May 3, 17 • June 7, 21 • July 5, 19 • August 2, 16 • September 6, 20

11 am—12 pm

110 N Main Street, Granton

- Drive-thru style
- Groceries loaded directly into your vehicle
- No ID or proof of income required
- May pick up for more than one household



fmpfoodbank.org | (715) 835-9415 | info@fmpfoodbank.org



Photo Courtesy of Pixabay.com

Did you Know...

A cucumber's flavor comes from the seed.

A zucchini contains more potassium than a banana.

EAT WELL, AGE WELL. July – Cucumbers and Zucchini

Cucumbers, a summer squash, are rich in essential vitamins and minerals such as potassium, folate, and vitamins K and C. They are composed of approximately 95% water, contributing to hydration, and aiding in the prevention of constipation and irregular bowel movements. To increase nutrient intake, it is recommended to consume cucumbers with their peel intact.

- **Storage:** Rinse with water, pat dry, place in a bag, and refrigerate for about one week.
- **Preparation:** Once harvested, they can be used in many ways such as pickling, in snacks and salads, or as a garnish, all of which are easy to prepare.

Zucchini, a type of summer squash that belongs to the same plant family as melons and cucumbers, is rich in both water and fiber. A single cup of baked zucchini contains approximately 6% of the daily recommended fiber intake. The fiber content in zucchini, like cucumbers, aids in alleviating constipation, lowering cholesterol levels, supporting bowel health, and regulating blood sugar levels.

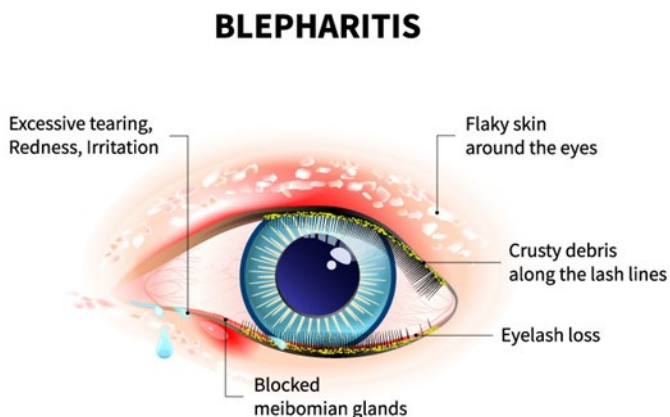
- **Storage:** Zucchini should be stored in a ventilated bag without being washed, as it thrives in dry conditions and can last up to two weeks.
- **Preparation:** Zucchini can be prepared using various methods, such as sauteing in a skillet for a quick and delicious dish, baking in an oven, grilling, or smoking for a rich and smoky flavor.

WHY ARE MY EYELIDS RED, ITCHY AND FLAKY?

If you have eyelids that are bothersome and notice flaky skin around the eyes, you may have blepharitis. Blepharitis, also known as eyelid inflammation, is a common skin condition that affects people of all ages, ethnicities, and genders. It's more common in people over 50 years old, and some studies show that the prevalence increases with age. Researchers aren't sure why blepharitis becomes more common with age, but they think it's related to changes in the eyelid and its oil glands. Older people also tend to experience dry eye more often, and data show blepharitis happens more often in people with dry eye syndrome.

SYMPTOMS OF BLEPHARITIS INCLUDE:

- Itchy eyelids
- Red eyes
- Irritated and watery eyes
- Flaking and crusting at the base of the eyelashes, similar to dandruff
- Burning or stinging eyes
- Oversensitivity to light (photophobia)
- Gritty feeling in eyes and the sensation of having something in the eye



Blepharitis can be treated with home remedies, such as a warm compress 2 to 4 times per day. You can also try gently washing your eyelids a few times each day. General recommendations include:

Applying a warm washcloth or heated rice pack to your closed eyelids for up to five minutes

Gently rubbing your closed eyelids with a diluted solution of baby shampoo, or gentle soap specific for eyelids called lid scrubs

Rinsing your eyes thoroughly with warm water

Some cases of blepharitis can be very stubborn and require prescription medication. Your optometrist may have you use an antibiotic ointment on your eyelids, or prescribe an antibiotic medicine for you to take by mouth to knock out the inflammation, and then continue with a routine daily regimen to keep it at bay.

If you are experiencing any of the symptoms mentioned above, talk to your eye doctor at your next appointment, or if it's affecting your everyday life, schedule an appointment today.

Source: National Library of Medicine: <https://www.ncbi.nlm.nih.gov/books/NBK459305/>

“Planning Ahead” Event – Coming September 2024

- ♥ Those interested in planning for the end of life to make things easier for family members
- ♥ Those who have lost a loved one
- ♥ Those in the process of losing a loved one and are dealing with the transition



The poster features the University of Wisconsin-Madison Extension Clark County logo on the left, which includes a small landscape image. The central text reads "CLEAN SWEEP 2024" in large, bold, blue letters. To the right is an illustration of a man and a woman in work clothes and gloves, surrounded by various cleaning supplies like brooms, mops, and buckets. Below the main title, an orange banner contains the date "September 6, 2024" and the locations: "Owen Highway Department (morning)" and "Clark County Fairgrounds (afternoon)".

We will collect a range of items:

 HOUSEHOLD CLEANING	MEDICATIONS   AG CHEMICALS	TIRES   HOUSEHOLD APPLIANCES	BATTERIES 
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715-743-5122



ExtensionAdminStaff
@co.clark.wi.us



clark.extension.wisc.edu

Online registration: <https://clark.extension.wisc.edu/clark-county-clean-sweep-2024/>

Postmark pre-registration form by August 17

Call UW Extension for additional information at 715-743-5122

What's Happening at the Libraries in July?



Clark County Libraries Passport Adventures:

May 1st –Aug. 31st.

Visit Clark County Libraries for a chance to win prizes. Pick up a Library Adventure Passport at any Clark County Library for more details.

Granton Library

July 11	Bring Your Own Book Book Club	6:00 p.m.
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Greenwood Library

July 3 & 10	Rock Painting	Noon—4:00 PM
July 16	ADRC Live & Learn	10:30 a.m.
July 19	Coffee Talk Book Club	10:30 a.m.
July 27	Magic Show	11:00 a.m.

Loyal Library

July 1	Game/Card Group	1:00—4:00 p.m.
July 15	Stamping Up with Charlene	2:00 p.m.

Neillsville Library

Reading & Movie Adult Challenges - stop at the library for the challenge form
Large print editions and audiobooks/books on CD options are available



NEW SAFETY FEATURE

You can now add emergency contact information to your driver license or ID record.

As of June 1, 2024, Wisconsin residents now have the option to add one emergency contact to their license or ID record. When signing up for or renewing a driver's license, each applicant will be asked if they would like to add an emergency contact.

Why should I add this information to my driver license or ID?

Emergencies can happen at any time. Having your emergency contact information accessible to law enforcement can be crucial. Adding this information to your DMV record ensures that authorities can promptly notify a family member or loved one in the event of an emergency.

Who can see this information?

In the event that you are in an accident or experiencing a medical emergency, the emergency contact information would be available to law enforcement. Only law enforcement personnel, including police officers from other states, will have access to this information.



Emergency contact information is NOT displayed on your physical ID.

How do I add this information to my driver license or ID?

Visit wisconsin.dmv.gov/emergencycontact to complete an online self-service application. You will need to provide details such as the name, address, phone number, and relationship of your emergency contact.

You do not have to visit a DMV Customer Service Center.

Adding emergency contact information to your record is voluntary and will not appear on the card.



Clark County: We want to hear from you!

Share your opinion on local concerns and community strengths.

SCAN ME TO TAKE SURVEY



What economic factors are affecting you and your family?

What makes Clark County a great place to live, work, and play?

[Bit.ly/clarkwi](https://bit.ly/clarkwi)



Marshfield Clinic
Health System

For a paper copy, stop by a Clark County Public Library OR the Clark County Health Department

517 Court Street, Room 105
Neillsville, WI 54456

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Tomah VA Medical Center

Tomah VA MEDICAL CENTER

Pharmacy Guide

Tomah VAMC Pharmacy
608-372-3971 Press 1

Automated 24 - Hour Refill Line:
800-252-7188

Refill Online:
www.myhealth.va.gov





OUTPATIENT PHARMACY

Located on the 1st floor of the Tomah VAMC.

The Tomah VAMC Outpatient Pharmacy is for **new, partial, or emergency prescriptions only**. Full prescription refills will be mailed.

Hours of Operation:

Monday-Friday
8:00 a.m. - 4:30 p.m.



Rx Text Message Alert*

If you are picking up a prescription from the outpatient pharmacy, you will receive a text message when your prescription is ready.

*This feature will begin automatically for all patients who have a valid cell phone number on file with the VA.

You have (1) prescription ready at your VA pharmacy. Prescriptions not picked up within 3 days will be mailed.

Reply STOP to end texts.

MEDICATION REFILL INSTRUCTIONS

Request refills at least two weeks before you run out of your prescription.

Prescription refills are processed through the Consolidated Mail Outpatient Pharmacy (CMOP) located out of Chicago. **Please allow 7-14 business days for your medication to be delivered.**

CONVENIENTLY REFILL YOUR VA PRESCRIPTIONS REMOTELY



Via Phone

Automated 24-Hour Hotline:

- 800-252-7188
- 608-372-3971, press 1



Using the Rx Refill App

You can request refills of your refillable VA prescriptions, track VA prescription deliveries, and view VA prescription history from the convenience of your mobile device with the Rx Refill app. Learn more at mobile.va.gov/app/rx-refill.



Online with My HealtheVet

Through My HealtheVet, VA's online patient portal, you can request refills of your refillable VA prescriptions, track VA prescription deliveries, and view VA prescription history online. Get started at myhealth.va.gov.



Through the Mail

A **refill request form** comes with every VA prescription filled. To refill your prescription by mail, complete the request form and mail it to your VA pharmacy at the address listed on the paperwork that arrived with your prescription.

If you forget to refill your prescription on time, or if your prescription is no longer refillable, please contact the **Tomah VAMC Pharmacy at 608-372-3971, Press 1** or use **My HealtheVet's Secure Messaging** to contact your VA care team.

Remember to verify that your mailing address on file with VA is accurate. If you need to make a change, please visit va.gov/change-address.

HELP US BEST SERVE YOU

If you are a patient at one of the Community Based Outpatient Clinics (CBOCs) your prescriptions will be mailed to you.

Please reorder your refills online, by phone, or by mail at least two weeks before you run out. Your cooperation refilling your prescriptions this way allows us to serve your fellow Veterans who require new, discharge or urgent prescriptions promptly.

Tell your provider if another doctor has prescribed new medications or has changed the dose of medications you are taking.

You must show a valid photo ID when picking up your medication.

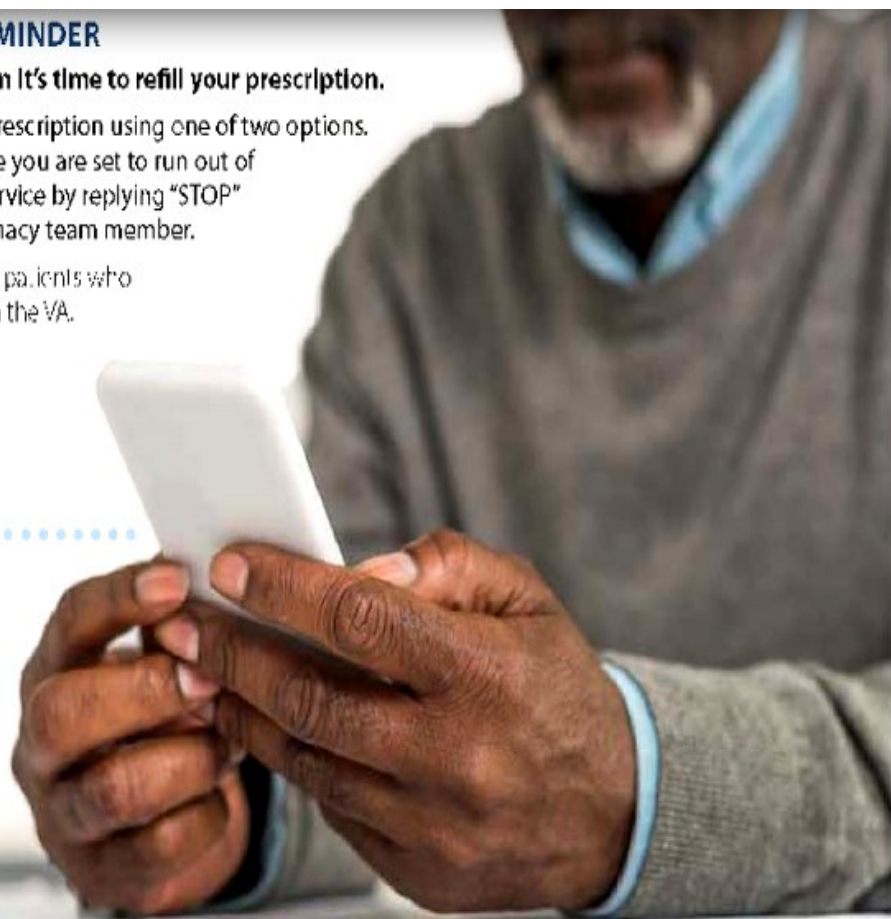
NEW! TEXT MESSAGE REFILL REMINDER

Receive a text message reminder* when it's time to refill your prescription.

The message prompts you to refill your prescription using one of two options. This notification is sent out 14 days before you are set to run out of the medication. You can opt out of the service by replying "STOP" to the message or by speaking to a Pharmacy team member.

*This feature will begin automatically for all patients who have a valid cell phone number on file with the VA.

This is your VA pharmacy reminding you that your medications starting with LIT, PRA SOD, MEC, and CLO are due to be refilled. Call 800-252-7188 or visit www.myhealth.va.gov



Track your mailed prescriptions

Know when your mailed prescriptions will arrive!



Sign up for a My HealtheVet account at:
www.myhealth.va.gov

With an advanced account, you can virtually refill and track your VA prescriptions online. Log onto www.myhealth.va.gov and create an account if you do not already have one.

The Rx Refill app provides a native mobile interface for the Rx Refill feature found within My HealtheVet.

Need Help or Have Questions?

Contact the Help Desk online by selecting:
Contact MHV Tab in My HealtheVet



ACCESS USING
YOUR COMPUTER
www.myhealth.va.gov



ACCESS USING
YOUR SMART PHONE
www.mobile.va.gov



Book Recommendation *GWAAR Staff Pick*

My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver

By Martin J. Schreiber with Cathy Breitenbucher

In *My Two Elaines*, author Marty Schreiber, former governor of Wisconsin, watches his beloved wife, Elaine, gradually transform from the woman he fell in love with in high school, and who diligently supported his political career, to the Elaine who knows she is declining and can't remember how to cook a meal, and finally to the Elaine who no longer recognizes Marty or their children. Beyond sincere, practical advice, *My Two Elaines* gives the reader permission to feel the full spectrum of emotions, including humor, even in the face of this relentless illness. And the book speaks to anyone touched by this disease – spouse, child, friend, or family member.

Learn more at mytwoelaines.com



Mr. Schreiber at a book signing booth.

"If there's one thing worse than Alzheimer's, it's ignorance of the disease."

– Marty Schreiber

Hearing Loss Increases Fall Risks

By the GWAAR Legal Services Team

Injuries from falls are one of the top causes of death among people aged 65 and older, and research shows that even mild hearing loss more than doubles the risk of falls. It is not clear why hearing loss increases fall risks. It may be that hearing loss affects the balance centers in our ears, or it may simply be that sound is an important cue we rely on to navigate our environments. The good news is that research published in the *Journal of the American Geriatrics Society* shows that using hearing aids can dramatically reduce the risk of experiencing a fall.

According to the study, people who used hearing aids at all cut their fall risk nearly in half. Those who used hearing aids consistently – meaning at least four hours per day – cut their fall risk by nearly 65%.

Apart from reducing fall risks, hearing aids can help address other challenges associated with hearing loss, such as social isolation, reduced enjoyment of social activities, and mental health concerns. Although people often delay getting hearing aids or are reluctant to wear them due to the way they look or sound, evidence of the health benefits may help convince more seniors to consider taking steps to help address hearing loss.

Bringing Hope & Light to the Dementia Journey

A full day conference hosted by Dementia Care Specialists (DCS) and partners across Wisconsin. Designed to empower the community, those living with dementia and their family/caregivers with the tools and supports to provide meaning and purpose. Multiple sessions are designed, led by and for people living with mild cognitive impairment (MCI) or dementia.

Free Admission. Donations are welcome.

Inquire about Free Onsite Respite

Keynote Speakers:
Dr. Natall Edmonds
Sheri Fairman

**Two Panels: Caregivers
People Living with MCI and Dementia**

**Have Fun, Engage, Increase Quality of
Life, and Connect with Others**

**Learn from Experts, Gain Skills, Tools,
Build Your Network,
and Gain More Understanding**

**Exhibitors with Services and
Supports From Across Wisconsin**

Tuesday, August 6, 2024

8:00am - 4:00pm

 **UW-Stevens Point**



For Questions Call:
920-386-3580

Register at:

<https://www.co.dodge.wi.gov/registration>


Or Scan:



Disclaimer: The ADRC is unbiased and does not endorse any organization, product or service.

JULY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Game Group Loyal Library 1 - 4	2 StrongBodies Colby Senior Center 9:30 - 10:30	3 Rock Painting Greenwood Library 12 - 4 Sheepshead Neillsville Sr. Center 12:00	4 	5 BINGO Greenwood Center 11:30	6
7	8	9 Lunch & Learn Loyal Library 10:30 a.m. Call to Register 715-255-8189 StrongBodies Colby Senior Center 9:30 - 10:30	10 Rock Painting Greenwood Library 12 - 4 Sheepshead Neillsville Sr. Center 12:00	11 Bring Your Own Book - Book Club Granton @ 6pm StrongBodies Colby Senior Center 9:30 - 10:30	12 BINGO Greenwood Center 11:30	13
14	15 Stamping Up Loyal Library 2:00	16 Live & Learn Greenwood Library 10:30 Call to Register 715-267-7103	17 Sheepshead Neillsville Sr. Center 12:00	18	19 Coffee Talk Book Club Greenwood Library 10:30 BINGO Greenwood Center 11:30	20
21	22	23 StrongBodies Colby Senior Center 9:30 - 10:30	24 Sheepshead Neillsville Sr. Center 12:00	25 StrongBodies Colby Senior Center 9:30 - 10:30	26 BINGO Greenwood Center 11:30	27 Magic Show Greenwood Library 11:00
28	29	30 StrongBodies Colby Senior Center 9:30 - 10:30	31 Sheepshead Neillsville Sr. Center 12:00			



Tree Word Search



Look for the following words related to trees. They may be spelled forward, backward, downward, upward, or diagonally.



BRANCH

BUD

CHERRY

ELM

EVERGREEN

FLOWER

FOLIAGE

FRUIT

GROVE

LEAF

LIMB

MOSS



PALM

RINGS

WALNUT

WILLOW

WOOD





ADRC Director

Lynne McDonald

ADRC Financial / Nutrition Manager

Lynn Crothers

Admin Assistant—Aging & Nutrition

Kim Stetzer

ADRC Admin Assistant/Benefit Specialist II

Lisa Waldhart

Elder Benefit Specialist

Terri Esselman

Disability Benefit Specialist

Crystal Rueth

I&A Specialist

Hannah Quicker

Michelle Berdan

ADRC Newsletter Online:

<http://www.co.clark.wi.us/index.aspx?NID=767>

ADRC Toll Free Line

1-866-743-5144

ADRC Local Number

715-743-5166

ADRC Fax Number

715-743-5240

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