

# Children's Wellness Connection

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Spring 2020

## ***RUNNING FREE***

Imagine being stuck. Imprisoned in a cage made of your own flesh and bone. Immobile. Unable to move in any meaningful way. Held hostage by your body, which no matter how hard you try to make it do your will, betrays you. Your muscles are so tight they contract and freeze your limbs at odd angles. Excruciating muscle spasms and cramps resonate throughout your legs and arms. The pain is so constant that eventually it just becomes a part of the background to your daily life.

Would you be able to find joy again? Find a way to actually "live" as opposed to just existing in the moments and spaces between medical appointments, therapies and procedures? Could you seek to improve the quality of your days while your physical body remains so limited? These are the questions which life has asked of Jeffrey Bergeman, who in 2008, sustained an anoxic brain injury after suffering a sudden cardiac arrest as a toddler. Now a teenager, Jeffrey has multiple disabilities, but has found a way to achieve freedom for his mind and spirit while yet trapped by his physical condition. He runs races! His body remains strapped in a chair, his feet carry him nowhere, but when he takes his place at the starting line of an event he is prepared to run as far, and as fast, as his heart and mind will take him! He is unbound from the limitations of his body! His joy and spirit will not be caged. He is free!

Finding freedom from disability by embracing running and endurance racing events is something that Jeffrey and his family discovered in 2013 through a connection made with the organization called I Run 4 (<https://whoirun4.com>) which matches able bodied athletes with people who have disabilities from all across the nation. Jeffrey was paired with a runner, Kareen Lawson, who lives in northern Virginia. Kareen committed to dedicating all of her miles and races to Jeffrey, and he provided her with the inspiration to push on through adversity—something he does every day. The pair connected online through the I Run 4 Facebook group. Soon enough the miles and medals started adding up, and an incredible friendship formed. After watching Kareen run in his honor for two years, Jeffrey began using an adaptive racing wheelchair to run for himself with his mom, Jess, in 2015. Together they trained for and completed several short distance races, and in 2016 Jeffrey, Jess and Kareen toed the line together at the Marine Corps Marathon in Washington, D.C. where Jeffrey became a marathon runner for the first time! But running wasn't something for Jeffrey to do with just his mom. It has become quite the family affair. In quick succession following that first marathon, Jeffrey completed his second marathon just 14 days later, this time with his dad, Jordan, assisting him. Jordan and Jeffrey have since completed a 50 mile Ultra Marathon, 13 full marathons (boasting 2 Boston qualifying times) multiple half marathons, and countless 5K's. Father and son have

## OUR CWC COMMITTEE MEMBERS



**Kerry Swoboda, MSW, APSW**  
Behavioral Health Unit  
Social Work Manager for CIS Unit



**Gina Caldwell, MSSW, APSW**  
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CST Senior Social Worker



**John Welch, CSW**  
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**Amanda Gaetz, BSW, CSW**  
Behavioral Health Unit  
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**Lee Ellen Kirkhorn, Ph.D, CNE**  
Community Member, Consumer

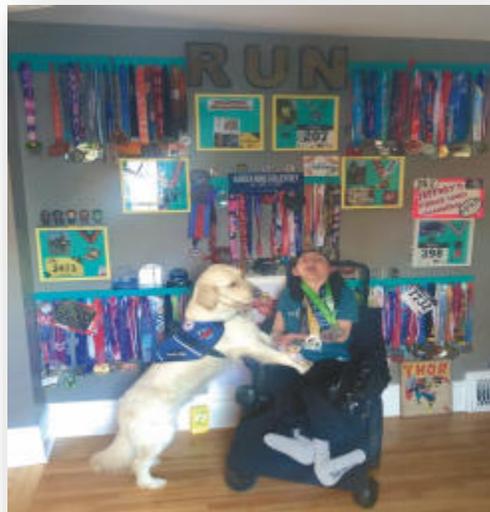


**Shayla Wuollet**  
Children's Integrated Services Unit  
Administrative Support



**Connie Fedie, CSW**  
Family Youth Services  
Social Worker

participated in various distance triathlons together as well. Jeffrey also competes on his middle school cross country team together with the help of his younger sister! A favorite local race for the family is always the Eau Claire Marathon because of the genuine way that race directors and volunteers celebrate every participant regardless of abilities!



The feeling of freedom that running gives Jeffrey has expanded his views on what type of life he wants to live. He doesn't want to be limited by the things that his disabilities make more challenging for him to do. With the help of the Chippewa County CLTS Waiver program Jeffrey pursued acquiring a professionally trained service dog from 4 Paws For Ability. Thor, a 2 year old English Cream Golden Retriever, was task trained in areas specific to Jeffrey's needs and began working with him in January 2020. Jeffrey and his dog have quickly become best friends. Thor helps Jeffrey with tasks such as opening and closing doors, turning lights on and off, assisting with the removal of clothing, and retrieving items that Jeffrey may drop. He has also been able to help when Jeffrey experiences those painful muscle spasms by applying deep pressure therapy and providing a calming presence to lessen the intensity and duration of the episodes. Jeffrey loves having Thor because when they work together he is free to do more for himself than he previously could. It also means that he has another member of his family to share in the excitement as he crosses more and more finish lines! The profound joy Jeffrey experiences while running races-and the desire for independence it has prompted- is an inspirational lesson from which we all can learn. Any of us might find ourselves trapped in some way-whether it be physical burdens or mental barriers and limitations that we put in our own path- each one of us also holds the keys to finding and unlocking our own happiness as we overcome the obstacles before us. The next time you feel your mind or spirit being caged, get outside. Run. Walk. Wheel. However you need to do it, just get out there. Feel the warmth of the sun's rays on your face and smile as Jeffrey does. Experience the breeze skimming across your body and breathe. Even if just for a moment, experience and embrace your freedom.

## - Programs Offered at DHS -

### Our Program Staff



### Children's Long Term Support Waiver (CLTS)

**Overview:** The CLTS Waiver provides Medicaid funding for children who have substantial limitations in their daily activities and need support to remain in their home or community.

**Eligibility:** under the age of 22, diagnosed with a physical, developmental, and/or severe emotional disability, determined eligible based on the Functional Screen, live at home or in a foster care setting, have a physical, cognitive, or emotional limitation that seriously restricts the child's ability to carry out basic daily living activities such as self-care, learning, communication, mobility, and self-direction and a resident of Eau Claire County.

### Comprehensive Community Services (CCS)

**Overview:** CCS is a recovery-based program for people of all ages coping with a mental health and/or substance use condition. The individual and their family work with a dedicated team of supports to develop a treatment and recovery plan to meet individualized needs and goals.

**Eligibility:** Does the individual have any of the following: Diagnosed mental health and/or substance use disorder, determined eligible based on a functional screen, lives at home or in a foster care setting, and is a resident of Eau Claire County.

### Coordinated Services Team (CST)

**Overview:** Coordinated Services Team (CST) is a service that centers decision-making by the family team to maintain children with multiple needs within a family setting. The team includes the child, family members, natural supports (relatives, friends, co-workers) and professionals.

**Eligibility:** Is the Child or youth under 18 years of age involved in at least two of the following direct services: Mental Health (Therapy and/or Medication Management), Special Education, Juvenile Justice, Child Protective Services, and/or AODA.

## DO YOU KNOW?

### How to make a referral to the Department of Human Services:

CLTS, CCS and CST are all voluntary programs. Prior to making a referral, please make sure the family is aware of the referral and provide releases of information or consents. You can contact Centralized Access by any of the following:

[HTTPS://WWW.CO.EAU-CLAIRE.WI.US/DEPARTMENTS/DEPARTMENTS-A-K/HUMAN-SERVICES](https://www.co.eau-claire.wi.us/departments/departments-a-k/human-services)

#### Contact Options:

Phone – (715)839-7118

Email - [HumanServices.Access@co.eau-claire.wi.us](mailto:HumanServices.Access@co.eau-claire.wi.us)

Address – 721 Oxford Ave Eau Claire, WI 54703

Behind three brothers that can only be described as athletic superstars on both the football and baseball fields, young Seth would watch and cheer his brothers on from the sidelines with aspirations to follow in their footsteps. But life had other plans for Seth. When he was seven, Seth's once silent autoimmune disease decided to present itself to the world leaving Seth with, among other things, the need for leg braces and a cane. And while this disease affected most aspects of his young life, it did not suppress his desire to compete. Like his brothers, Seth was an athlete at heart but for a sick boy like Seth, options were limited.



That's when Seth's mom heard that there was an organization called myTEAM TRIUMPH Wisconsin (mTT) that helped people of all ages with disabilities participate in endurance athletics. She was skeptical but desperate to find something that her son could participate in and enjoy among peers. At the age of 12, Seth ran in his first half marathon as a mTT "Captain" with the help of a specialized racing wheelchair and three able-bodied athletes called "Angels".

At 19 years old, Seth has now raced in over 30 marathons and triathlons all over the state with mTT. But, what started simple enough, quickly turned into something so much more. "When I'm in the [racing wheel] chair, I'm not the sick kid...I'm just Seth!"

myTEAM TRIUMPH Wisconsin has given Seth a safe place to be himself outside of his home and hospital; a place where he doesn't have to answer questions or need to explain what a good versus bad day looks like. Seth shows up to a mTT event and is surrounded by peers that accept him fully. For a boy who has grown up feeling "different" than his peers, knowing that he is welcomed and loved is something he does not take for granted.

Seth may not be running these races on his own two feet but he is as much a part of the team as his "Angels" are. Early wake up calls, ever-changing Wisconsin weather conditions, discomfort - Seth feels it all. But, most importantly for Seth, having race dates on the calendar gives him something fun to look forward to in between the doctor appointments, chemo treatments and tube-feedings...and for a young man as physically ill as he is, a positive outlook can make all the difference.

Did you know that Eau Claire has a myTEAM Triumph chapter? If you would like to join myTEAM TRIUMPH Wisconsin in the Eau Claire area, please visit [myteamttriumph-wi.org](http://myteamttriumph-wi.org) to learn more about how you can be a captain, an angel or a volunteer.

We would love to have you join us at the Eau Claire Marathon, May 2-3rd! Captain & Angel spots available; Volunteers are needed too!

<https://www.myteamttriumph-wi.org/>

# - What's all the Buzz? -

It seems like everywhere we look, CBD has been popping up. I guess you could say that interest in CBD has "grown like a weed". Dad jokes aside, the emergence of CBD has left people, at times, confused about what the drug is and why it seems to be infiltrating our lives. CBD, the acronym for cannabidiol, is often sold and used as an oil. It is produced from hemp and not from marijuana. This allows CBD to be legal at the federal level. The oil can be ingested or applied topically, depending on what people purchase. The claimed effects of CBD certainly put it in the category of being a "wonder drug". Some say that CBD can help with anxiety, chronic pain, depression, and even help alleviate cancer related symptoms. It is important to recognize that these claims are often stated with a "might" in front of them, and that the manufacturer will often state that effects will vary based on the person.

There is one form of CBD that has been approved by the FDA. The approved drug is Epidiolex. It is an oral form of CBD that is prescribed for individuals suffering from seizure disorders. Currently this is the only FDA approved use of CBD oil.

CBD will not get you high. CBD, by law, can contain up to .3% of THC. This means that if someone were ingesting large amounts of CBD oil regularly, it could potentially show up on a drug test as THC. Amounts for individuals will vary based on metabolizing rates, and body mass index (BMI). Some CBD oils are marketed as having no THC.

With the interest in CBD and claimed health benefits, it is not surprising to see individuals turn toward the drug as a viable alternative to other medications. As we learn more about the health benefits as well as the side effects, we can help individuals make more informed decisions on using the drug.

In the meantime, it is important to remember that if you get a cup of coffee or other beverage with CBD added to it, the only thing that will be high, is the price of your drink. Results for everyone will vary depending on how the body and brain respond to the drug. CBD is a drug, and like all changes to medications, a medical provider should always be consulted prior to using a new medication.

By Luke Fedie, LPC Behavioral Health Administrator

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# - Mind, Body, Spirit -



## Current Health Issues and Solutions for Kids

What do we want for our children? To be happy and healthy! This is at the core of our human existence. We all want to feel joy, peace, vibrant health, connection, and balance! So, what keeps us from having that? Stress! However, there are many forms of stress that aren't often talked about.

Kids have plenty of stress these days, but have you ever considered how stress from toxins affect their behavior, learning, and mental health as well? I'd like to share our professional experience into the world of children, their behavior, and what we see as the root causes affecting children's brains. There are hundreds of daily stresses the body encounters from the environment. Everyday humans are in contact with pathogens (bacteria, viruses, fungus, parasites, tick borne diseases, etc.), chemicals, heavy metals, radiation, and nutrient depleted food. The body must detox these toxins out and if it doesn't, it stores them in the body. Those toxins start to deteriorate how our cells make energy, how they function. Over time, the toxins will build up and alter hormones, organ functioning, and our brains!

Kids are expected to sit in school, focus, concentrate, listen, and learn. However, how can a body and brain full of stress and toxins do that? How can the body send the right messages to the right places at the right time, when its communication pathways are blocked or plugged? How well does your car engine work when the oil gets too thick or is too old? It will stop flowing and working. It will also affect how the rest of the parts in the car operate. Soon other parts and systems must work harder to compensate for the deteriorating parts. Now imagine that's your body!

(Mind, Body, Spirit continue)

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Eau Claire County Dept. of Human Services, Eau Claire, WI

B 4C 01-2070

## - Cont'd Mind, Body, Spirit -

The human body is an intricate flow system. All cells, in all organs, communicate with each other all the time. If your blood or your lymphatic system is too thick and not cleansed daily, it will stop working correctly. But it is really very simple to reverse and revitalize the flow system, cellular health, organ health. The body has the full potential to fully repair itself, when given the right nutrients!

My journey started working as an in-home family therapist and then in the medical system, within the mental health field. Over the years, I found that a major piece missing was that no one seemed to focus on the root causes of why the child or adult, was having symptoms! Why was the brain not working to its full potential? Why was the body fatigued? Why cant the body be calm and focused? It all goes back to toxins! When you remove the toxins, provide the exact nutrients your body needs, then the body can repair itself, re-pair its cells, repair its tissues and return to full balance.

We have worked with hundreds of children and we see every day how helping the body to get rid of the toxins (pathogens, heavy metals, chemicals, radiation, or food sensitivities) brings the body and brain back into balance. Children regain their executive functioning skills, sleep, problem solving, focus; they have fewer outbursts, decreased anxiety and depression, and they are better able to cope with everyday stress!

I am asking you to expand your awareness of the options for your kids. Know that there are effective, safe, gentle, and natural ways to help yourself and your children to feel better physically, mentally, and emotionally. The procedures we use are simple. The body provides all the information and feedback needed. We use the extraordinary properties of the human cells and tissues to bring about healing and health changes, naturally. What we do in our office is truly life changing. You can look at our reviews on our website or Facebook and see for yourself what people have to say! [Familytreehealthandwellness.com](http://Familytreehealthandwellness.com)

[Facebook.com/familytreenutritionhealthandwellness](https://www.facebook.com/familytreenutritionhealthandwellness)

I am so grateful you took the time to read this and I wish you full health and happiness!

Kristin Schrader, APSW, CLC

Nutrition Response Testing Practitioner

BioScan Practitioner



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**By Mark Clark**



- April -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p><b>Mini Hands of Peace</b> Anandaworks 4:30-6pm Free</p>	<p>2</p> <p><b>Family Fun Zone</b> Indoor Sports Center 9-11:30am \$5</p>	<p>3</p> <p><b>Karaoke @ The Wellness Shack</b> 1:30-3pm</p>	<p>4</p> <p><b>Children's Theater: The Rainbow Fish</b> Pablo Center 10am Prices Vary</p>
<p>5</p> <p><b>15th Annual Govin's Farm Babies</b> Govin's 9-4pm Prices Vary</p>	<p>6</p> <p><b>Family Fun Zone</b> Indoor Sports Center 9-11:30am \$5</p>	<p>7</p> <p><b>Little Learners Storytime</b> Chippewa Public Library 10:30-10:50am Free</p>	<p>8</p> <p><b>Alive by 715</b> UWEC Sprites Mall Campus 6-7am Free</p>	<p>9</p> <p><b>Make a Fort</b></p>	<p>10</p> <p><b>Friday Night Games</b> Clairemont Comics Free</p>	<p>11</p> <p><b>Jump in some puddles</b></p>
<p>12</p> 	<p>13</p> <p><b>Family Fun Zone</b> Indoor Sports Center 9-11:30am \$5</p>	<p>14</p> <p><b>Do some Baking</b></p>	<p>15</p> <p><b>Open Play</b> Tiny Tots Playhouse 9-12pm \$5</p>	<p>16</p> <p><b>4th Annual Family Fun Night</b> Exposition Center 3pm</p>	<p>17</p> <p><b>Karaoke @ The Wellness Shack</b> 1:30-3pm</p>	<p>18</p> <p><b>Disney's 101 Dalmatians Dinner Theater</b> The Oxford 12:30pm</p>
<p>19</p> <p><b>Family Movie Night</b></p>	<p>20</p> <p><b>Mindfulness Practice Group</b> Farm to Fork Retreat @ Dancing Yarrow 6:15-7:15pm Free</p>	<p>21</p> <p><b>Ukulele Play and Learn</b> EC Music School 10:30-11:30am \$10</p>	<p>22</p> <p><b>Baby &amp; Me</b> River Source Family Center 10-11am Free</p>	<p>23</p> <p><b>Family Fun Zone</b> Indoor Sports Center 9-11:30am \$5</p>	<p>24</p> <p><b>Healthy Kids Running 4th &amp; 5th Graders</b> Forage 5:30pm</p>	<p>25</p> <p><b>6th Annual Early Learning Conference</b> Florian Gardens 8am</p>
<p>26</p> <p><b>EC Greyhound Meet &amp; Greet</b> PetSmart 12-3pm</p>	<p>27</p> <p><b>Create a movie or Play</b></p>	<p>28</p> <p><b>Little Learners Storytime</b> Chippewa Public Library 10:30-10:50am Free</p>	<p>29</p> <p><b>Alive by 715</b> UWEC Sprites Mall Campus 6-7am Free</p>	<p>30</p> <p><b>Bowl for Kid's Sake</b> Wagner's Lanes 5:30-10pm</p>		

- May -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>Karaoke @ The Wellness Shack</b> 1:30-3pm	2 <b>Springfest Chippewa Falls</b> NW State Fair-grounds Free
3 <b>Lego Club</b> Public Library 1-4pm Free	4 <b>Family Fun Zone</b> Indoor Sports Center 9-11:30am	5 <b>Go to the Mall &amp; Walk Around</b>	6 <b>Baby &amp; Me</b> River Source Family Center 10-11am Free	7 <b>Bowl for Kid's Sake</b> Wagner's Lanes 5:30-10pm	8 <b>Go to Irvine Park</b>	9 <b>Children's Theater</b> <b>Diary of a worm, a Spider &amp; a Fly</b> The Oxford
10 <b>Build an Indoor Fort</b>	11 <b>Open Play</b> Tiny Tots Playhouse 9-12pm \$5	12 <b>Coffee &amp; Coloring</b> Cadott Library 11-1pm	13 <b>Bloomer Playgroup</b> Bloomer Public Library 10-11:30am	14 <b>Children's Theater: Disenchanted</b> The Oxford 7:30pm	15 <b>Karaoke @ The Wellness Shack</b> 1:30-3pm	16 <b>Family Literacy Event</b> Chippewa Public Library 10-12pm
17 <b>French Toast &amp; Pancakes Breakfast</b> Lake St Church 8am	18 <b>Family Fun Zone</b> Indoor Sports Center 9-11:30am	19 <b>Go on a Nature Walk</b>	20 <b>Alive by 715</b> UWEC Sprites Mall Campus 6-7am Free	21 <b>Gentle Yoga</b> The Center 9:15-10:15am \$10	22 <b>Friday Night Games</b> Clairemont Comics Free	23 <b>Go to the Park</b>
24 <b>EC Greyhound Meet &amp; Greet</b> PetSmart 12-3pm	25 	26 <b>Go Bowling</b>	27 <b>Cards &amp; Coffee</b> Cadott Library 11-1pm	28 <b>American Sewing Guild</b> Trinity Church 10-1pm Free	29 <b>Family Nights</b> Indoor Sports Center 5-9pm	30 <b>Observing the Night's Sky</b> Hobbs Observatory 9:42-11:42pm



- June -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>Go on a Nature Walk</b>	2 <b>Build a Sand Castle</b>	3 <b>Baby &amp; Me</b> River Source Family Center 10-11am Free	4 <b>Gentle Yoga</b> The Center 9:15-10:15am \$10	5 <b>Karaoke @ The Wellness Shack</b> 1:30-3pm	6 <b>Youth Fishing Event</b> Lake Hallie Sportsman 9-12pm
7 <b>Fresh Art Tour</b> Tour Headquarters 10-5pm Free	8 <b>Open Play</b> Tiny Tots Playhouse 9-12pm \$5	9 <b>B-Movie Night</b> Not Just Anybody's Bike & Books 8:30-10:30pm	10 <b>Alive by 715</b> UWEC Sprites Mall Campus 6-7am Free	11 <b>Children's Theater</b> <b>Hunchback of Notre Dame</b> Pablo Center	12 <b>Breakfast in the Valley</b> Expo Center 5-10 am	13 <b>Spend the day at the beach</b>
14 <b>Chippewa Valley Air Show 2020</b> 12pm	15 <b>Go for a Family Walk to the Light Bridge Downtown</b>	16 <b>Read a Book</b>	17 <b>No Electronics Day!!</b>	18 <b>Gentle Yoga</b> The Center 9:15-10:15am \$10	19 <b>Karaoke @ The Wellness Shack</b> 1:30-3pm	20 <b>Lake Menom-in Water X</b> Wakanda Park 10am Prices Vary
21 <b>Lake Menom-in Water X</b> Wakanda Park 10am Prices Vary	22 <b>Open Play</b> Tiny Tots Playhouse 9-12pm \$5	23 <b>Make a Short Film</b>	24 <b>Alive by 715</b> UWEC Sprites Mall Campus 6-7am Free	25 <b>Open Play</b> Tiny Tots Playhouse 9-12pm \$5	26 <b>Go to the Public Library</b>	27 <b>Spend the Day at the Beach</b>
28 <b>EC Greyhound Meet &amp; Greet</b> PetSmart 12-3pm	29 <b>Have a Picnic</b>	30 <b>Build a Sand Castle</b>				

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## The Music Therapist Company LLC

Visit us at: [www.musictherapist.co](http://www.musictherapist.co)

Sheila Wall is the founder of The Music Therapist Company LLC. She received her Music Therapy degree from the University of Wisconsin-Eau Claire and has over 30 years' experience as a Music Therapist and business owner. Since 2017, Sheila has been working on her dream of owning her own Music Therapy program. She started out her career as a Board Certified Music Therapist at the Dunn County Healthcare Center in 1987. In 1997 she left the Healthcare Center to open Generations Day Homes – serving adults with dementia. Sheila obtained an MBA from Cardinal Stritch in 2002 which helped her expand the services to the people with dementia by adding Generations Care Systems Inc which offered assisted living focusing on the people with dementia related problems. She currently serves clients ranging in age from 4 to 99 years of age.

What is Music Therapy? Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved Music Therapy program.

Music Therapy can benefit a number of different people including children, adolescents, adults, and the elderly in a number of different ways. It can help with mental health needs, as well as developmental and learning disabilities. Because music is processed in all areas of the brain, it has the ability to access and stimulate areas of the brain that may not otherwise be accessible through other methods.

Before beginning with a new client, a Music Therapist will assess emotional well-being, physical health, social functioning, and cognitive skills through musical responses and then design music related sessions for them based on their needs. This might include music improvisation, receptive music listening, song writing, lyric discussion, music and imagery, learning through music and more. The Music Therapist will then assess their progress through ongoing evaluation and follow up. When individualized music experiences are designed by the Music Therapist to fit functional abilities and needs, responses may be immediate and readily apparent.

Music Therapists use music related strategies, including but not limited to live music - both instrumental and vocal, which are designed to facilitate changes that are non-musical in nature and recorded music carefully selected to meet the therapeutic needs of the client. Music selections and certain active music making activities are modified for client preferences and individualized needs, so song selection and music will vary from person to person to ensure the experience is enjoyable and beneficial!

Music reaches where other treatments can't. If you believe you or someone you know could benefit from Music Therapy, please contact us at 715-514-1978. We look forward to sharing the healing power of music with you!



- Spring Word Scramble -

Look at each spring picture and unscramble the letters and write the spring word on the line provided.



terfubtly

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Special Olympics is a well-known and beloved program in the Chippewa Valley. The Polar Plunge is one of several annual fundraising traditions for many and demonstrates how the community comes together to support the organization. Special Olympics recognizes the benefits of organized sports and overall wellness for all children, youth, and adults.

According to SpecialOlympics.org, the organization was created in 1968 after Eunice Kennedy Shriver created a summer camp for children with special needs. At the time, no other summer camps or activities were available to children with special needs. The first Special Olympics event was held in Chicago in 1968 with 1,000 athletes from the US and Canada. The event was a huge success and Special Olympics continued to grow into the program it is today.

Stephanie Travis is a Special Education Teacher at North High School and the Eau Claire Area School District Special Olympics Coordinator. She described Special Olympics as “a year-round sports training and athletic competition that builds self-esteem, fosters courage, and teaches valuable lessons about striving, winning, losing, and trying again. Athletes with intellectual disabilities participate in Olympic-type sports. The athletes are given the continuing opportunity to develop physical fitness, demonstrate courage, and experience joy. In Special Olympics, athletes find a place of acceptance, friendship, respect, and belonging.”

Nationally, Special Olympics has 4.4 million athletes in 170 countries and is the largest organization of its kind. In Wisconsin, Special Olympics has more than 10,000 athletes of all ages and skill levels.

The Eau Claire Area School District offers students, as well as students at Altoona School District, an opportunity to participate in bowling, basketball skills, basketball teams (high school students), track, and swimming (high school students).

Many Special Olympic programs and events would not be possible without the help of volunteers. Opportunities exist for those interested in being coaches, trainers, officials, event organizers, fundraisers and managers. Individuals can also be an athlete’s partner, playing alongside an athlete with an intellectual disability. And last, but not least, what would any sporting event be without fans cheering in the stands?!

Please contact Stephanie Travis, Eau Claire Area School District Special Olympics Coordinator, if you are interested in becoming an athlete or volunteer. Stephanie can be reached via e-mail at [stravis@ecasd.us](mailto:stravis@ecasd.us) or via phone at 715-852-6742.

Additional program information can be found at: <https://www.specialolympics.org>

Article By:

Amanda Gaetz, CSW



## - From the Editor's Desk -

The World Health Organization (WHO) has defined health as being “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”. This issue of the *Children's Wellness Connection* focuses upon \*Positive Addictions\*--those actions that support and contribute to a sense of healthy personal, physical, mental, and social wellbeing. Personal health also depends partially on one's active, passive, and assisted observations about their health in their everyday life. The information gleaned from such observations may be used to inform personal decisions and actions, as well as clinical decisions and treatment.

Hygiene is the practice of keeping the body clean to prevent infection and illness, and the avoidance of contact with infectious agents. Especially now, with the risk of contracting the Corona Virus COVID-19, hygiene practices include washing hands especially before eating, washing food before it is eaten, cleaning food preparation utensils and surfaces before and after preparing meals. Good hygiene may help prevent infection and illness. Other common sense healthy practices include bathing, brushing and flossing teeth. By cleaning the body, dead skin cells are washed away with the germs, reducing their chance of entering the body.

In sum, we feel better with good health practices such as taking the time to eat well and healthy foods, get a good night's rest, and exercise in moderation!

Cheers to good health!

Warmly,

Lee-Ellen Kirkhorn, Ph.D., CNE



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## - In the Spotlight—Employee Feature -

Hi everyone! My name is Amanda and I've worked at Eau Claire County for over 7 years. I worked in Youth Services for 5 years and helped develop the SPARK program for at risk youth. Over the past two years, I've continued to work with children, youth, and families in my current position in the Comprehensive Community Services program and Children's Long-Term Support Waiver program.

When I'm not at work, I enjoy being outdoors with my family, sledding during the winter, and heading to local beaches in the summer. I also enjoy baking and cooking for my family, sometimes they even enjoy it too!

### **Favorite Recipe: Egg Roll Bowls**

#### **Directions:**

1. In a large skillet over medium heat, heat vegetable oil. Add garlic and ginger and cook 1-2 minutes. Add pork and cook until no pink remains.
2. Push pork to the side and add sesame oil. Add onion, carrot, and cabbage. Stir to combine with meat and add soy and Siracha. Cook until cabbage is tender, 5-8 minutes.
3. Transfer mixture to a serving dish and garnish with green onions and sesame seeds. Enjoy!



#### **Ingredients:**

- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1 tablespoon minced fresh ginger
- 1 lb of ground pork (I prefer spicy ground pork!)
- 1 tablespoon sesame oil
- ½ onion, thinly sliced
- 1 cup shredded carrot
- ¼ green cabbage, thinly sliced
- ¼ cup soy sauce
- 1 tablespoon Siracha
- 1 green onion, thinly sliced
- 1 tablespoon of sesame seeds

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## - DIY Calming Creations -

### Frozen Glitter Jar

Materials:

- Water bottle, Mason jar, etc
- Blue glitter glue
- Liquid hand soap
- Snowflake sequins—snowflake confetti mix, sparkly snow
- Blue glitter tempera paint
- Fine turquoise glitter
- 1-quart glass liquid measuring cup
- Whisk
- Hot water
- Superglue



### TMNT Sensory Bottles

Materials:

- Loom bands (4 green packages)
- Colored craft tape or masking tape (orange, red, purple and blue)
- Google eyes
- Hair gel
- Water
- Food coloring
- Sharpie
- Glue (for eyes)

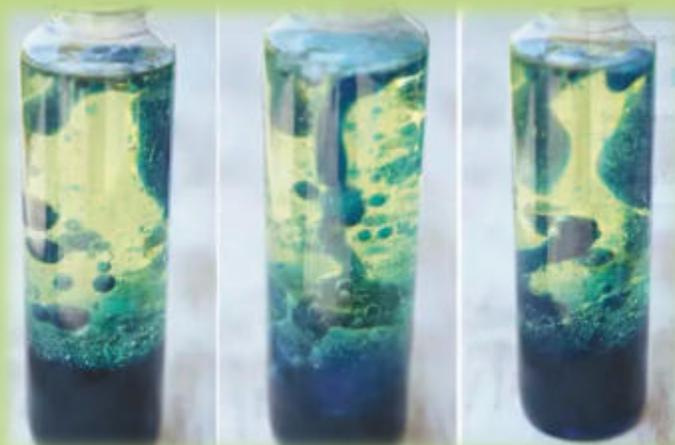
### Lava Lamp Jars

Materials:

- Empty water bottle or jar
- Oil
- Liquid food coloring
- Effervescent antacid tablets

How To:

- Fill up the bottle with 1/3 water and the rest with oil
- Put food coloring in (color of your choice)
- Once the color has settled at the bottom, drop in the Antacid tablet



- Take Time to Stop & Chase the Fireflies -



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## - Community Resources -



### SPRING BREAK

MARCH 23 - MARCH 27

ALL OF EAU CLAIRE SCHOOL  
DISTRICT

### SKYWARD

[https://skyward.iscorp.com/scripts/  
wsisa.dll/WService=wsedueauclairewi/  
seplog01.w](https://skyward.iscorp.com/scripts/wsisa.dll/WService=wsedueauclairewi/seplog01.w)

Skyward is the software used by Eau Claire Area School District, that offers schools a complete solution for all their administrative needs and allows communication between teacher & parent.

### EAU CLAIRE AREA SCHOOL DISTRICT

[http://www.ecasd.us/District/  
Home](http://www.ecasd.us/District/Home)

715-852-3000

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our students to live creative, fulfilling,  
and responsible lives.***



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CLAIRE.WI.US/DEPARTMENTS/  
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