

AGENDA

Eau Claire County
Aging & Disability Resource Center Board
Monday, May 9, 2022, at 3:00 pm
721 Oxford Ave
Room 1301/1302
Eau Claire Wi, 54701

Those wishing to make public comments must submit their name and address no later than 30 minutes prior to the meeting to brianna.werner@co.eau-claire.wi.us. Comments are limited to 3 minutes; you will be called on during the public section of the meeting. Written comments will also be accepted and should be submitted to brianna.werner@co.eau-claire.wi.us

1. Welcome & Call to Order
2. Confirmation of meeting notice
3. Public Comment
4. Board Introductions
5. Election of ADRC Board Chair and Vice Chair discussion-Action
6. Review of April 11,2022 ADRC Board Minutes / Discussion – Action Handout #1
7. Director Report
 - Overview of ADRC Services Handout #2
 - Personnel Updates
 - COVID Operation Updates
 - Hwy-MOW facility updates
 - Dates/time of future meeting
8. Selection of ARDC Board Citizen member discussion-Action Handout #2
9. Advocacy/advisory committee updates
10. Upcoming Events
11. Future agenda items
12. Adjourn

Prepared by Brianna Werner

PLEASE NOTE: Upon reasonable notice, efforts will be made to accommodate the needs of individuals with disabilities through sign language, interpreters, remote access, or other auxiliary aids. Contact the clerk of the committee or Administration for assistance (715-839-5106). For additional information on ADA requests, contact the County ADA Coordinator at 839-6945, (FAX) 839-1669 or 839-4735, TTY: use Relay (711) or by writing to the ADA Coordinator, Human Resources, Eau Claire County Courthouse, 721 Oxford Avenue, Eau Claire, WI 54703.

Eau Claire County Aging & Disability Resource Center Board
Monday, April 11, 2022, 2022, 3:00 pm
Room 1301/1302

Chair Kimberly Cronk called the meeting to order at 3:00 pm.

Roll Call/Members Present: Ruth Adix, Kim Cronk, Chris Hambuch-Boyle, Sandra McKinney, Sue Miller, Sandra Romey, Tami Schraufnagel, Dan Sippl, Carl Anton

Others Present: Lisa Riley, Linda Struck, Brianna Werner, Betsy Henck, Kelli Weiss

Confirmation of meeting notice- yes.

Public Comment- none. Sue Miller moves to close public comment section. Chris Hambuch-Boyle seconds' motion. All in favor. Public comment section closed.

Review March 14, 2022, ADRC Board Minutes. Chris Hambuch-Boyle moves to approve. Sandra McKinney seconds' motion. No changes, corrections, additions or subtractions. All approved. Minutes approved as presented.

Chair Report- Kim Cronk. Reflecting about time here, life changes. Passionate about advocating.

Vice Chair Report- Sue Miller. Extra thanks to Sandra, Chris, Kim, and Carl. Contributions and advocacy incredible.

Nutrition Updates-Betsy Henck. Eastridge Estates would like to have congregate dining site. Already have staff members, we do not need to provide Meal site manager. Average between 15-20 meals, could increase due to lower cost. Discussion about other congregate sites, about other ways to receive for full price, advertising for new congregate site.

Sue Miller moves to pursue Eastridge Estate Congregate Dining, Tami Schraufnagel seconds. All in favor. Approved unanimously.

Discussion about cost of food and increasing the donation request. Currently we suggest a donation of \$4.00, however, our average donation is \$3.30 per meal. Raised \$4,000 during March 4 meals campaign.

Board terms ending/recognition- Linda Struck, personally thanked the board members. Recognized with certificate of appreciation and cake. Discussion about different times during board membership, sharing memories.

2021 Financials Handout #2- Kelli Weiss

Most recent 4th Qtr. reports, excluded mainly December claim, updated with final surplus/(deficit)ADRC broke even, Nutrition \$87,102 surpluses did not have to use levy because of COVID funding. Transportation- \$86,216 surplus will go into 85.21 trust for capital and other expenditures. Overall ADRC \$180,193 funds surplus. Always had a surplus on transportation, increased in 2020 and 2021. Try hard to spend it. Surpluses have not gone to general fund here. As of now continue to keep extra levy, not the same in all departments. Discussion about transportation money and how to use it. Repair grant is very busy. Discussion about need for high-speed rail to Minneapolis, accessibility for individuals to get to appointments.

Director Report. Linda Struck

Covid Operations Update- Masks no longer required in the building. Mandated for staff when meeting with consumers 1:1. Status quo since last month.

Vacancy/Personnel Updates- New RS started today, Maddy Kettner, Anna Jacobson starts May 9th. Still looking at filling a cook, meal site supervisor started today, John. Dana Greicar, Options Counselor, took a position with DHS in their CSP area.

Highway/MOW facility – nothing new, still on track for the end of the year. Hoping to be in by April. Discussion about ending current lease.

Board Bylaws Discussion- Action Handout #3- added other changes regarding terms for board members. County Board members can serve a term of two years. From the 3rd Thursday in April, up to 3 terms for a total of 6 years. Citizen Members would serve two 3-year terms for a total of 6 years. Updated language.

Section 3- one member from commission on aging- amended to remove as there is no commission on aging any longer. Sue Miller moves to amend line and remove “one member from commission on aging”. Ruth Adix seconds the motion. Vote- all in favor. None against. Amendment passes.

Discussion about number of members from County Board and Citizen Members. There is constant turning of members, little knowledge of the ADRC, so much time explaining. Then term is up, and they leave. Is there a better way to do orientation? Some committees don't have terms, ours is based on statute and we must follow it.

Sue Miller moves approval of bylaw changes and amended once. Audrey Nelson seconds. No other discussions. All in favor- Any nays- none. Passes unanimously.

Reports from members -none

Advocacy- Ruth- shares that United Cerebral Palsy has staff who works with people to get housing who have a disability. Consumers are connected to a managed care organization, whom is the payer. Sandra McKinney discusses Habitat for Humanity's repair and resources funding that maybe available to our consumers. Audrey Nelson discusses poetry book written in support group, *I don't think I did this right* is the name of book. Dan Sippl- discussion about legislation for insurance/Medicare to pay for AE for visually employed. Aging Advocacy Day is May 11th,

is virtual again. Believe still taking registration if interested. Home For all conference- May 10 & 11 in Milwaukee this year.

Upcoming events- Handout #4.

Future agenda items-

Sue Miller moves to adjourn, Carl Anton seconds. All in favor. Meeting adjourned at 4:25 pm

Next meeting date May 9, 2022, at 3:00pm in person.

Motion

Respectfully Submitted,

Brianna Werner

Aging & Disability Resource Center Board



AGING AND DISABILITY RESOURCE CENTERS (ADRC)

Mission Statement



Mission

To help people age 60+ and adults with disabilities secure needed services or benefits, live with dignity and security and achieve maximum independence and quality of life.

The Aging & Disability Resource Center (ADRC) is a grant program developed to assist states in their efforts to create a single, coordinated system of information and access for all persons seeking long-term care support to minimize confusion, enhance individual choice and support informed decision-making.

Population Served



- ADRC's assist anyone age 60 and over as well as adults living with a disability age 18-59.
- There are no income requirements to utilize the services of the ADRC.
- ADRC services are also available to family members, friends, caregivers and professionals working with these populations.

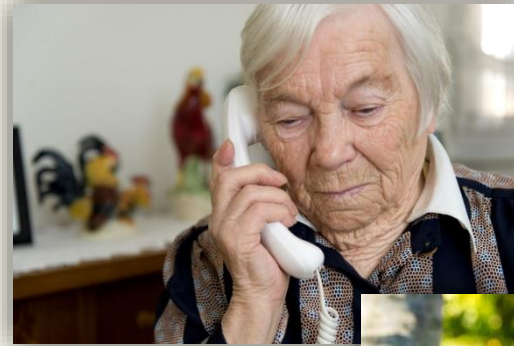
ADRC Services



Information & Assistance

Aging & Disability Resource Center staff provide customers with information and assistance regarding a wide variety of topics. Topics include, but are not limited to, housing, home care, navigating systems, information regarding benefits such as Medicare, transportation assistance, resources and support for caregivers... and much more.

Information and assistance is the first point of contact for someone seeking information and help.



ADRC Services



Family Caregiver Support

The Family Caregiver Support Program provides information and assistance to family members, neighbors and friends who care for:

- Adults 60 years old and older and persons with Alzheimer's disease or related disorder (regardless of age)
- Grandparents and relative caregivers of children no older than 18 and relative caregivers of an adult child 18-59 with a disability.

ADRC Services

Options Counseling

Options counselors meet with customers early in their long-term care decision-making process to help prevent higher cost services and enable customers to stay financially independent for as long as possible.

Options counseling is an interactive decision-support process, where individuals are assisted in evaluating and weighing their long-term care service options. This process includes private pay services as well as publicly funded services. Anyone interested in publicly-funded long term care through Family Care or IRIS programs must talk with an Options Counselor.

Long Term Care Services:

- In home support
- Living arrangements
- Paying for Long Term Care (LTC)
- Family caregiving
- Advance care planning
- Hospice
- Youth Transition



ADRC Services

Disability Benefit Specialists

provide services to people ages 18 to 59 with physical disabilities, developmental disabilities, mental illness and substance use disorders



Elder Benefit Specialists

provide services to adults age 60 and older

Benefits Counseling

- Benefits Specialists provide accurate information about public and private benefit programs, including assistance with application and appeal procedures. They discuss choices and programs or services that best fit the needs of the client
- Receive supervision and support from attorneys in the Greater Wisconsin Agency on Aging Resources, and Disability Rights Wisconsin
- In some cases, the client may receive representation in formal appeals related to denials of eligibility, termination of benefits or over-payment of public and private benefits.
- Benefit specialists work closely with information and assistance, Options Counseling and other Aging & Disability Resource Center services

ADRC Services

Health Promotion and Prevention

Title IIID of the Older Americans Act was established in 1987. It provides grants to States and Territories based on their share of the population aged 60 and over for programs that support healthy lifestyles and promote healthy behaviors.

Evidenced-based programs:

- Living Well with Chronic Conditions
- Living Well with Diabetes
- Healthy Living with Chronic Pain
- Mind Over Matter
- Walk with Ease
- Physical Activity for Lifelong Success
- Stepping On



- Healthy Eating
- Strong Bones (pictured)
- Powerful Tools for Caregivers

ADRC Services



Dementia Care Specialist Program

- Dementia Capable ADRC
 - Memory screening
 - Dementia capable ADRC, county staff
- Support for people living with cognitive concerns and dementia AND support for caregivers
 - Memory cafes
 - Support groups
 - Family meetings/consultations
 - Future planning/crisis plan development
- Community and Professional Support
 - Create public awareness
 - Presentations/Education/Training
 - Consults to professionals, healthcare providers

ADRC Services

Meals on Wheels

- Meals are delivered throughout all of Eau Claire County. Most of the meals are delivered by volunteers.
- All meals are considered heart friendly.
- Program provides a friendly daily check to ensure safety.

Senior Dining

- Senior Dining not only offers a tasty hot meal at lunchtime, but it also give older adults an opportunity to socialize with others, make new friends, change of scenery and if desired, volunteer. Dining with others can improve appetite and overall nutritional health.



ADRC Services



Adaptive Equipment Loan Program

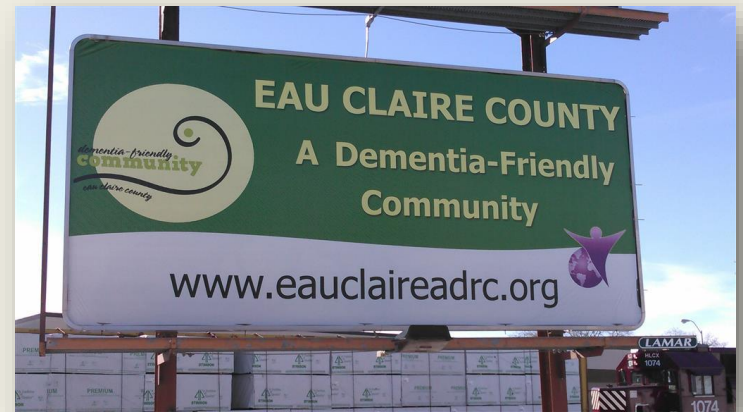
- The ADRC Adaptive Equipment Loan Closet allows consumers to borrow assistive technology and adaptive equipment for up to three months.
- A small \$5.00-\$10.00 fee is required, but can be negotiated in cases of hardship. Items in the loan closet include walkers, canes, visual aids, bath benches and bed rails. When space allows we also accept donations for the loan closet if items are in very good condition.

ADRC Services



Marketing, Outreach and Public Education

- Done on an ongoing basis in order to continually keep the resource center visible to the public
- ADRC newsletter, website, ads/articles in local newspapers, promotional items, health fairs, resource directory, flyers, mailings, commercials, radio, bus wraps, billboards, and other activities designed to promote awareness





Why should you volunteer?

Make a difference in your community!

Help Homebound Seniors in Eau Claire County

Be challenged to learn something new

Explore a career path & personal interest

Share your skills and be connected with the community

Volunteer Opportunities



ADRC Resources



- WI Department of Health Services
Aging & Disability Resource Centers
<https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

- Nationwide – Eldercare Locator
<https://eldercare.acl.gov/Public/Index.aspx>



721 Oxford Avenue
Suite 1130
Eau Claire, WI 54703

715.839.4735; toll free 1.888.338.4636; TTY Use RELAY 7.1.1

Email: adrc@co.eau-claire.wi.us
WWW.EAUCLAIREADRC.ORG
www.facebook.com/ECC.ADR
@ADRCEAUCLAIRE





Application for Appointment to County Boards/Commissions/Committees

Today's Date: 4/3/22

Board/Commission/Committee you are applying for:

Aging + Disability Resource Citizen Board Vacancy

Are you a current employee of Eau Claire County or employed at a firm that is a vendor or has an affiliation with Eau Claire County? Yes No

Most Boards/Commissions/Committees meet monthly (date and time is determined by the governmental body.) Can you commit to attending meetings in accordance with the schedule of the governmental body you are applying for? Yes No

Title: _____ First Name: Cindy Last Name: Klervgard

Are you 18 years of age or older? Yes No

Residential Address or Business Address if applying on behalf of your place of employment:

Street Number and Name: 1412 Whipple St Unit Number: 102

City: Eau Claire State: WI Zip Code: 54703

Preferred phone number: (715) 456-9866 Email: ckk3261957@gmail.com

Do you currently reside or work within Eau Claire County limits? Yes No

If yes, how many years have you resided or worked within Eau Claire County limits? 28

Educational Background: High School / Associate Degree - CVTC

Do you have relatives employed or appointed to serve in Eau Claire County? Yes No

If yes, please list name, department, and relationship:

Please describe any potential conflicts of interest. If there are none, please list None:

None



Application for Appointment to County
Boards/Commissions/Committees

Please list any qualifications for the governmental body you are applying for: *Personal experience with poverty, nutrition, Transportation, mental health, conducted workshops around the state with the public + women in poverty, created a program to assist single families with children, Coached Eau Claire Adults special Olympics for 20 years*

If selected to serve, how would you work to better our community?
I would help to solve barriers especially those 55 and older. Use my past experience to provide problem solving, work with a team to provide assistance in addressing issues in the community.

Cindy Klergard

Printed Name

4/3/22

Date

Cindy Klergard

Signature

Linda Struck

From: Samantha Kraegenbrink
Sent: Thursday, April 7, 2022 1:00 PM
To: Linda Struck; Brianna Werner
Subject: FW: *NEW SUBMISSION* Application for Appointment to County Boards and Commissions

From: CMSadmin@co.eau-claire.wi.us <CMSadmin@co.eau-claire.wi.us>
Sent: Thursday, April 7, 2022 12:57 PM
To: Samantha Kraegenbrink <Samantha.Kraegenbrink@co.eau-claire.wi.us>
Subject: *NEW SUBMISSION* Application for Appointment to County Boards and Commissions

Application for Appointment to County Boards and Commissions

Submission #: 1580972
IP Address: 181.214.62.104
Submission Date: 04/07/2022 12:57
Survey Time: 24 minutes, 49 seconds

You have a new online form submission.
Note: all answers displaying "*****" are marked as sensitive and must be viewed after your login.

Read-Only Content

Today's Date

04/07/2022 12:32 PM

Name of Board or Commission You are Applying For (only vacancies listed):

Please select one from the list below.

Aging & Disability Board

Are you a current employee of Eau Claire County or employed at a firm that is a vendor or has an affiliation with Eau Claire County?

No

The majority of Boards/Commissions/Councils and Committees meet on a monthly basis (date and time is determined by the committee.) Can you commit to attending meetings in accordance with the schedule of the Boards/Commissions/Councils and Committees you are applying for?

It appears the Board meets on the second Monday of each month at 3:00 p.m. I would be available to attend the meetings at that time.

Section Break

Full Name

Jean Doty

Age 18 or Older

Yes

Residence Address

3411 Brian Street
Eau Claire, WI 54701-7611

Home Phone Number

7158958582

Business/Cell Phone Number

7154865756

Email

jeano@charter.net

Do you currently reside/live within Eau Claire County limits?

Yes

Number of Years:

1-1/2

Education

B.S. Business Administration-Marketing Emphasis, Minor--Technical Writing UW - Stevens Point

Do you have relatives employed or appointed to serve in Eau Claire County?

Yes

If yes, please list name, department, and relationship.

Rick Doty, Eau Claire County Sherriff's Office, son

Please describe any potential conflicts of interest (or list n/a)

None that I can think of.

List County Boards, Commissions, or Committees on which you have served

Aging & Disability Resource Center - Central Wisconsin Board Member and Executive Committee member, Marshfield's Mayor's Committee on Aging, Marshfield Community Senior Center Board, Marshfield Area Respite Care Center Board, Steering Committee Chair Marshfield Library and Community Center building/remodeling Committee

Please describe how you are qualified for the position of interest

I am happily over 60+ years of age and have an interest in providing/improving services for seniors and adults with disabilities in Eau Claire County. While I realize my learning curve would be greater than someone who has lived in EC County longer than 1-1/2 years , I am ready, willing and able and eager to learn!

If selected, how would you work to better our community?

I would support and advocate for services and programs the ADRC currently provides. Also, I would engage in facilitating /brainstorming options for unmet needs in the community.

Thank you,
Eau Claire County

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Linda Struck

From: Samantha Kraegenbrink
Sent: Tuesday, April 12, 2022 1:17 PM
To: Linda Struck; Brianna Werner
Subject: FW: *NEW SUBMISSION* Application for Appointment to County Boards and Commissions

From: CMSadmin@co.eau-claire.wi.us <CMSadmin@co.eau-claire.wi.us>
Sent: Tuesday, April 12, 2022 1:14 PM
To: Samantha Kraegenbrink <Samantha.Kraegenbrink@co.eau-claire.wi.us>
Subject: *NEW SUBMISSION* Application for Appointment to County Boards and Commissions

Application for Appointment to County Boards and Commissions

Submission #: 1591226
IP Address: 47.41.144.62
Submission Date: 04/12/2022 1:14
Survey Time: 15 minutes, 57 seconds

You have a new online form submission.

Note: all answers displaying "*****" are marked as sensitive and must be viewed after your login.

Read-Only Content

Today's Date

04/12/2022 12:00 AM

Name of Board or Commission You are Applying For (only vacancies listed):

Please select one from the list below.

Aging & Disability Board

Are you a current employee of Eau Claire County or employed at a firm that is a vendor or has an affiliation with Eau Claire County?

No

The majority of Boards/Commissions/Councils and Committees meet on a monthly basis (date and time is determined by the committee.) Can you commit to attending meetings in accordance with the schedule of the Boards/Commissions/Councils and Committees you are applying for?

Yes

Section Break

Full Name

Ms Trudy Grill

Age 18 or Older

Yes

Residence Address

2727
Morningside Dr.
Eau Claire, Wisconsin 54703

Home Phone Number

7158347504

Business/Cell Phone Number

7154509247

Email

tgrill50@gmail.com

Do you currently reside/live within Eau Claire County limits?

Yes

Number of Years:

50

Education

High School

Do you have relatives employed or appointed to serve in Eau Claire County?

No

If yes, please list name, department, and relationship.

Please describe any potential conflicts of interest (or list n/a)

There are none

List County Boards, Commissions, or Committees on which you have served

I was Committee Volunteer member for Eau Claire County Dept of Aging and W2 programs

Please describe how you are qualified for the position of interest

I am a Senior Citizen and Disabled. I have personally faced the issues that Seniors/Disable experience .

If selected, how would you work to better our community?

I would work with the team to try n help solve some of the issues that the disable face such as housing, home health care, transportation, mental health and even predjustic. I would represent our Seniors/Handicap by making the community aware of the issues they face when needed.

Thank you,
Eau Claire County

This is an automated message generated by Granicus. Please do not reply directly to this email.

Linda Struck

From: Samantha Kraegenbrink
Sent: Tuesday, April 12, 2022 11:03 AM
To: Brianna Werner
Cc: Linda Struck
Subject: FW: *NEW SUBMISSION* Application for Appointment to County Boards and Commissions

Meant to forward to you and not Brittany 🙄

From: Samantha Kraegenbrink
Sent: Tuesday, April 12, 2022 11:02 AM
To: Linda Struck <Linda.Struck@co.eau-claire.wi.us>; Brittany Buhrow <Brittany.Buhrow@co.eau-claire.wi.us>
Subject: FW: *NEW SUBMISSION* Application for Appointment to County Boards and Commissions

From: CMSAdmin@co.eau-claire.wi.us <CMSAdmin@co.eau-claire.wi.us>
Sent: Tuesday, April 12, 2022 10:41 AM
To: Samantha Kraegenbrink <Samantha.Kraegenbrink@co.eau-claire.wi.us>
Subject: *NEW SUBMISSION* Application for Appointment to County Boards and Commissions

Application for Appointment to County Boards and Commissions

Submission #: 1590699
IP Address: 66.188.250.237
Submission Date: 04/12/2022 10:40
Survey Time: 5 minutes, 3 seconds

You have a new online form submission.

Note: all answers displaying "*****" are marked as sensitive and must be viewed after your login.

Read-Only Content

Today's Date

Name of Board or Commission You are Applying For (only vacancies listed):

Please select one from the list below.

Aging & Disability Board

Are you a current employee of Eau Claire County or employed at a firm that is a vendor or has an affiliation with Eau Claire County?

No

The majority of Boards/Commissions/Councils and Committees meet on a monthly basis (date and time is determined by the committee.) Can you commit to attending meetings in accordance with the schedule of the Boards/Commissions/Councils and Committees you are applying for?

Yes

Section Break

Full Name

Mr Tim Hau

Age 18 or Older

Yes

Residence Address

S7930 Jamie Ln
Eau Claire, WI 54701

Home Phone Number

7158288897

Business/Cell Phone Number

7158288897

Email

haut00@gmail.com

Do you currently reside/live within Eau Claire County limits?

Yes

Number of Years:

10

Education

MBA

Do you have relatives employed or appointed to serve in Eau Claire County?

No

If yes, please list name, department, and relationship.

Please describe any potential conflicts of interest (or list n/a)

None

List County Boards, Commissions, or Committees on which you have served

None

Please describe how you are qualified for the position of interest

Recently retired as a CIO. I am very interested in being involved.

If selected, how would you work to better our community?

Recognizing that our community is aging, I want to make sure we are prepared

Thank you,
Eau Claire County

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May 2022 Events

Senior Dining sites offering Grab 'n Go or Congregate meals at lunchtime:

- St. John's Apartments, 815 Chapin St, Eau Claire, Monday through Friday, 10:45am. Grab and Go only
- Augusta Senior & Community Center, 616 W Washington St, Augusta, Monday through Friday, 11:30am.
- Fairchild Community Center, 121 Farmer Street, Fairchild, every Wednesday, 12:00pm.

Senior Dining sites offering Grand 'n Go or Congregate meals for Evening Meals:

- LE Phillips Senior Center, 1616 Bellinger St, Eau Claire, April 12, and April 26, 5:00pm.

Dementia Support (virtual, or in person):

Early-Stage Memory Loss Support Group (in person)

Wednesday, April 27, 1:30–3:00pm. Lake Street Methodist Church, 337 Lake St Eau Claire. To register contact Lisa @ lisa.wells@co.eau-claire.wi.us

Coffee Group for Men (in person)

Wednesdays, May 4 and May 18, 11:00am. Peace Lutheran Church, 501 E Fillmore, Eau Claire. To register contact Bob at 414-378-2114 or beevee6610@gmail.com.

Memory Café (in person)

Tuesday, May 10, 10:00-11:30am. Chippewa Valley Museum 1204 ½ Moon, Eau Claire. To register contact Lisa @ lisa.wells@co.eau-claire.wi.us

Lewy Body Dementia Support Group (in person)

Wednesday, May 11, 6:00pm-8:00pm. Porter Place, 914 Porter Ave, Eau Claire. To register contact Janelle at romatowskij@comcast.net or Amy at 715-379-3148 or amy@modularmarketingsystems.com

I Won't Forget: Memories and Music at the Pablo

Monday, May 23, 6:30-8:30pm. Pablo Center 128 Graham Ave, Eau Claire. Register at www.adrcevents.org or call the ADRC 715-839-4735.

Additional Programming

Medicare & You (in person)

Wednesday, May 4 at 10:00, and Friday, May 14 at 1:00pm in person, at 721 Oxford Ave Eau Claire. Register at www.adrcevents.org or call the ADRC 715-839-4735.

Eau Claire Caregiver Café (in person)

First Tuesday of the month May 3, 9-10:30am. French Press 2922 2823 London Rd Eau Claire. Register at www.adrcevents.org or call the ADRC, 715-839-4735.

Meet & Greet Webex Practice (virtual)

Tuesday, April 19, 2:00pm-3:00pm. Register at www.adrcevents.org or call the ADRC, 715-839-4735.

Mind over Matter: Healthy Bowels, Healthy Bladder (virtual)

Tuesdays April 26, May 10 and 24, 2:00pm-4:00pm. Register at www.adrcevents.org or call the ADRC, 715-839-4735.

Stepping on (in person)

Tuesdays, April 12- May 24, 10:00am-12:00 pm. Grace Lutheran Church 202 W Grand Ave Register at www.adrcevents.org or call the ADRC, 715-839-4735.

Stand Up and Move More (telephone conference)

Mondays, April 4-25, and May 23, 10:00am-11:00am. Register at www.adrcevents.org or call the ADRC, 715-839-4735.

Strong Bodies

Mondays and Wednesdays, April 4- June 13, 8:30-9:30, or 11:15-12:15, or 4:30-5:30 or 5:00-6:00. Tuesdays and Thursdays April 5-June 9, 8:30-9:30. Virtual or in person options. Register at www.adrcevents.org or call the ADRC, 715-839-4735

Healthy Living with Diabetes

Thursdays, April 21- May 26 and June 2, 10:00am-12:30pm. Eau Claire County Courthouse, 721 Oxford Ave. Register at www.adrcevents.org or call the ADRC, 715-839-4735