



Celebrate Family Caregivers!

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife whose

mobility is failing; the woman who gently nudges her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do repairs on his parent’s house. They are everywhere – family, friends and neighbors who help their loved ones with the daily tasks of life, allowing them to maintain their independence, dignity and quality of life. The role of the unpaid caregiver is invaluable and yet they often don’t recognize their own worth.

Let’s Celebrate Caregivers this month! Here are some simple things you can do to really help a caregiver and let them know that they are important and appreciated.

1. Call the caregiver and check in on how THEY are doing. Too often the conversation is about the person needing care and the caregivers’ needs are forgotten. Listen to them without judging or advising. An opportunity to share their feelings openly and in confidence can be a great help and comfort.
2. Offer to help, but be specific in offering your help. Try this. “I am going to help you. Do you want me to bring lasagna or homemade chicken soup?” Or ask what they need from the grocery store or when is a good time to send your teenage son over to mow/rake/shovel snow. Be specific and gently insist on helping.
3. Invite them to do something – go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.

4. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to visit the ADRC to find out the various types of support that are available.

5. Attend a support group with them. Sometimes it is hard to go alone, and your presence will open up this valuable resource to them. See page 17 for details on the ADRC’s Caregiver Café.

6. If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.

Take some time to recognize and thank the family caregivers that you know. If YOU are the caregiver, we applaud you! Rest assured you are doing an important job.

November 2024

Aging & Disability Resource Center (ADRC)

721 Oxford Avenue
Suite 1130
Eau Claire WI 54703

Monday - Friday
8:00 am - 4:30 pm
715-839-4735

1-888-338-4636
tty: use Relay (711)

Website and Email

www.eauclaireadrc.org
adrc@eauclairecounty.gov

Social Media

 www.facebook.com/ECC.ADRC

 www.instagram.com/adrceauclaire/

ADRC Mission Statement

To advocate for individuals age 60+ and adults living with disabilities, and assist them in securing needed services or benefits, live with dignity and security, and achieve maximum independence and quality of life.

The Eau Claire ADRC Team

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ADRC VAN DRIVER

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Karen Mittag

Linda Vogler

Penny Parkinson

DEMENTIA CARE SPECIALIST

Lisa Wells

DISABILITY BENEFIT SPECIALISTS

Jim Coldwell

Melissa Wendtland

ELDER BENEFIT SPECIALISTS

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HEALTH PROMOTION

COORDINATOR

Deb Bruning

RESOURCE GENERALISTS

Carmelita Hogan

Heather Craker

RESOURCE SPECIALISTS

Karen Hauck

Katie Telschow

Lindi Engedal

ADRCs: Help for Older Adults and Adults Living with Disabilities

The Aging and Disability Resource Center (ADRC) of Eau Claire County provides information about resources and support on all aspects of life related to aging or living with a disability. ADRC staff are unbiased and knowledgeable professionals who listen to your concerns, help clarify your options and direct you to appropriate resources. The ADRC administers the Senior Nutrition Programs for Eau Claire County and is also the access point for information about long-term care options and public benefits. Services provided by the ADRC are free and available to all Eau Claire County residents regardless of income or assets.

Aging and Disability Resource Center Board

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The advertisements in this newsletter are obtained from the printing company LPI, not the ADRC.
The ADRC provides unbiased information and assistance to those we serve.

Conflict of Interest Statement

The primary purpose of the ADRC is to provide the customer with unbiased information about services that will meet their needs. This includes sharing information with customers about agencies that provide needed services. The ADRC may operate programs that provide direct services to customers. The ADRC Specialist:

- Cannot attempt to influence customers for financial gain or other self-interests.

- Cannot attempt to influence customers in the interest of any service or program provider, including the ADRC itself.

The ADRC is prohibited from using revenue generated from direct service programs to support the ADRC Specialist program.

The ADRC will be closed on November 28 & 29
for the Thanksgiving Day Holiday



November is National Alzheimer's (and Dementia) Awareness Month

ADRC Equity Statement:

The Aging & Disability Resource Center of Eau Claire County is welcoming and safe for all. We are committed to serving with equity in mind. No judgement, assumptions or shame.

There are no income requirements to utilize the services of the ADRC.

ADRC's assist anyone age 60 and over, as well as adults age 18-59 living with a disability.

ADRC services are also available to family members, friends, caregivers and professionals working with these populations.



November has been deemed **National Alzheimer's and Dementia Awareness Month**. President Ronald Reagan first designated the month to Alzheimer's awareness in 1983. Less than 2 million Americans were living with the disease in the early 1980's; today that number has tripled to more than 6 million Americans.

It is estimated that approximately 1 in every 2 families have been directly impacted by Alzheimer's disease or other type of dementia.

Much of the information in the news and on websites are facts and figures and have little about how people are living well. Let's replace the stigma and talk about how life certainly changes with dementia, but it still can be good with hope and support from family, friends, and the community.

A few facts to consider about people living with dementia:

- ⇒ Creating a positive environment can help reinforce well-being.
- ⇒ Social engagement and intellectual stimulation may help preserve mental function in people with early dementia.
- ⇒ People living with Alzheimer's disease and other dementias benefit from having a day filled with routines and habits.
- ⇒ Physical exercise can improve physical function, sleep habits, mood, and cognitive function.
- ⇒ The earlier the diagnosis, the better the ability to plan, engage, and learn about options and resources to maintain independence for as long as possible.



Contact the Aging & Disability Resource Center of Eau Claire County to learn about support groups, classes, programs, conferences, presentations, and more!



Public Forum Notice

Eau Claire County Aging Plan for 2025-2027 & 85.21 Specialized Transportation

Please consider attending this public forum and share your thoughts and ideas.

WHEN: MONDAY, NOVEMBER 18, AT 3 PM

WHERE: EAU CLAIRE COUNTY GOVERNMENT CENTER,
721 OXFORD AVE., EAU CLAIRE, ROOM 1301/1302

ONLINE/PHONE:

<https://eauclairecounty.webex.com/eauclairecounty/j.php?MTID=ma8e3c594f31832f89b0efa41a7088310>

Or dial 415-655-0001, Access Code: 25343356767

You can review the plan online on the ADRC website at www.eauclaireadrc.org or request a paper copy by calling 715-839-4735.

715-839-4735

www.eauclaireadrc.org

email: adrc@eauclairecounty.gov



Medicare Open Enrollment October 15-December 7



SMP has a resources to help Medicare participants through the Open Enrollment process.

If you are working with an insurance agent on a Medicare plan, the Wisconsin Senior Medicare Patrol suggest using their *Ask the Right Questions* worksheet when working with an insurance agent.

This tool draws attention to key questions that are fundamental to choose a plan that meets your needs. The worksheet is meant to be filled out as you meet with an agent. You can then refer to this form when deciding later about which insurance to choose.

Go to: <https://www.smpwi.org/wp-content/uploads/2022/08/Working-an-Agent.pdf>

SMP suggest Medicare beneficiaries to be cautious of scams during open enrollment. By being suspicious of phone calls, emails, and visits promoting a Medicare plan. Health plans can only contact you if you have requested information or you already have a relationship with them. Never give you your personal information to anyone who calls or visits out of the blue. Call SMP to report if you feel you were subject to a scam 888-818-2611.



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November 2024 Meals on Wheels & Senior Lunch Menu

Meals on Wheels Phone Line: 715-839-4886

Suggested contribution \$5/meal

St. John's Apts | 815 Chapin Street, Eau Claire | Mon– Fri Serve Time: 11 am | 715-839-4886

Augusta Senior Center | 616 W Washington St, Augusta | Mon– Fri Serve Time: 12 pm | 715-286-2953



Fairchild Comm Center | 121 Farmer St, Fairchild | Every Wednesday Serve Time: 12:15 pm | 715-839-4886

L.E. Phillips Sr Center | 1616 Bellinger St., Eau Claire | 1st & 3rd Friday Serve Time: 11:45 am | 715-839-4886

All meals are served with 1% milk and subject to change without notice due to difficulty with supply chain.

Home Delivered & Lunch Sites-Reservations & Cancellations must be submitted by 1 p.m. the day before.

Wednesday Salads-Senior Dining Sites only

Monday	Tuesday	Wednesday	Thursday	Friday
LARGE PRINT MOW Menu's Available - Call 715-839-4886 to request	*Wednesday Salads Available at Senior Dining Sites Only—St. Johns, Fairchild, Augusta 11/6—Wild Rice Salad W/Cranberry Salad Dressing 11/16– Chef Salad 11/20-Autumn Italian Chopped Salad W/Grilled Shrimp 11/27-Roasted Sweet Potato, Squash & Chickpea Fall Salad W/Tahini Maple Dressing			1 Pork Loin W/ Homestyle Gravy, Potato Au Gratin, Harvard Beets, W/G Roll, Fruit
	4 Chicken Thighs W/ Creamy Bacon Mushroom Gravy, Mashed Potatoes, 5-Way Mixed Vegetable, Fruit	5 Beef Barley Soup, Sausage Green Bean and Potato Casserole, W/G Roll, Maple Glazed Oatmeal Bar	6 Cheesy Tater Tot Meatloaf Casserole, California Vegetable Medley Casserole, Lemon Bar	7 Ham W/Brown Sugar Mustard Glaze, Sweet Potato Cas- serole, Broccoli W/Cheese Sauce, Frosted Cake
11 Beef Minestrone Soup, Pea Salad, Garlic Bread, Fruit	12 Fish Sandwich W/ Cheese & Tartar Sauce, Calico Beans, W/G Bun, Roasted Garlic Parmesan Potato, Marble Bar	13 Pork Loin W/Apple Gravy, Mashed Potato W/ Spinach & Cheese, W/G Roll, Corn & Bacon, Chocolate Chip Bar	14 Split Pea Ham & Soup, 1/2 Hot Ham Sandwich, W/W Bread, Peanut Butter Frosted Brownie	15 Baked Salmon W/ Lemon Butter Sauce, Baked Potato W/ Sour Cream, Peas & Carrots, W/G Roll, Fruit
18 Crack Chicken Sandwich on W/W Bun, Oven Fry Potato Wedges, Cowboy Beans, Fruit	19 Hamburger Potato Casserole, Roasted Vegetables, W/G Roll, Cherry Crumb Bar	20 Bon-In Chicken, Mashed Potato W/ Gravy, Creamed Peas, Lemon & Blueberry Bar	21 Sausage Gravy Over Warm Biscuit, Roasted Green Beans & Potatoes W/Kielbasa, Cinnamon Sugar Blondie	22 Breaded Pork Chop, Roasted Bullet Potatoes W/Bacon, Broccoli, W/G Roll, Fruit
25 Chicken Alfredo Tater Tot Casserole, Vegetable Blend Key Largo, Bread Stick, Fruit	26 Oven Fried Chicken, Roasted Red Potatoes, California Blend Vegetables, Egg & Butter Roll, Chocolate Fudge Bar	27 Turkey W/Gravy, Cranberries, Stuffing, Green Bean Casserole, W/G Roll, Pumpkin Fluff W/ Vanilla Wafers	28 	29 

Senior Dining



Fellowship, Food & Fun

Join Us!



Gather with others and enjoy a delicious meal together

Senior Dining Sites

Call 715-839-4886 to make your reservations by 1 PM the day before

Suggested contribution is \$5 for noon meals, for those who are 60+. Under 60 meal is \$8.80

Menu same as Meals on Wheels *Wednesday Salads only available at Senior Dining Locations

- St. John's Apartments - Monday -Friday 11 AM
- Fairchild Community Center - Wednesday 12 PM
- LE Phillips Senior Ctr. - 1st & 3rd Friday 11:45 AM
- Augusta Senior Center - Monday-Friday 12 PM * Call 715-286-2953 to make reservation by noon the day before.



Evening Meals at LE Phillips Senior Center

The 2nd Tuesday of month at 5 PM REGISTER by 4 PM the Friday before-715-839-4886

Suggested contribution of \$6 for those who are 60+, under 60 meal is \$8.80

Tuesday, November 12

Turkey, with Gravy, Mashed Potatoes, Homestyle Dressing, Glazed Carrots, Fresh Bread, Cranberry Sauce, & Pumpkin Pie



MEALS ON WHEELS DRIVERS NEEDED

CAN YOU BRING MEALS TO SENIORS IN EAU CLAIRE?

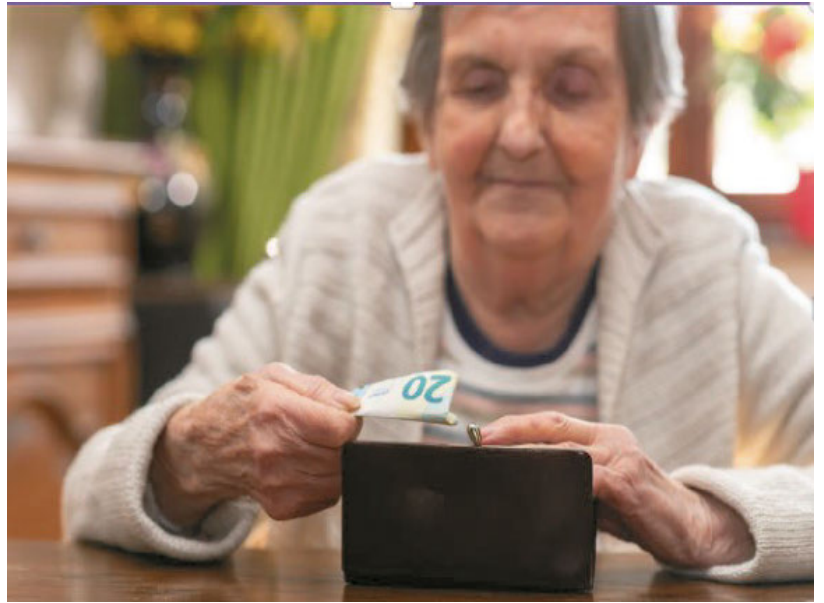
- Routes take 1 - 1 1/2 Hours
- You Pick How Often You Volunteer
- Mileage Reimbursement
- Deliver with a Friend
- Share a Smile or a Laugh and Make Someone's Day

Contact to volunteer at 715-839-6259 or email betsy.henck@eauclairecounty.gov for more information.



Many Older Adults Missing Out on Benefits

The National Council on Aging (NCOA) reports that over 9 million older adults with lower incomes and resources are not enrolled in benefits that they would be eligible for. These benefits include the Supplemental Nutrition Assistance Program (SNAP or FoodShare in Wisconsin), Supplemental Security Income (SSI), which is a needs-based cash benefit for individuals who are disabled or over 65, and Medicare Savings Programs (MSPs), which help pay Medicare premiums and may help pay for Medicare deductibles and co-insurance.



Nationally the data shows:

- SNAP: Almost 9 million older adults are eligible for but not enrolled; only 30% of eligible older adults are enrolled
- SSI: More than 2.3 million older adults are eligible for but not enrolled; 49% are enrolled
- MSP: Almost 5.8 million older adults are eligible for but not enrolled; 46% are enrolled

In Wisconsin, the SNAP program is called Foodshare. You may find out if you're eligible and apply for FoodShare by contacting Great Rivers Consortium which is the income maintenance consortium for Eau Claire County at 888-283-0012.

To apply for SSI, you must contact the Social Security Administration (SSA). SSA will determine if you are eligible and if so, how much of a benefit you will receive. You will also be eligible to receive Medicaid health coverage and an additional cash supplement from the State of Wisconsin. The Social Security Administration office in Eau Claire County is located at 4120 Oakwood Hills Parkway, Eau Claire WI, their phone number is 866-815-2924.

The Medicare Savings Programs (MSPs) are: Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB), and Specified Low-Income Medicare Beneficiary Plus (SLMB+). QMB pays for your Medicare Part B premium (and your Part A premium if you are required to pay one), as well as the costs that Medicare leaves behind such as deductibles and copays. SLMB and SLMB+ help pay for your Part B premium only. Like with the FoodShare program, to find out if you are eligible for an MSP, you will want to contact the income maintenance consortium for Eau Claire county, Great Rivers Consortium at 888-283-0012.



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ADRC 0923

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ABOUT ARIC:
 When working with Elder Law clients, Aric works to alleviate stress by helping clients develop a plan to provide for their long-term care needs, while preserving their assets to supplement their quality of life and pass to future generations. His motivation is to find solutions for clients who are preparing for future life transition and care needs or are in need of immediate qualification for medical assistance benefits.
Aric is one of only 13 Certified Elder Law Attorneys (CELA) in the State of Wisconsin




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ADRC RURAL VAN SCHEDULE—November 2024

The ADRC van has room for one wheelchair and 3 additional individuals for no cost non-medical trips. The van is available for seniors 60+ and adults living with a disability in Eau Claire County. Contact Dave, Transportation Coordinator to schedule at 715-225-0975. **Priority given to individuals who live rurally.**



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Open date call to schedule trip.
4 Open date call to schedule trip.	5 Open date call to schedule trip.	6 Open date call to schedule trip.	7 Open date call to schedule trip.	8 St. John's—Walmart trip. Pickup at 9AM
11 Open date call to schedule trip.	12 Open date call to schedule trip.	13 Open date call to schedule trip.	14 Open date call to schedule trip.	15 Open date call to schedule trip.
18 Open date call to schedule trip.	19 Open date call to schedule trip..	20 Open date call to schedule trip.	21 Open date call to schedule trip.	22 St. John's—Woodman's trip. Pick up at 9AM
25 Open date call to schedule trip.	26 Open date call to schedule trip.	27 Open date call to schedule trip.	28 CLOSED Happy Thanksgiving	29 CLOSED

Augusta Senior Center Featured Activities—616 W. Washington St.

No-Bake Haystack Cookie Class



Join Registered Dietitian Katelin Maidment to make No-Bake Haystack Cookies from her new cookbook, *Recipes For Longevity*.

This recipe is free from refined flours and sugars found in traditional cookies and baked goods, while providing a balance of healthy fats, protein, and fiber for a blood-sugar balancing sweet treat. You'll learn about the benefits of ingredients used, the importance of balancing blood sugars for optimal health and cognitive function, and of course enjoy samples of the cookies!

Location: Augusta Senior Center
616 W. Washington St., Augusta, WI 54722

When: Wednesday, November 6th

Time: 1:30 p.m.

Please register by Noon on Monday, November 4th by calling the Center at 715-286-2953.



Coloring therapy can improve motor skills. The act of coloring can increase dexterity, grip control, and focus. Take a break and join us for a relaxing coloring session with complimentary coffee & tea. Unwind, socialize and explore your creativity!

When: Wednesday, November 6th
at the Augusta Senior Center

Time: 12:30 p.m.





MEDICARE AND YOU SEMINAR



Aging & Disability Resource Center Elder Benefit Specialist present FREE seminars open to anyone new to Medicare OR currently on Medicare. Caregivers and family members are welcome.

November 2024 Presentation Dates



Friday, November 15, 10 AM

at the

Eau Claire County Government Center
721 Oxford Ave, Eau Claire WI



Register at www.adrcevents.org

OR call the ADRC of Eau Claire County at 715-839-4735
1-888-338-4636 tty: use Relay (711)
adrc@eauclairecounty.gov

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HUD Subsidized Rent for Persons with Low Income 55 or Over OR Persons with Disabilities

300 William St. Eau Claire, WI 54703

For Applications, Contact the Housing Authority of the City of Eau Claire (715) 839-4943

Tours Available Call for an Appointment (715) 839-8154

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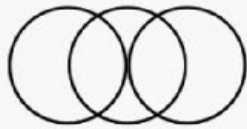
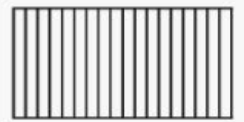
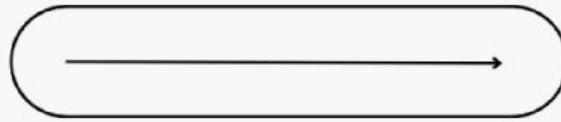


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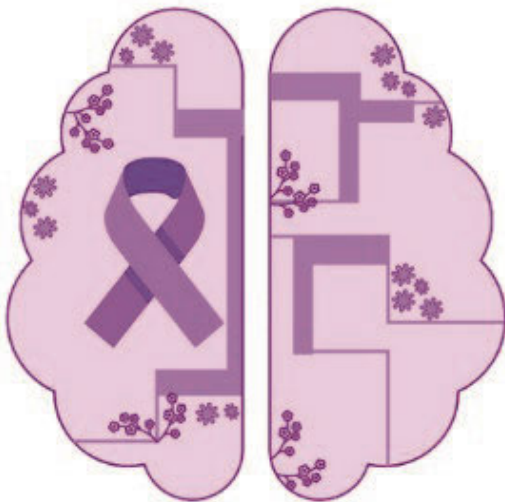


Q&A



WITH THE ADRC

Q: What is the difference between Alzheimer's disease and dementia?



A: The word dementia is a general term used to describe a set of symptoms. Symptoms of the different forms of dementia can vary a great deal and can include problems with memory, decision making, judgment, language, perception, organizing, orientation, communication, confusion, changes in mood and behavior, and hallucinations and delusions. For a doctor to say you have dementia, you have to have a decline in mental ability severe enough to interfere with daily life and performing everyday activities. Importantly, the decline must represent a decline from a previously higher level of functioning.

Dementia can be caused by a number of different diseases, with Alzheimer's disease being the most common. Other causes of dementia include vascular dementia, Lewy Body dementia, frontotemporal dementia to name a few. There are more than 120 different types!

For more information, contact the Dementia Care Specialist at the Aging & Disability Resource Center.

Easy, Nutritious Meals for People with Diabetes

Navigating certain diets may seem tricky and even overwhelming at first. However, finding easy recipes and staple ingredients is a great way to simplify this task. These meals are not just for people with diabetes, they can be delicious for everyone! Below is a list of healthy staple ingredients suitable for both Type 1 and Type 2 Diabetes.

- ⇒ Fatty Fish like Salmon
- ⇒ Leafy greens
- ⇒ Cinnamon
- ⇒ Eggs
- ⇒ Chia Seeds
- ⇒ Turmeric
- ⇒ Greek Yogurt
- ⇒ Nuts
- ⇒ Squash
- ⇒ Garlic

Smoked-Paprika Salmon

Ingredients

- 1 tbsp—Dijon Mustard
- 2 tsp-Maple Syrup
- 1 tsp-Smoked Paprika
- 8 oz.-Salmon-divided into 2 portions
- 1/2 tsp-Olive Oil
- 1/4 tsp-Salt
- 1/4 tsp-Pepper



Preheat oven to broil. Line broiler pan with foil. In a small bowl, combine mustard, maple syrup, and paprika; set aside. Brush salmon portion with olive oil. Sprinkle with salt and pepper. Place salmon skin side down in broiler pan. Broil for 8 to 9 minutes. Brush on mustard mixture and broil for 2 minutes more. Watch carefully so it doesn't burn.

Information from GWAAR Nutrition Team



My Choice Wisconsin
is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

Volunteer in Your Community

Lutheran Social Service of MN is seeking volunteers age 55 and over in your area to provide companionship to older adults. Volunteers commit to regular weekly hours for a tax-free stipend and mileage reimbursement. Please contact us at 701.389.3770 or AmeriCorpsSeniors@lssmn.org for more information and to make an impact in your community.





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StrongBodies™ is a 10-week program designed to help older adults become and stay strong. Each class includes warm-up, progressive weight training, balance, and flexibility exercises. Minimal equipment needed: set of dumbbells, ankle weight & floor mat or towel.

All new participants must complete forms at an Information Session before participating in classes. Virtual and in person workshops. Class size is limited. Registration is required two week prior to the start of all classes.

Registration

New participants register online www.adrcevents.org or call 715-839-4735. Repeat participants must complete a Re-enrollment Consent Form to sign up by December 16, 2024. Fee applies to those under age 60.



LIFTING PEOPLE TO BETTER HEALTH



StrongBodies™ - Information Session

- Thursday, December 5, 2024
10:00-11:15 am—Webex or Phone
- Friday, December 6, 2024
10:00-11:15 am—In Person— Augusta Senior & Community Center, 616 Washington St. Augusta

WORKSHOPS

- Mon. & Wed., January 6 - March 12, 2025
8:00 am—Augusta Senior Center
8:30 am—Webex
11:15 am—Webex
5:00 pm—Dove Healthcare West
- Tues. & Thurs., January 7 - March 13, 2025
8:30 am—Webex
1:00 pm—Grace Lutheran Church

COST: \$20 suggested contribution for repeat participants.

Five Things to Know about UTI's in Older Adults

There is no doubt about it, talking about Urinary Tract Infections (UTI's) is not a comfortable topic when chatting with friends and family. Though it is very important especially for older adults over 65 years of age.

Keep these things in mind about UTI's

1. UTI's are more common in older adults and they are also harder for someone to suspect they might have one. One reason for this is a symptom is frequent urination, It is very common for older adults to have to go to the bathroom frequently including during the night, making it hard to decide if it's normal or a UTI.
2. According to the Cleveland Clinic, UTI's are more common in women over the age of 65, and women over the age of 85 have three times the rate of UTI's women who are 65 years old. Those with medical conditions such as Type 2 Diabetes, past pelvic surgeries such as hysterectomies and prostate cancer can have increase UTI risk.
3. Older adults with bladder-control issues can be at increased risk of UTI's because of a chance of bacteria growth.
4. For those who are living with dementia it can be hard for them to be able to describe their symptoms. It is important for their caregiver to watch for changes in their behaviors that could signal a UTI, such as frequent urination, complaining of pain while urinating or a low grade fever.
5. In some cases a UTI can also cause confusion and delirium in older adults.



A couple of things that everyone can do to help prevent UTI's is to make sure to drink enough water each day to stay hydrated and flush out any bacteria in your urine. Another is to make sure to practice good hygiene.

If you suspect a urinary tract infection please check with your health care provider, as an antibiotic is needed.



JONAH is offering to Coordinate Rides for Voters in Need



For the first time in its 17 years of organizing work in the community, JONAH (Join Our Neighbors Advancing Hope) is working to coordinate rides to the polls and other voter related needs during this fall election season.

There are several reasons why people are unable to vote due to transportation restrictions: they may not be able to afford a car, they may not drive due to disability or personal reasons, folks may not know where to go or can't figure out how to take a bus to their locations, or afford a taxi, they may not speak English, and they may be too anxious to go alone.

The rides will be coordinated between now and November 5 for anyone who would like a ride or a voting companion for: getting voter IDs at the DMV, for turning in absentee ballots, for doing early drive-through voting, election day itself, or anything else someone may need related to voting. All needs will be considered, and JONAH will even try to coordinate rides for those who need disability transport.

They are looking for drivers who are willing to take people and pick them up and they are looking for anyone who needs the service. Here is the form for each:

Drivers – https://docs.google.com/forms/d/e/1FAIpQLSfzLve0v-XbwZesIMmwrKLyok5KhZpx-nAeataaN7NPZeGuEg/viewform?usp=sf_link

Riders – https://docs.google.com/forms/d/e/1FAIpQLSda3Mj2Ceqa05fpAvDKsDAGaD-DKyIMEdvbnbUaWrkZv26Gpw/viewform?usp=sf_link

On November 5th, the Eau Claire City Buses will be free. And for those who are part of the Eau Claire Paratransit Program, co-pays will be paid by JONAH for transportation provided to your polling site.

If someone does not have computer access, needs help, or has questions they can call JONAH at 715-497-8732 or Chippewa Valley Votes at 715-577-7198.

More info at www.jonahjustice.org.



CAREGIVER CAFE

Tuesday, November 5, 2024
9-10:30 AM
The French Press
2823 London Rd, Eau Claire



THE CAREGIVER CAFE PROVIDES A RELAXED SPACE FOR CAREGIVERS TO CONNECT OVER COFFEE/TEA AND PASTRIES. ADRC STAFF OFFER COMMUNITY RESOURCES AND INFORMATION.



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Join us for a program enhancing the quality of life for individuals living with dementia and their care partners out at the ranch!

**FRIDAYS,
NOVEMBER 1, 8, 15, 22
1- 2 P.M.**

For more information and/or to register, contact Trinity Equestrian Center at 715-835-4530 or equineservices@trinity-ec.com

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NOVEMBER DEMENTIA SUPPORT

FOR MORE INFORMATION AND PROGRAM FLYERS GO TO
ADRC CALENDAR EVENTS AT WWW.ADRCEVENTS.ORG

SUPPORT GROUP FOR WORKING CAREGIVERS

Mon., 11/4, 7-8 pm - Virtual
Contact Scott at 715-261-6066 or
scott.seeger@adrc-cw.org

SAVVY CAREGIVER SUPPORT GROUP

Tues., 11/5, 10 am - Virtual
Contact Lisa Wells at 715-839-4750
lisa.wells@eauclairecounty.gov

COFFEE GROUP FOR MEN

Wed., 11/6 & 11/20, 11 am-12 pm
In-Person
Peace Lutheran Church, 501 E Fillmore,
Contact Bob at 414-378-2114 or
beevee6610@gmail.com

LEWY BODY DEMENTIA VIRTUAL SUPPORT GROUP

Wed., 11/13, 1:30-3:30 pm - Virtual
Contact Rob at 920-386-4308 or
greisel@co.dodge.wi.us

FRONTOTEMPORAL CAREGIVER SUPPORT GROUP

Wed., 11/20, 6-7:30 pm
Call 800-272-3900
or www.alz.org/crf

MEMORY LOSS & CAREGIVER SUPPORT GROUP

Wed., 11/20, 1:30-3 pm-In Person
Lake St. Methodist Church, 337 Lake St.,
contact lisa.wells@eauclairecounty.gov

MEMORY CAFE'

Let's honor our veterans and learn about flag etiquette with the Eau Claire County Veteran's Administration. Do you have a veteran's cap? Be sure to wear it!
Refreshments sponsored by Cornerstone Caregiving

Tues, 11/12, 10 am - In Person
Chippewa Valley Museum
1204 E. Half Moon, Carson Park,
Eau Claire, WI 54703
Contact Lisa Wells at 715-839-4750 or
lisa.wells@eauclairecounty.gov

THE NATURE PRESCRIPTION

Hands-on, nature inspired experiences that provide opportunities to stimulate the senses, enjoy social interactions, and provide physical activity while imparting a sense of purpose.

Thurs., 11/21, 1-2:30 pm - In Person
It's time for winter squash! We will learn about the different types, share some recipes, and create a project.
UW-Extension Office, 227 1st St. W, Altoona
Register at www.adrcevents.org or call the ADRC at 715-839-4735.

QUESTIONS ABOUT BRAIN HEALTH, DEMENTIA AND CARING FOR A PERSON WITH DEMENTIA?
CONTACT LISA WELLS, DEMENTIA CARE SPECIALIST, 715-839-4750- LISA.WELLS@EAUCLAIRECOUNTY.GOV
ADDITIONAL ONLINE SUPPORT GROUPS CALL 800-272-3900 OR WWW.ALZ.ORG

To sign up for our newsletter that is dedicated to all things Brain Health & Dementia related, go to www.eauclaireadrc.org, click Dementia care on the left, then look for this button.



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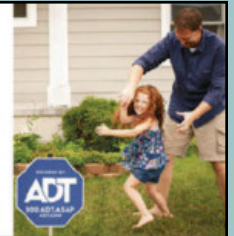
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Contact your local ADRC for more information.



The 12 Days of Holiday Caregiving

Caring for someone living with dementia can bring added stress during the holidays. It's OK to give yourself a break this year...come and learn some tips to help you make it through the holiday season with more joy and less stress.

Wednesday
November 20, 2024
1:00 pm

Peace Lutheran Church
501 E. Fillmore Avenue, Eau Claire

Reserve your spot today at www.adrcevents.org or
call the Aging & Disability Resource Center at
715-839-4735 or 888-338-4636.



Happy Veterans Day



Calling All Veterans

We are taking appointments and can help you file a VA Disability Claim, apply for VA Healthcare, or just answer questions about your eligibility.

Wednesday, Nov. 13, 2024

AUGUSTA SENIOR & COMMUNITY CENTER
616 W. Washington St, Augusta, WI

Call **715.839.4744** to schedule an appointment for either day.



Eau Claire County Veteran Services
721 Oxford Ave. Eau Claire, WI 54703 715.839.4747



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At-home COVID-19 tests are available at no cost through the US Postal Service. These tests will detect the currently circulating COVID-19 variants. Each order will include four tests, only one order per household.

Accessible tests are available for those with low vision and those who have difficulty with dexterity needed to add the drops and open the tubes with the standard tests.

To order the standard COVID-19 tests go to www.COVIDTests.gov.

To order accessible tests for people who are blind/low vision or who have low dexterity go to <https://special.usps.com/testkits/accessible>

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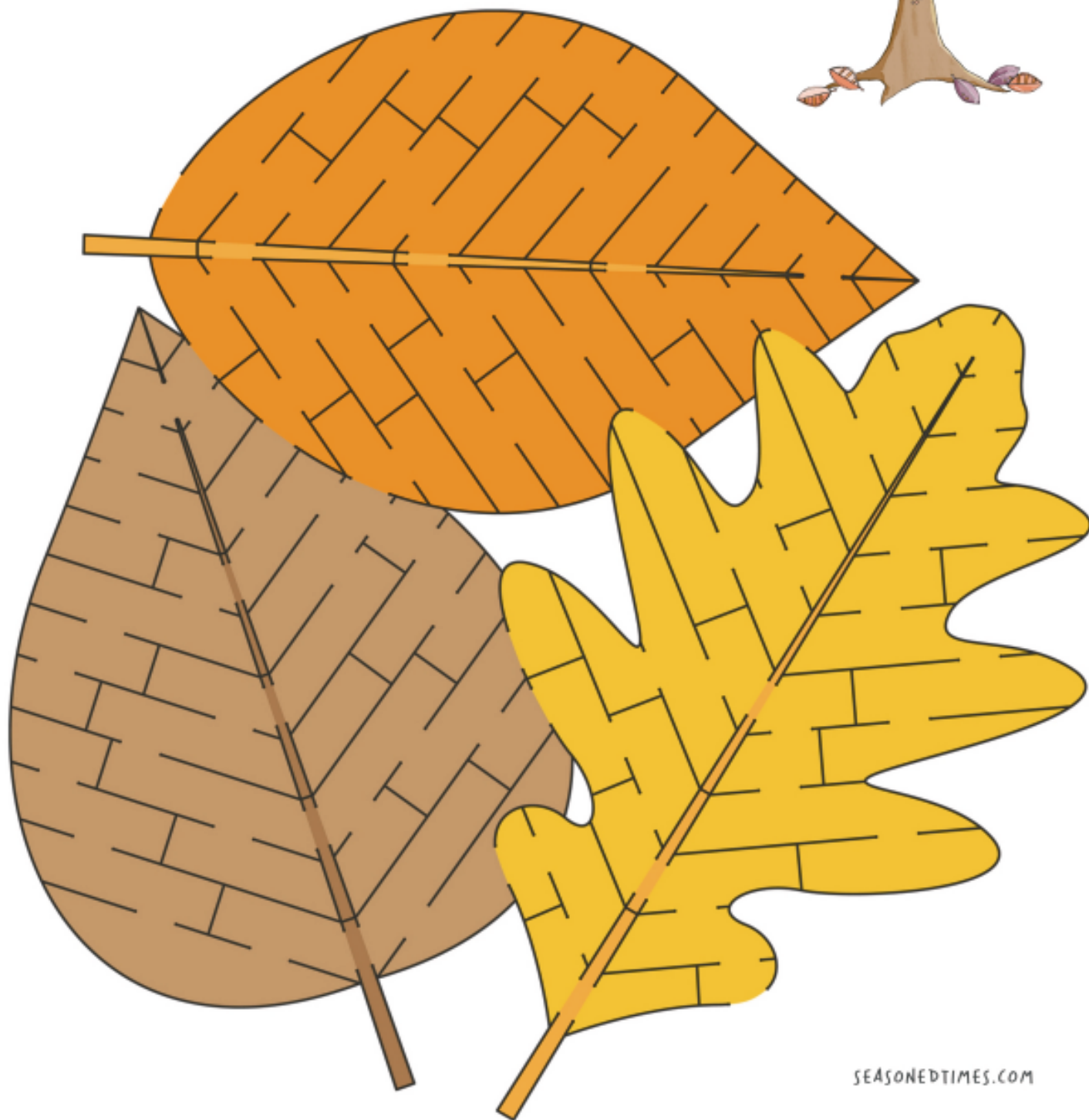
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