



FREE

Information for older adults, adults with disabilities, their families, and caregivers.

Choices

**November
2024**

**Serving Langlade, Lincoln,
Marathon, and Wood Counties**

In this issue:

Ask a Benefit Specialist

Ask a Resource Specialist

Platanus Occidentalis in Wisconsin Rapids

The Ripple Effect of Gratitude and Volunteering

How About Having Some Carrots?

November Spotlight



www.adrc-cw.org

888-486-9545



ADRC-CW MISSION:

The Aging and Disability Resource Center of Central Wisconsin promotes choice and independence through personalized education, advocacy, and access to services that prevent, delay, and lessen the impacts of aging and disabilities in the lives of adults.



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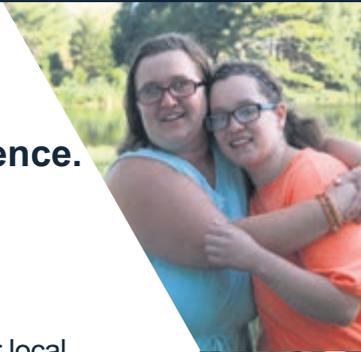
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Your Best Life.

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1500 O'Day St in Merrill — BellTowerResidence.org

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Subscription Information

The newsletter can be mailed to you for a small fee of \$12.00 annually. Subscriptions for our four-county service area run January to December and can be mailed to any location.

Please mail your name, address and payment to our Wausau Office:

ADRC-CW - Monthly Newsletter
2600 Stewart Avenue, Suite 25
Wausau, WI 54401

Senior Nutrition Program

Contact us to learn more: **888-486-9545** or <https://www.adrc-cw.org/services/meals-for-seniors/>

Senior Dining and Cafe 60: Nutritious meal, socialization, and education. Eligibility: • Age 60 or older, • A spouse of an individual who is age 60 or older, • Person with disabilities living with a participating older adult, • or Person with disabilities who is under age 60 and resides at Jenny Towers, Merrill.

Senior dining requires a reservation by noon one business day prior.

Meals on Wheels: Nutritious meals delivered with a well-check.

Eligibility: Person 1) age 60 or older; 2) generally unable to leave their home due to accident, illness, disability, frailty, or isolation; AND 3) unable to prepare meals.

Also eligible: • A spouse of an eligible person (as described above) • Person with disabilities who is under age 60 and resides with an eligible older person.

Staff complete individual assessments to discuss eligibility. Hot meals delivered weekdays dependent upon route availability. Frozen meals are available based on needs.

Meals on Wheels deliveries are scheduled. If you are unable to be home for your scheduled delivery, contact the ADRC-CW by noon one business day prior to the scheduled delivery.

Suggested contribution:

Senior Dining: \$4.50 per meal | Café 60: \$5.00 per meal | Meals on Wheels: \$5.00 per meal.

No eligible person is denied service due to ability to contribute. Your contribution makes a significant difference to our program.

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INFORMATION

Wausau Buyers' Guide

715-842-4424

Merrill Foto News

715-536-7121

Marshfield Buyers' Guide

715-384-4440



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Serving Langlade, Lincoln, Marathon, and Wood Counties

Toll free: 888-486-9545 Email: adrc@adrc-cw.org Website: www.adrc-cw.org

We provide welcoming, trustworthy, respectful, collaborative, and empowering services, programs, and opportunities.

All programs are **free**
Registration is required
888-486-9545
Contributions are welcome

Support Groups

Your role in caregiving will be much more enjoyable if you have someone to talk to and share with.

Caregiver Support Group: The ADRC-CW support group for caregivers include both in-person and virtual participation options.

The group meets the **4th Monday** of each month. Call for group details near you.

Monday D.I.S.H.

(Dementia Informed Super Heroes):

This virtual support group is intended for those working caregivers who are supporting a parent, spouse or other loved one living with dementia.

The group meets on the **1st Monday** of each month from 7-8pm

Alzheimer's & Dementia Caregiver Support Group:

Alzheimer's Association sponsored caregiver support group in partnership with the ADRC-CW is a safe place for family and friends caring for someone living with Alzheimer's or another dementia.

Two options to meet:

2nd Tuesday of each month:

9-10:30 am at St. Andrew Lutheran Church in Rib Mountain or

4th Tuesday of each month from 9-10:30 am at Covenant Community Presbyterian Church in Weston

ADRC-CW Programs

Topic Tuesdays - Dementia Basics:

Every **3rd Tuesday** of the month

For anyone interested in learning more about dementia.

Topic Tuesdays - Brain Health Basics:

Every **4th Tuesday** of the month

For anyone interested in learning more about taking care of the brain.

*Topic Tuesdays rotates throughout the region.

Visit www.adrc-cw.org/classes/topictuesdays/ for location details.

Medicare Basics

Learn the basics of Medicare for those new to Medicare or those enrolling soon. Medicare parts A-D are explained. Classes held monthly and open to all regional customers.

Memory Cafe

This social activity is for individuals with mild or moderate dementia AND a family member or friend who assists them. The Cafe is held monthly with varying activities & locations.

Stepping On

A seven-week class to help adults better their balance. In this once weekly interactive class, learn about balance and strength exercises, safety at home, and ways to be strong and steady wherever you go.

Powerful Tools for Caregivers

A six-week class to help family caregivers take care of themselves. In this once weekly interactive class, learn to reduce stress, improve confidence, communication, and locate helpful resources. This class is not intended for professional caregivers.

Ask a Benefit Specialist

Answers to your public and private benefit questions

Dear Benefit Specialist:

I recently became entitled to Medicare and keep seeing advertisements about Medicare open enrollment. How do I prepare myself? What should I keep in mind?

Signed,
My First Rodeo

Dear First Rodeo:

Hello there, you have come to the right place! Navigating the Medicare open enrollment period while being inundated with advertisements can get confusing and overwhelming. Open enrollment is when all Medicare beneficiaries can make changes to their health and drug plans for the following year. This is from October 15 – December 7.

The ADRC-CW has benefit specialists that are certified SHIP (State Health Insurance Assistance Program) counselors offering unbiased information. We provide education on the different plans available in your area to help you make an informed decision. If you would like to make an appointment to speak with a benefit specialist regarding Medicare open enrollment, please call toll free at 888-486-9545. Appointment slots are limited.

Sincerely,
Your Local ADRC-CW Benefit Specialist

Who can Make Coverage Changes During Medicare Open Enrollment?

- Medicare Beneficiaries
- Power of Attorney of Finance (POA of Healthcare cannot make changes to beneficiaries insurance elections).
- Guardian of Estate

Preparing for Medicare Open Enrollment

Review the “Evidence of Coverage” and the “Annual Notice of Change” to check for changes to your plan. It is important that the plan you are with is still meeting your needs next year. These notices are usually mailed out in late September to prepare you for any changes that will take effect on January 1 of next year. Here are some things to consider when reviewing changes:

- Were there changes to the plan’s drug formulary?
- Will your prescriptions still be covered?
- Did your out-of-pocket costs change?
- Are your pharmacies and providers still in-network?
- If you know you need a future surgery, will that plan cover it?

Who Else Can Help Answer Questions?

- Medicare: 1-800-633-4227
 - Medicare.gov to locate plans and compare
 - Part D Prescription Drug Helpline:
Under 60: 1-800-926-4862
Over 60: 1-855-677-2783
- Call your plan directly and ask questions.

Ask a Resource Specialist

Answers to your housing, transportation, long-term care questions

Dear Resource Specialist:

My child with a disability will be turning 18 soon and is currently a senior in high school. The high school told me to contact you regarding community services available to him after he graduates from high school. Can you please let me know what kind of services the ADRC-CW can assist with?

Thanks,
Nervous Parent

Dear Nervous Parent:

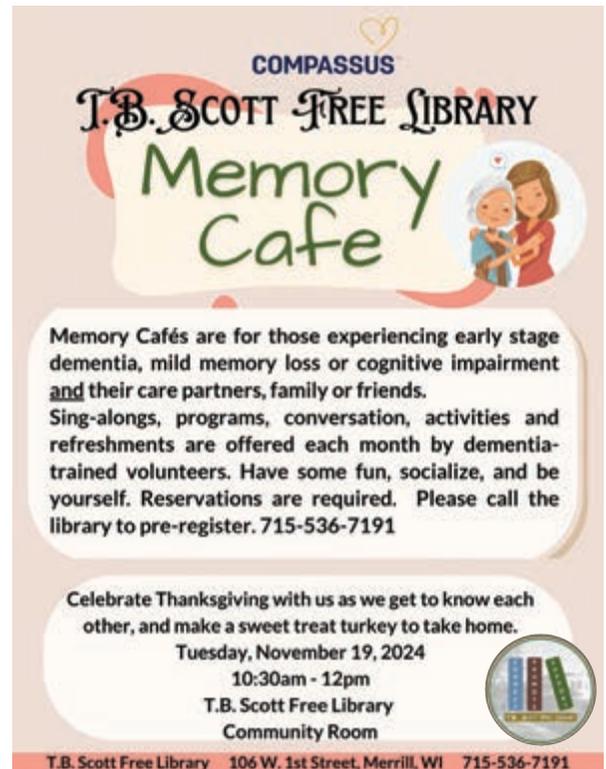
What an exciting time for your child! I understand that it also can be very stressful for you as a parent trying to navigate the next steps. The ADRC-CW can help navigate the options for resources and services to assist your son after high school. Individuals living with a disability, who are turning 18, and their families can contact the ADRC-CW for information or to request a personalized options or benefits counseling meeting.

The areas that we can discuss would be:

- Disability Benefits like SSI and Medicaid.
- Education beyond high school
- Employment supports
- Legal decision making
- Eligibility for the long-term care programs through Family Care and IRIS.

My best suggestion would be for you to call our office to schedule an appointment so that we can review the ADRC-CW services with you and your child.

Sincerely,
Your Local ADRC-CW Resource Specialist



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T.B. SCOTT FREE LIBRARY
Memory Cafe

Memory Cafés are for those experiencing early stage dementia, mild memory loss or cognitive impairment and their care partners, family or friends. Sing-alongs, programs, conversation, activities and refreshments are offered each month by dementia-trained volunteers. Have some fun, socialize, and be yourself. Reservations are required. Please call the library to pre-register. 715-536-7191

Celebrate Thanksgiving with us as we get to know each other, and make a sweet treat turkey to take home.
Tuesday, November 19, 2024
10:30am - 12pm
T.B. Scott Free Library
Community Room

T.B. Scott Free Library 106 W. 1st Street, Merrill, WI 715-536-7191



Improve Your Balance

Prevent Falls Resource Fair

November 13, 2024
from 9:00 - 11:30 a.m.
at Lake View Conference Center,
1000 Lake View Dr., Wausau
Use Parking Lot E or F.
Enter in Door 31.

Event is FREE! No advance registration required.

Learn about:

- How to reduce your risk of falls
- Strength & balance exercises
- Tips to make your home safer
- Assistive devices
- Medications & fall risk
- Resources to help you stay independent
- AND MUCH MORE!

More information at: www.adrc-cw.org/falls
Questions? Call 1-888-486-9545

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Senior Dining

888-486-9545

November 6: November Birthdays
November 27: Thanksgiving Meal
November 28: Closed for Thanksgiving
November 29: Closed for Thanksgiving

Langlade County

Antigo Community Church

723 Deleglise Street, Antigo
Serving Mon Tue Thu Fri 11:30 am

Elcho Community Center

N11234 Dorr Street, Elcho
Serving Mon Wed and Thu 11:30 am
Bingo with the Community Center:
Wed at noon

St. Mary's Church

N9155 Hwy 55, Pickerel
Serving Mon and Wed 11:30 am
Bingo with the church: 2nd Monday at
12:30

Senior Center of Langlade County

623 Edison Street, Antigo
Serving Wed 11:30 am
Bingo with the Senior Center: Wed at
1:00

Lincoln County

Gleason Lions Club

N5179 Bradley Street, Gleason
Serving 3rd Wed of the month 12:00 pm

Jenny Towers Apartments

711 E 1st Street, Merrill
Serving Mon – Fri 11:30 am

Tomahawk Senior Center

113 S Tomahawk Avenue, Tomahawk
Serving Mon – Fri 11:30 am
Bingo with the Senior Center:
Thursdays at 12:30

Marathon County

Mama K's Diner - Café 60

Formerly The Wild Steer
214910 State Hwy 97, Stratford
715-321-3400

Serving Mon - Fri 6:00 am - 1:00 pm

Vino Latte - Café 60

3309 Terrace Court, Wausau | 715-849-9787
Serving Mon-Fri 6am-7pm | Sat 8am-2pm



Hmong American Center

1109 N 6th St, Wausau 54403
Serving Thursdays at 4:30 pm

11/7: Chicken Larb w/green lettuce
leaf

11/14: Ground Pork Stir-fry w/ginger,
green onions, lemongrass

11/21: Chicken Copia 8oz (rice noodles
in recipe) w/fresh cilantro,
green onions, lime wedge

11/28: Closed for Thanksgiving

Wood County

2nd Street Community Center

211 E 2nd St, Marshfield
Serving Mon – Fri 11:30 am

Centralia Center

220 3rd Avenue South, Wisconsin Rapids
Serving Mon – Fri 11:30 am
Frequent Diner Prize the last day of the
month
Funny Friday Share your funny jokes or
stories

Nekoosa Community Center

416 Crestview Lane, Nekoosa
Serving Mon and Wed 12:00 pm

**Reservations are required by
noon one business day prior.**

ADRC-CW office hours
Monday-Friday – 8AM-4PM

November Nutrition Menu 2024

888-486-9545

Please call by noon one business day prior to reserve or to cancel a Senior Dining Meal or Meals on Wheels delivery. ADRC-CW offices hours: Monday-Friday 8am-4pm

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Milk served with each meal. Menus subject to change. Suggested contribution: Senior Dining: \$4.50 per meal; Meals on Wheels: \$5.00 per meal. No eligible person is denied service due to inability to contribute. Your contribution makes a significant difference to our program.</p>		<p>1 Ham on Marble Rye w/ Romaine Leaf & Tomato Slice Mayo Navy Bean Soup Crackers Peach Slices</p>
<p>4 Sliced Turkey Sandwich on WW Bread, Romaine Leaf Tomato Slice, & Mayo Tuscan Bean Soup w/ Chicken & Sausage Crackers Peach Slices Cookie</p>	<p>5 Spaghetti & Meat Sauce Dark Greens Salad Dressing Garlic Breadstick Mandarin Oranges Pineapple Cake</p>	<p>6 Roast Beef Mashed Potatoes Gravy Diced Beets Whole Wheat Roll Fresh Grapes November Birthdays</p>	<p>7 Pulled Pork On a Bun Scalloped Potatoes Creamy Coleslaw Honey Bee Fruit Salad</p>	<p>8 Crustless Chicken Pot Pie Steamed Broccoli Green Beans Biscuit Pumpkin Bar</p>
<p>11 Kielbasa w/ Sauerkraut Twice Baked Mashed Potatoes Peas Rye Bread Apricots</p>	<p>12 Salisbury Steak Mashed Potatoes Gravy Broccoli Multi-grain Bread Vanilla Yogurt & Berries</p>	<p>13 Sloppy Joe On a Bun Roasted Potatoes Baked Beans Grape Salad</p>	<p>14 Chicken Breast w/ Mushroom & Bacon Sauce Brown & Wild Rice Blend Brussels Sprouts Apple Slices Banana Cake</p>	<p>15 Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Pineapple Carrot Cake</p>
<p>18 Lemon & Pepper Fish Tartar Sauce Baked Potato Sour Cream Dill Carrots Rye Bread Banana</p>	<p>19 Split Pea Soup Crackers Chicken Salad w/ Craisins with Lettuce Leaf on Croissant Mandarin Oranges Peach Upside Down Cake</p>	<p>20 Ham & Scalloped Potatoes Peas Pineapple Multi-grain Bread Chocolate Pudding</p>	<p>21 Meatloaf Mashed Potatoes Gravy Seasoned Stewed Tomatoes Whole Wheat Bread Applesauce</p>	<p>22 Lasagna Whole Kernel Corn Mixed Greens Garlic Breadstick Fruit Jell-O Dessert</p>
<p>25 BBQ Pork Rib Whole Wheat Hoagie German Potato Salad Coleslaw Diced Peaches Butterscotch Pudding</p>	<p>26 Chili w/ Macaroni Crackers String Cheese Dark Greens Salad Apple Cranberry Yogurt Salad</p>	<p>27 Sliced Turkey Mashed Potatoes Gravy Stuffing WI Blend Veggies Cranberries Pumpkin Pie Bar Thanksgiving Meal</p>	<p>28 Closed for Thanksgiving Holiday</p>	<p>29 Closed for Thanksgiving Holiday</p>

Platanus Occidentalis in Wisconsin Rapids

Linda Brost, Administrative Assistant

Sycamore (*platanus occidentalis*) are deciduous trees that are generally native to the eastern and south-central portions of the United States and can reach heights exceeding 100 feet. Some are located in the most southern portions of Wisconsin, but can be found as far north as Green Bay. The largest sycamore in the state is in Fond du Lac, measuring approximately 70 feet tall, with a circumference of 18 feet 4 inches.

The next time you're in Wisconsin Rapids, be sure to check out the sycamore tree located at the west end of the Grand Avenue Bridge. There are varying stories regarding the origin of this tree. The most common one is that in 1898, a Yule gift of three Sycamore seeds was sent to Mrs. Caroline (William) Jones from her mother, Mrs. Comptom, who lived in Brooklyn, New York.

Mrs. Jones started the seeds indoors, and then transplanted them along the west bank of the Wisconsin River as follows: one near the area of the current-day Grand Avenue Bridge, one at the old Moravian Church, and one at her home near First Avenue. The Grand Avenue bridge tree has survived several lightning strikes, a couple of 100-year floods (the most recent in September 2010),

and a derecho with 95 mph winds in July 2019. The circumference of the Wisconsin Rapids' tree is approximately 15 feet 8 inches with unknown height.

Mrs. Jones apparently also grew willow trees along the river; at least one of them still stands a short distance south of the sycamore. She reportedly was known as the first master gardener in this area and passed away in approximately 1958.



<https://www.wirapids.org/sycamore.html>
<https://www.news5cleveland.com/news/local-news/ohashland/majestic-giant-sycamore-is-ohios-biggest-recorded-tree>

Fun Facts about Sycamore Trees



- Sycamores are ornamental trees that do very well along city streets because they can withstand road salt and other pollutants.
- The bark is unusual in appearance, white/gray blotches, due to its constant peeling and regrowing.
- Sycamores thrive in bottomlands and other wet areas and can live to be hundreds of years old.
- George Washington reported that he encountered an “enormous” sycamore during his 1770 expedition to the Ohio Valley.
- During pioneer days, some folks used hollowed out sycamore trees as temporary shelters...nature’s original tree house!
- Many songs have been written that mention sycamore trees.
- The largest sycamore in the United States is located in Jeromesville, Ohio. It’s believed to be at least 750 years old and stands more than 120 feet tall, with a circumference of 432 inches (36 feet). Unfortunately, this tree is in the process of dying, due in part to a fungus infestation that is destroying the tree from the bottom up.

**SENIORS, Caregivers, and
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The Ripple Effect of Gratitude and Volunteering

Peggy Kurth, Volunteer Coordinator

Gratitude is an appreciation for the good things in our lives, both big and small. It is recognizing and acknowledging the kindness, generosity, and support we receive from others.

Practicing gratitude has numerous benefits for individuals and communities. When we cultivate gratitude, we shift our focus from what is lacking to what is present. It helps us develop a positive mindset that enhances our overall wellbeing and mental health. It can also strengthen our relationships. When we express gratitude to others, it helps to boost their self-esteem and deepens the connection between us. We end up feeling a greater sense of belonging and social support.

Volunteering and gratitude have a close link, as volunteering can help people develop gratitude by exposing them to new perspectives, challenges and opportunities. It can also help people appreciate their own skills and talents, and the opportunities they have access to.

When people within a community practice gratitude and engage in volunteer work, it creates a sense of togetherness and shared responsibility.



A ripple effect can occur, fostering a culture of giving back and inspiring others within the community. When people witness acts of gratitude and observe the positive impact of volunteer work, they are more likely to be inspired and motivated to contribute themselves.

If you would like to be part of that ripple effect, the ADRC-CW has volunteer opportunities available, including: Packaging Meals, Delivering Meals on Wheels, Senior Dining, Office help, Program Leaders for a Fall Prevention Workshop and Memory Cafe help (Wausau only).

Go to www.adrc-cw.org or call 888-486-9545 for more information.



Giving Thanks

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How About Having Some Carrots?

Emily Gojmerac - ADRC-CW Intern

Carrots are a vegetable that not many people consider to have an abundance of health benefits. However, that couldn't be further from the truth. Aside from its vast array of colors of orange, red, purple and white, carrots are a great addition to any meal. Some multiple benefits of carrots are that they help control diabetes, strengthen bones and boost your immune system. The antioxidants are great for your heart and the lycopene, a natural pigment in carrots and other red/orange vegetables, helps prevent heart disease.

Just a half cup of carrots at your next meal can give you:

- 73% of your daily requirement of Vitamin A
- 9% of your daily Vitamin K
- 8% of your daily potassium and fiber
- 5% of your daily Vitamin C
- 2% of your daily calcium and iron

Source: <https://www.webmd.com/foodrecipes/benefits-carrots>



Roasted Carrots

A quick and easy side dish that comes in both sweet and savory flavors, ready in less than 30 minutes and the perfect side for any meal.

Ingredients

- 2 lbs carrots, peeled and sliced on diagonal
- 2 T good quality olive oil
- 1/2 tsp salt

Savory Carrots:

- 1/4 tsp freshly cracked black pepper
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 2 T finely chopped fresh flat-leaf parsley or 2 teaspoons fresh thyme

Sweet Carrots:

- 2 T honey
- 1 T unsalted butter, melted
- 1/2 tsp ground cinnamon

Instructions

- Preheat oven to 425 degrees F. Peel the carrots, cut off the tops, and slice them diagonally about 1/2 inch thick at the widest part, ensuring pieces are similar in size for even roasting.
- Spread carrots in an even layer and roast for 10 minutes. Remove, toss, and return to oven. Roast for another 8 to 15 minutes until caramelized and tender. Roasting time may vary based on oven temperature, carrot spacing, and desired doneness.
- Remove the carrots from the oven.

For Savory Carrots: Toss with fresh herbs and serve.

For Sweet Carrots: Mix honey, melted butter, and cinnamon, drizzle over the carrots, and serve immediately.

November Spotlight

Thank you 

Jim and Mary Benak
Snez Wensit
Jim Rasmussen
Peg Wasrud
4-U Adult Day Care
Dick Englebright
Jean Anhalt
John Wilzewske
Dave Gibbs
Ruby Marti
Meg Kumm



Centralia Center:
Ruby Marti holds the title of Miss Northern Lights in the Miss America Scholarship Program. She talked about her platform - promoting literacy, and she performed a hip-hop dance, which we very much enjoyed.

County Fair 2024





Rennes Group

Assisted Living, Memory Care,
Rehab & Skilled Nursing Services

Est. 1973

EXTRAORDINARY LIVES DESERVE EXCEPTIONAL CARE



Age doesn't define rules for the life we lead. It doesn't set a deadline for learning, engagement or experiences. At Rennes Group, age simply represents the extraordinary lives we're honored to care for every day.

We're guided by a promise to our residents, a commitment to deliver exceptional care focused upon dignity, respect and compassion that creates meaningful experiences and memories. We believe lifelong learning, new experiences and community engagement enhances our residents' lives.

We believe they deserve nothing less than exceptional.

Our community partnerships with local businesses delivers upon this promise through community engagement and life enrichment.

After all, our stories are still being written, and we're happy to help fill the pages.

www.rennesgroup.com

CONTACT US

Rennes Health & Rehab Center-Weston & Rhinelander
Renaissance by Rennes - Weston & WI Rapids

In 1973, the Rennes' began a company that shifted how seniors were cared for as their needs changed. Still run by family, Rennes believes we all have the desire to feel respected. We are your trusted partners in the continuum of care for senior living and are committed to the Rennes difference.

CONNECT
WITH US

