



FREE

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

Choices

**June
2025**

Alzheimer's and Brain Health
Awareness Month

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

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Specialist

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Games

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Brain Health

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for Health

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Farmers' Market
Nutrition Program

June 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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Your Needs.

Your Independence.

Your Best Life.

Lakeland Care is your local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.

www.lakelandcareinc.com

DHS Approval 3/16/20



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Quality Care**



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HOURS: Monday-Friday 8 a.m. to 4:30 p.m.

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
1100 Lake View Drive Ste. 600
Wausau, WI 54403

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 may be 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, Café 60, Meals on Wheels: \$6.00 per meal.

No eligible person is denied service due to ability to contribute. Full meal cost Meals on Wheels \$12.67 and Senior Dining/Cafe 60 \$14.86. 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

Antigo

1225 Langlade Rd
Antigo, WI 54409

Marshfield

211 E 2nd Street,
Suite 123
Marshfield, WI 54449

Merrill

607 N Sales St,
Suite 206
Merrill, WI 54452

Wausau

1100 Lake View Drive,
Suite 600
Wausau, WI 54403

Wisconsin Rapids

2250 3rd Ave S
Suite 1
WI Rapids, WI 54495

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

*Rotates throughout the region. Visit www.adrc-cw.org/classes/topic-tuesdays/ for location details

Dementia Basics: Every **3rd Tuesday** of the month. For anyone interested in learning more about dementia.

Brain Health Basics: Every **4th Tuesday** of the month. For anyone interested in learning more about taking care of the brain.

Roadmap to Medicare

Led by trained, local Benefit Specialists, this class empowers participants to make informed healthcare decisions and navigate their Medicare transition with confidence.

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'm going through a really hard time and would like to talk to someone about it, but I'm afraid my insurance won't cover counseling services. I don't know where to start.

Sincerely,
Feeling stuck



Dear Feeling Stuck:

Thank you for reaching out. It's completely understandable to feel apprehensive about seeking help for mental health concerns, especially regarding insurance coverage. If you're experiencing anxiety, depression, grief,

or simply feeling overwhelmed, please don't hesitate to contact your doctor or a healthcare professional.

Medicare can offer coverage for various mental health services:

- **Medicare Part A** covers inpatient mental health care in both general and psychiatric hospitals with the same out-of-pocket costs after 60 days. Psychiatric hospital stays are limited to 190 days over the lifetime of your Medicare coverage. This limit does not apply to general hospitalizations.

- **Medicare Part B** covers outpatient services like therapy, substance abuse treatment, and depression screenings, usually with a 20% coinsurance under Original Medicare or costs specified by Medicare Advantage Plans. Always make sure the provider can bill your insurance before scheduling.

- **Medicare Part D** covers prescriptions for mental health, including antidepressants and antipsychotic medication through stand-alone Part D or Medicare Advantage Plans. Before joining a plan, make sure that it covers your medications.

Remember, seeking help is a sign of strength. Your mental health is just as important as your physical health. Please talk to your doctor about any mental health challenges you're facing or call/text 988 for the Suicide and Crisis Lifeline, available 24/7.

Sincerely,
Your local ADRC-CW Benefit Specialist

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Ask a Resource Specialist

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

Dear Resource Specialist:

I have some questions about continuing to care for my wife who suffers from dementia in our home. Though we are doing okay right now; I would like to learn information for the future. What kind of services can the ADRC provide me if I am no longer able to care for her? Or maybe her care is beyond my scope; then what? Please help!

Sincerely,
Concerned Husband

Dear Concerned Husband:

Thank you so much for reaching out to the ADRC of Central Wisconsin. We are happy to help answer some of your questions, but first I want to thank you for continuing to provide care for your wife in your home. I know how challenging this can be at times but also so rewarding; so thank you again.

If you would like, we could schedule a time to talk over the phone or in-person to discuss long-term care options. We can talk about your concerns and then offer potential resources that can help you make a decision when you are ready.

Future options could include:

- Hiring in-home care services
- Hiring family/friends
- Looking at publicly funded programming
- Transitioning to an alternative living arrangement, such as assisted living

We could also talk about our Alzheimer's Family Caregiver Support Grant and our Dementia Care team that can help assist you as the caregiver.

We are happy to chat; let us know how you would like to continue.

Sincerely,
Your Local ADRC-CW Resource Specialist

SENIORS, Caregivers, and Concerned Families...



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JANET M. LATTYAK, ATTORNEY
"LEGAL SERVICES FOR AGING ON YOUR TERMS"

Senior Nutrition

888-486-9545

June 4: June Birthdays

June 11: Honoring Fathers

June 18: Summer Welcome

June 25: June Dairy Day

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 – Thurs 11:30 am

Bingo with the Senior Center:

Thursdays at 12:30

Marathon County

Mama K's BBQ - Café 60

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 4:00 pm

6/5: Beef Stir Fry w/Bell Pepper,
Lemongrass & Ginger

6/12: Pork and Mustard Green Boil w/
Ginger

6/19: Boiled Chicken (whole chicken)
with Lemongrass, Hmong Herbs

6/26: Ground Pork Stir Fry w/Cabbage

Senior Dining Meals Served with
Green Tea and Soy Milk

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 - last day of the month

Funny Friday - Share your funny jokes or stories

Nekoosa Community Center

416 Crestview Lane, Nekoosa

Serving Mon and Wed 11:30 am



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

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

June Nutrition Menu 2025

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
2 Crab Pasta Salad over Mixed Greens Tomato Slices Dinner Roll Peaches	3 Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Mandarin Oranges White Cake w/ Berries	4 Chicken Breast Mushroom & Bacon Sauce Mashed Potatoes California Blend Vegetables Biscuit Pears June Birthdays	5 Pork & Kraut casserole Carrots Peas Whole Wheat Bread Apricots	6 Hamburger On a Bun Grilled Onions Ketchup German Potato Salad Baked Beans Mixed Fruit
9 Boneless BBQ Pork Rib Whole Wheat Hoagie Au Gratin Potatoes Whole Kernel Corn Cinnamon Applesauce	10 Baked Rosemary Chicken Baked Sweet Potato Cauliflower Oat Bran Bread Mixed Fruit	11 Salisbury Steak Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Honey Bee Ambrosia Honoring Fathers	12 Lemon & Dill Chicken Breast Broccoli Mediterranean Salad Whole Wheat Bread Vanilla Yogurt & Berries	13 Baked Seasoned Fish Tartar Sauce Diced Seasoned Potatoes Creamed Peas Rye Bread Pineapple
16 Sloppy Joe On a Bun Roasted Potatoes Baked Beans Grape Salad	17 Ham & Scalloped Potato Casserole Pacific Blend Veggies Whole Wheat Roll Mandarin Oranges	18 Seasoned Chicken Breast Twice Baked Mashed Potatoes Diced Beets Whole Wheat Bread Peaches & Vanilla Pudding Summer Welcome	19 Meatloaf Mashed Potatoes Gravy Dill Carrots Raisin Bread Spice Cake	20 Chicken Alfredo over Linguini Broccoli Sweet & Sour Coleslaw Garlic Breadstick Berries
23 BBQ Chicken Breast Baby Bakers Cauliflower Cornbread Apricots	24 Swedish Meatballs Mashed Potatoes Broccoli Salad Whole Wheat Bread Applesauce	25 Meat Lasagna Green Beans Mixed Greens Salad Dressing Garlic Breadstick Fruit Jell-O June Dairy Day	26 Baked Seasoned Fish Tartar Sauce Baked Potato Sour Cream Creamy Coleslaw Rye Bread Berries	27 Chicken Salad On a Croissant Romaine Leaf & Tomato Slice Minestrone Soup Crackers Sliced Peaches
30 Grandma's Ground Beef Potato Casserole Broccoli Oat Bread Fresh Fruit Mix	<div>  <p>Milk served with each meal. Menus subject to change. Suggested contribution: Senior Dining, Cafe 60 and Meals on Wheels \$6.00 per meal. No eligible person is denied service due to ability to contribute. Your contribution makes a significant difference to our program.</p> </div>			

Brainy Board Games

Kit Ruesch, Quality Manager

“Play is the stick that stirs the drink. It is the basis of all art, games, books, sports, movies, fashion, fun and wonder - in short the basis of what we think as a civilization. Play is the essence of life. It is what makes life lively.” -Stuart Brown

With June being Alzheimer’s and Brain Health month, I wanted to explore fun ways a person could engage their brain. There’s a whole section of the mobile video games industry dedicated to brain games, but I wondered if board games and card games could help with brain health and what are the benefits of board/card gaming.

I did a bit of research and was pleased to find a fair amount of information that outlined the benefits of playing board and card games. I was also glad that the information applied not just to the strategic classics such as Chess, Checkers and Backgammon, but card games and modern board games as well.

Playing board and card games offers much for your brain and mental health. The first, and maybe most obvious, is that board and card games typically are social interactions as part of the game. There are clear benefits of socializing and meeting new people, which is very important during a time when more and more seniors are struggling with loneliness. Socialization is beneficial for our brains because it allows our brains to practice empathy and open-mindedness

while talking and exchanging opinions and strategies around the game. Any social board or card game helps give a brain a workout in these ways.

Research out of the University of Lleida in Spain suggests that board and card games help enhance cognitive abilities such as short-term memory, inhibition (the ability to inhibit our behavior when necessary and mental flexibility due to the need to change tasks or strategies during a game). The University of Lleida study also indicated that board and card games help improve verbal fluency due to the interactions and debate that can occur in some games. In addition, learning a game, the rules and understanding the tactics and strategies of a game promotes concentration and sustained attention, both vital activities for brain health.

The heart of board and card games is fun - a time to get together with others and enjoy their company and the game of your choice. But in addition to that fun, you’ll also be doing your brain a fine service by helping to keep it active, challenged and healthy.

Sources:

<https://www.developinghumanbrain.org/brain-benefits-board-games/>. Retrieved 4/16/25

<https://exploringyourmind.com/psychological-benefits-of-playing-board-games/> Retrieved 4/16/25

Dementia and Brain Health

Scott Seeger, Dementia Care Specialist



June is Alzheimer's and Brain Health awareness month, so I am taking this opportunity to share with you some educational opportunities where you have the chance to learn from one of the ADRC's Dementia Care Specialists. The educational sessions are called **Topic Tuesdays**.

These educational sessions rotate around the central Wisconsin region in Antigo, Merrill, Wausau, Marshfield, and Wisconsin Rapids. In addition, a virtual option is also available.

Dementia Basics will provide you with basic information about dementia, early warning signs, and the different types of dementia like Alzheimer's. In addition, you will learn about medical issues that can mimic dementia.

Brain Health Basics will teach you about simple things that you can do to take better care of your brain. One reason it is so important to take better care of our brains is because current research indicates that about 45% of people who are living with dementia may have been able to avoid that dementia journey if they had taken better care of themselves and their brains.

If you are interested in learning more about Dementia Basics or Brain Health Basics, please call 888-486-9545 and ask to speak with a Dementia Care Specialist.

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identity theft



SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

440056

Thirst Quenching

Ronda James, RDN, CD, ADRC-CW Director of Nutrition

Warm—and even hot—days are common for Wisconsin summers. Staying hydrated is always important, but especially during warmer weather. It's not just about quenching thirst—your body needs water to function well.

Why Hydration Matters

- **Maintain Vital Body Functions:** Water supports digestion, circulation, temperature control, and waste removal. It keeps tissues like eyes, nose, and mouth moist. Thirst can decrease with age, so be proactive about drinking fluids.
- **Energy and Focus:** Dehydration can cause tiredness and reduced alertness. Regular sips throughout the day help maintain energy and concentration.
- **Beat the Summer Heat:** Summer heat leads to more sweating. Older adults may be more vulnerable to extreme temperatures. Water helps regulate body temperature and prevent heat-related illness.
- **Support Brain Health:** Dehydration may affect memory, cause confusion, or lead to delirium. Drinking enough water is an easy way to support brain function and mental clarity.
- **Joint and Muscle Support:** Water helps lubricate joints and keep muscles working well. Drinking enough water helps enhance mobility and reduce discomfort.

Quick Tips to Stay Hydrated

- **Sip Often:** Drink fluids throughout the day. Keep a water bottle with you when you go out or a glass nearby for easy access.
- **Add Flavor:** Switch it up! Add lemon, cucumber, mint, or basil to water, this adds flavor without adding extra sugar. Herbal teas are also great choices.
- **Eat Water-Rich Foods:** Snack on fruits and veggies like cucumbers, watermelon, strawberries, and lettuce. Try frozen watermelon for a cool, hydrating treat!
- **Limit Dehydrating Drinks:** Caffeine and alcohol can dehydrate you. Enjoy them in moderation but balance them with water or herbal tea.
- **Watch for Signs:** Signs of dehydration include extreme thirst, less frequent urination or dark urine, dry mouth and skin, fatigue, dizziness, and confusion. Talk to your doctor if you take medications that may impact fluid balance.



Social Connection
It's Worth It!

Social connection supports positive mental health and helps prevent loneliness and isolation.

HEALTHY MINDS
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HEALTH

SUPPORTED BY LINCOLN COUNTY HEALTH DEPARTMENT



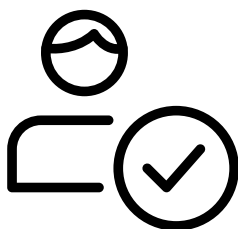
Senior Farmers' Market Nutrition Program 2025

How does the program work?

The Senior Farmer Market Nutrition Program gives \$25 of vouchers to eligible seniors (age 60+) to buy Wisconsin grown fresh fruits, vegetables and herbs from approved markets and roadside stands.



Who is eligible?



- Is a resident of Langlade, Lincoln, Marathon or Wood County;
- Is 60 years or older or a Native American 55 years or older

AND

- Has a monthly household income that meets program eligibility guidelines

1 person household: \$2,413 per month/ \$28,953 year

2 person household: \$3,261 per month/ \$39,128 year

3 person household: \$4,109 per month/ \$49,303 year

4 person household: \$4,957 per month/ \$59,478 year



How do I get Senior Farmers' Market Vouchers?

Starting Monday, June 2, 2025

Complete an online eligibility form found on our website www.adrc-cw.org or contact **888-486-9545** to request information and complete an eligibility form.

Once we receive your signed eligibility form, vouchers will be issued to you.

Vouchers are available first come, first served between: Jun 1- Sept 30, 2025

Vouchers can be used by the eligible senior between: Jun 1- Oct 31, 2025

This institution is an equal opportunity provider

I would like to help the ADRC-CW continue its work with older adults, individuals with disabilities, caregivers, and their families.

Please make checks payable to: ADRC-CW
1100 Lake View Drive Ste 600, Wausau, WI 54403
Call to inquire about paying electronically.
888-486-9545

Donation Designation Form

In MEMORY / HONOR (circle one) of: _____

Please notify _____ Phone: _____

Address _____

I want my donation to go to the following programs:

_____ Caregiver Support _____ Healthy Living _____ Meals on Wheels

Congregate Dining Site _____

Would you like an acknowledgement in this newsletter ____ Yes ____ No

Please send receipt to: _____



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Affordable, Independent Living Apartments

June Spotlight



Easter Baskets for our Centralia MOW participants from Sister Kris.



Placemats made by The Material Girls quilt group for MOW participants.

**Jim and Mary Benak
Avis Schroer
Jim Rasmussen
Peg Wasrud
John Wilzewske
Sister Kris
The Material Girls Quilt Group
Sharon Buchberger
The Silo Jumpers Band
Jean Anhalt
Nancy Pecha & Marilyn Meyers in
honor of Betty Strothenke**



A birding by ear event will be held at Helen's House at the Wisconsin Rapids Municipal Zoo on June 10th at 7 p.m. John Kubisiak will give a presentation on how to identify birds by their calls. Following the presentation, participants will be invited to take to the trail to identify birds by their songs. This is being done as a Birdability event sponsored by Clean Green Action, a local non-profit devoted to advancing education around conservation and environmental sustainability.

Please contact us by email at **cleangreenaction@gmail.com** with any questions.

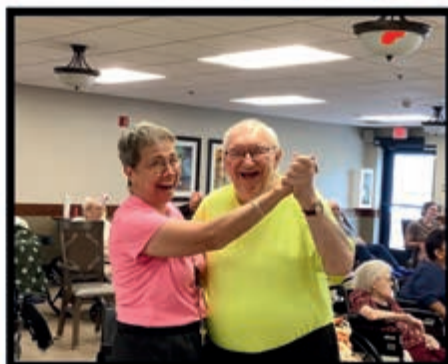


Rennes Group

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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

