

February 2024

Newsletter



Toll Free: 866-743-5144

Office: 715-743-5166

Fax: 715-743-5240



Golden Agers Gab & Gobble



Discussing topics that are important to YOU



Authors, Tom & Kristi Manus
Small Town Travel Specialists

Tuesday February 13, 2024
10:30-12:00

Lunch by the ADRC Nutrition Program with a recommended \$4.50 contribution
(No one is turned away if they cannot afford to contribute)

Sign up for lunch required by February 9th by calling 715-255-8189



Take Action for Your Heart: Get Started!



Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.

Get Enough Quality Sleep

Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.

- Try to aim for 7-9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but not within 2-3 hours before bedtime.
- Avoid caffeine and nicotine.



Eat Better

A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.

- Follow the [Dietary Approaches to Stop Hypertension \(DASH\) eating plan](#), which can help you create a heart-healthy eating style for life.
- Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.
- Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week.
- Consider whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables as a snack.

Maintain a Healthy Weight

Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.

- Choose healthy snacks like fruits, vegetables, yogurt, or nuts, instead of sugary or high-calorie snacks.
- Stay hydrated with water as your primary beverage.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise (such as brisk walking) or 75 minutes of vigorous-intensity (like running) exercise per week.
- Consider keeping a log of what you eat throughout the day.

Be More Active

Getting enough physical activity helps to lower your risk of heart disease and stroke.

- Adults should spend at least 150 minutes (2 ½ hours) each week doing physical activity.
- Sit less! Take the stairs. Park farther away. March in place or take a walk around the block.
- Try muscle-strengthening activities like lifting weights, working with resistance bands, doing sit-ups and push-ups, or some forms of yoga—whatever works for you.
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. Anything that gets your heart beating faster counts!

Stop Smoking

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.

- Select a quit date and write yourself a contract that outlines your [plan for quitting](#).
- Talk with your healthcare provider about programs and products that can help you quit.
- Join a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.
- Call 1-800-QUIT-NOW and visit [smokefree.gov](#) to get additional support.



Control Cholesterol

Unhealthy levels of **cholesterol** can lead to high cholesterol, which increases the risk of developing heart disease.

- Try the **Therapeutic Lifestyle Changes (TLC) Program** which combines diet, physical activity, and weight management to help lower high blood cholesterol and improve heart health.
- Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL cholesterol levels.
- Limit alcohol consumption. Drinking too much alcohol—more than two drinks a day for men or one drink a day for women—can raise your total cholesterol level.



Manage Stress

Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- Consider meditation, as it can help to **lower stress**.
- Take a yoga class to help lower stress and improve mindfulness. It may also offer you a supportive community.

Practice Self-Care & Find Social Support

Daily acts of **self-care** can benefit your heart because self-care is heart care. Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits.

- Try to do at least one positive action for your heart health each day.
- Make the doctor's appointment you've been putting off.
- Ask family and friends to text you reminders or encouragement to help you meet your health goals.
- Join an exercise class or a weight management group to connect with other like-minded people and stay motivated.

For more information about how you can take action to keep your heart healthy, visit [hearttruth.gov](https://www.hearttruth.gov)



Manage Blood Sugar

Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats.
- Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
- Talk to your healthcare provider about how often you should check your blood sugar levels, especially if you have diabetes.

Control Blood Pressure

Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.

- Have your blood pressure checked each time you visit the doctor.
- Use a blood pressure monitor to measure your blood pressure at home and **learn how to measure it correctly**.
- Use a **blood pressure tracker** to keep a record of your numbers each reading.
- If you're pregnant or planning to be, it's especially important to keep your blood pressure in a healthy range.





SEVERE WEATHER LETTER

Dear Home- Delivered Meal Participant:

We try very hard to deliver in spite of the weather. Please be patient with our drivers as delays may happen. Every now and then a storm is too much for even our courageous drivers. In winter, we may have high snowdrifts and icy roads. To ensure delivery of your meals, please arrange to have your sidewalk and driveway shoveled by the time of delivery. Our drivers cannot deliver if your walkways and driveways are hazardous.

This year we will be making the decision on our own from not only our own observation but also the weatherperson recommendations.

On these days, we will let you know by announcing it on the radio: WCCN 1370 AM/ 107.5 FM, WAXX 104.5, WKEB 99.3 FM

And on the television: WEAU, WAOW and WSAW

You may also call the Clark County ADRC at 715-743-5166 and we will be able to tell you.

Be sure to fill your cupboard and freezer with your favorite “emergency” foods for the winter months. Canned soups, fruits and vegetables, and other easy to prepare items are some ideas for you. They will do until a hot meal can be again brought to your door. We will try to always remind you the day before if we think we may need to close due to weather.

Sincerely,

Lynne McDonald

Director of ADRC of Clark County

715-743-5166

Designated Warming Areas

Clark County Public Libraries

Abbotsford Public Library

Mon. - Thurs. 9AM to 7PM

Fri. 9AM to 5PM

Sat. 9AM to NOON- NO Saturday
hours June-August

Colby Community Library

Mon., Wed., Fri. 9AM to 5PM

Tues. and Thurs. NOON to 7PM

Sat. 9AM to NOON- NO Saturday
hours Sept-May.

Granton Community Library

Mon., Wed., Fri. 8AM to 4PM

Tues. and Thurs. 8AM to 7PM

Sat. 10AM to NOON

Greenwood Area Library

Mon. - Fri. 10AM to 6PM

Withee Public Library

Mon., Tues., Thurs., Fri. 10AM to 5PM

Sat. 10AM to 2PM

Owen Public Library

Mon. - Fri. NOON to 6PM

Neillsville Library

Mon. 10AM to 8PM

Tues. 10AM to 5PM

Wed. 10AM to 8PM

Thurs. 10AM to 5PM

Fri. 10AM to 5PM

Sat. 9AM to NOON

Thorp Public Library

Mon. 10AM to 7PM

Tues. 10AM to 7PM

Wed. 10AM to 5PM

Thurs. 10AM to 5PM

Fri. 10AM to 4PM

Sat. 10AM to NOON

Dorchester Public Library

Mon. 11AM to 7PM

Tues. 1PM to 6PM

Wed. 10AM to 6PM

Fri. 9AM to 5PM



Loyal Public Library

Mon., Tues., Thurs., Fri. 10AM to 5:30PM

Wed. 10AM to 6PM

Myth-Buster: Medicare Flex Cards

Extra benefits for people on Medicare are being advertised widely via the internet, through apps like Facebook and other social media, TV ads and phone solicitation. This article will explain some of the extra benefits that come with Medicare Advantage plans and will debunk some myths about extra benefits such as the “Medicare flex card.”

Myth #1: Medicare Flex Cards are issued to all people on Medicare —FALSE

Medicare flex cards or benefit cards are not issued by Medicare and not connected to any government agency or government benefit.

Myth #2: I will get extra money every month if I sign up for this card or plan —FALSE

Some Medicare Advantage plans offer benefit cards which sometimes give you a small amount of assistance toward groceries, utilities, and over the counter products, but many restrictions apply. (for instance this card might only work at certain stores or for certain products) Additional benefits through Medicare Advantage plans in Clark County offered this year are only between \$50-\$120.00 per month on average (extra benefits for people on both Medicare and Medicaid can be even more misleading). There are many pros and cons to consider when joining a Medicare Advantage plan and the availability of these plans is County specific. Please contact your local ADRC and talk with a benefit specialist for non-biased information.

Myth #3: Medicare Advantage Plans and Medicare Supplements are the same thing —FALSE

If you enroll in a Medicare Advantage plan, your health and drug coverage is processed through the Medicare Advantage Plan and you must continue to pay your Medicare premiums in addition to the plan premium. Medicare Advantage plans require you to stay within a network of providers. They are required to follow Medicare guidelines, but sometimes require more prior authorizations than Original Medicare. They are allowed to offer extra benefits for vision, dental, gym memberships, over the counter allowance and additional benefit cards.

Medicare Supplements (Medigap) policies provide coverage that is secondary to Medicare. There are no networks with Medicare supplements and less out of pocket costs after plan premiums are paid. Coverage is based on Medicare guidelines, not the Medigap Policy.

Myth #4: Medicare Advantage Plan will always offer extra benefits —FALSE

Medicare Advantage plans change every year and Medicare beneficiaries must review their plans each year during open enrollment (October 15 - December 7). Medicare Advantage plans are allowed to change their plans each year. This may affect the network of providers

you are allowed to use, the medications they will cover and rate, the pharmacy you can use, the extra benefits they offer and the regions where you can enroll into the plan.

In summary - if something is too good to be true, it probably is. Medicare Advantage plans are for-profit private insurance companies that want to sell you a product. Be a smart consumer and get all the facts before falling for tricky sales techniques.



NEWSLETTER POSTAGE DONATIONS

Thank you for your continued support of our Clark County ADRC Newsletter. We sincerely appreciate the support that our readers have shown by making donations towards the cost of postage. If you would like to make a newsletter donation please make a check payable to:

ADRC Newsletter and mail it to:

ADRC of Clark County

517 Court Street, Room 201

Neillsville, WI 54456

If you do not already receive this newsletter in the mail and you would like to start, just include your name and address with your check and a note stating that you would like to start receiving it.



GO DIGITAL

You can now receive our newsletter in digital form. If you are interested please contact us at 715-743-5166. You can also visit our website at clarkcountywi.gov/adrc-newsletter click go digital to get the newsletter sent to your email.



AARP Foundation Tax-Aide

AARP Foundation Tax-Aide volunteers will be providing in-person tax preparation to Clark County area residents, with a focus on taxpayers who are over 50 and have low to moderate income.

This free program is funded by AARP Foundation and the Internal Revenue Service and supported locally by Clark County ADRC. Local volunteers, who are trained and IRS-certified, will prepare and then electronically file Federal, Wisconsin and Homestead Credit tax returns.

To have your 2023 income tax returns prepared, call Clark County ADRC at (715) 743-5166 to make an appointment. Appointments will be scheduled in Neillsville Thursday and Friday between 8:30 AM and 2:15 PM starting February 16 and ending March 15. **Walk-in appointments will not be accepted.**

Other local AARP Foundation Tax-Aide sites are in Marshfield at the 2nd Street Community Center, Call 1-877-947-2211.



Wise Wisconsin Virtual Learning Series

ZOOM IN ON
WEDNESDAYS FROM
9:00 - 10:00AM
FEBRUARY 7TH -
MARCH 27TH, 2024

Sessions:

2/7: The Power of Awe!

2/14: Wisconsin's First Nations

2/21: Grandparenting; Connecting through Traditions and Rituals

2/28: UW Cancer Carbone Center: Facts, Myths, and Screening for Cancer

3/6: Wise Money

3/13: What's the Deal with No Mow May?

3/20: Preparing to Care: The what, why, and how of supporting a loved one through a health crisis

3/27: We Can Do Hard Things: Tools for current and future caregivers

Register here!



Registration:

<https://go.wisc.edu/z96rcd>

For more information, contact Sara Richle at sara.richle@wisc.edu



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

Residential Care Options

Caregiving Doesn't End When Your Loved One Moves

Caregiving doesn't end, it just changes.

After your loved one moves to a facility, what happens? What is your role as a caregiver? How often should you visit? How can you best help your loved one adjust to their new living environment? How do you cope with your feelings about the move? Here are some tips to help you answer these questions and more.

- In the first two to four weeks, visit often. It's important for your loved one to not feel abandoned. Go daily if possible, even several times a day. More frequent visits are more important than longer visits. Together, take strolls around the facility, point out different areas, visit the garden or library. Bring favorite foods as treats.
- Introduce your loved one (and yourself) to the staff. Tell them about his or her life to help them get to know your loved one. Create a poster of your loved one's life and hang it in the room for all to see. This is a way to honor your loved one and who they are as well as who they were, while helping the staff and others to appreciate their unique history.
- When your loved one is settled and comfortable, start visiting every other day, and then every third day, if that feels okay to you. Create a schedule that works for you. Visit during "free time" when there are not other activities going on. Don't stay too long. Visit at different times of the day to see how he or she is doing throughout the day, including meal times.
- If your loved one has dementia, remember that his or her experience of

your visit will be the same if you stay twenty minutes or two hours. Find the length of time for your visit that works for you. (Also see the FCA Tip Sheet, [Visiting Someone in Dementia Care](#).)

- Unless your loved one really likes to go for drives, postpone outings until he or she is adjusted to the new environment. Think about whether the trip is for their sake or yours (to feel you are doing something good or perhaps to reduce guilt)?
- Decorate the space, whether it's a shared room or private. Have familiar objects around such as family pictures, artwork, flowers, plants. Use the wall poster to tell your loved one's story and to give you something to talk about when you visit.
- Attend activities with your loved one to help them get oriented and involved in the community. Play games that he or she used to like, such as cards, dominoes, or Scrabble. Watch television or videos of old movies together. Listen to music they like. Talk about sports. Sit together and hold hands—people in facilities don't get touched much except when someone is "doing" something for them. You might also be experiencing this loss of touch and intimacy.
- Bring old photo albums, or go online to visit Facebook pages. Share stories of what other family members are doing.
- If you know someone else has recently visited, remind your loved one that they came. Leave a journal in the room for guests to leave a friendly note and read the notes back to your loved one.
- Visit together with a family member or friend. (And go out for lunch or coffee together afterwards as a treat for yourself!) If the facility and your loved one's condition allow, brief visits with children or small pets can be great diversions.
- Reassure your loved one that he or she is safe, loved, and cared for.

- Understand that the care staff in the facility will not do things exactly the way you do. They will do things differently. But you can provide some of the hands-on care if you want.
 - Be clear about your care expectations and be willing to share with the staff what has been successful for you in the past.
- If you have concerns about the care your loved one is getting, speak up. Talk to the director or nurse. Do not just ignore issues until they have become major problems.
 - Create a relationship with staff members who take care of your loved one. Greet them by name, offer praise when they do something especially helpful for your family member.
 - Remember it takes a while to establish trust. Treat everyone with respect.
 - Be aware that when a staff who you like and trust leaves, it can be hard for you and your loved one to adjust. Take the time to recognize the loss and plan for how to get to know the new staff.
- If you are still concerned about the quality of care your loved one is getting, contact the long-term care ombudsman in your area (contact information should be posted at every facility) or go to www.ltcombudsman.org.
- Moving a loved one to an assisted care residence can be emotionally difficult. Grieve. Allow yourself to feel sad, depressed, angry, disappointed, worried, anxious, but also relief, peaceful and calm. You may feel many emotions as a result of this decision. This is a hard transition and these feelings are necessary to start the healing process. But avoid guilt—you are not responsible for your loved one's illness or their need for more care.

- You may experience ambiguous loss—someone is “there but not there.” (See the FCA Fact Sheet *Grief and Loss*.)
- Practice letting go of old routines. It’s okay for you to have a life outside of caregiving. Your renewed energy will make it easier to visit and you will have more to share. You have a right to enjoy your life. Embrace the transition of your role from a full-time caregiver to a spouse, adult child, or friend.

It takes time to transition to a new living situation. You can help facilitate the process by accepting that you are making the right decision. Given time, most people thrive in the new environment. With activities geared for their level of functioning and people to socialize with, your loved one can feel more successful and engaged. The key to a successful transition is to see your relative feeling safe and trustful of you and the staff.

Sometimes caregivers worry that their loved one doesn’t need or love them anymore. This is just confirmation that he or she is in a good place and getting the care that’s needed. Congratulate yourself on making a good decision. You are still the most important person in your loved one’s life. And you are still part of the care team. You are your loved one’s strongest advocate.

Other Tip Sheets

1. [The Right Time](#)
2. [Housing Options](#)
3. [Choosing The Right Place](#)
4. [Caregiving Doesn’t End When Your Loved One Moves](#)
5. [Visiting Someone With Dementia](#)

More Resources

- Family Caregiver Alliance National Center on Caregiving
(415) 434-3388 | (800) 445-8106 Website: <https://caregiver.org/>
- Visit [WisconsinCaregiver.org](https://www.wisconsin caregiver.org) for free online training, resources, and connections to local programs that can support you in your caregiving role.

ADRC of CLARK COUNTY IS OFFERING A NEW WELLNESS INITIATIVE

GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



NEW SERIES BEGINS SOON



For registration code, please contact:
Lynne.McDonald@co.clark.wi.us
or 715-743-5166

Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle!

All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device.

ADRC of Clark County is covering the full cost of the program.

Go to www.esmmweighless.com to view class times for the upcoming series beginning soon.

All participants must be over 60+ years of age.

www.esmmweighless.com

ADAPTIVE EQUIPMENT

The ADRC office has several pieces of DME equipment available in our Loan Closet. Call for further details 715-743-5166. We are also accepting donations of unused/unopened incontinence garments.



Greenwood Live & Learn

Loyal Golden Agers Gab & Gobbles



Established in 2022

The Greenwood Area Library was the first Lunch & Learn location. The program continues to grow & expand throughout the County.

GREENWOOD PUBLIC LIBRARY & ADRC OF CLARK COUNTY

Live & Learn
3rd TUESDAY every month

Greenwood Area Library
102 N Main St, Greenwood, WI 54437
(715) 267-7103 for reservations



Please join us for a monthly get together as we discuss interesting topics or some fun and games every 3rd Tuesday 10:30 A.M.—12:00 P.M.

60+ you may stay after for a nutritious meal through the ADRC Nutrition Program.

Contribution for the meal is \$4.50 but you won't be turned away if you cannot pay.

Call the library 715-267-7103 or Clark County ADRC 715-743-5166 for more information



2024 SCHEDULE

JANUARY 16	Planning
FEBRUARY 20	Make and take journal
MARCH 19	Health & Wellness—shake demo
APRIL 16	Essential oils—make and take
MAY 21	Preparing for Spring planting
JUNE 18	Reminiscence Journaling
JULY 16	Cooking for 1 to 2
AUGUST 20	Games & Bingo
SEPTEMBER 17	Family History/Genealogy 101
OCTOBER 15	Porch Pots
NOVEMBER 19	Safety and Exercise
DECEMBER 17	Holiday Celebration—bring a friend
JANUARY 2025	NEW YEAR—NEW YOU

LOYAL AREA LIBRARY & ADRC OF CLARK COUNTY

Golden Agers Gab & Gobbles 2nd TUESDAY every month

LOYAL Public Library

214 N Main St, Loyal, WI 54446
(715) 255-8189 for reservations



Please join us for a monthly get together as we discuss interesting topics or some fun and games every 3rd Tuesday 10:30 A.M.—12:00 P.M.

60+ you may stay after for a nutritious meal through the ADRC Nutrition Program.

Contribution for the meal is \$4.50 but you won't be turned away if you cannot pay.

Call the library 715-267-7103 or Clark County ADRC 715-743-5166 for more information



2024 SCHEDULE

JANUARY 9	Planning
FEBRUARY 13	Make and take journal
MARCH 12	Health & Wellness—shake demo
APRIL 9	Essential oils—make and take
MAY 14	To be determined
JUNE 11	To be determined
JULY 9	Jordyn Pieper PA—using supplements
AUGUST 13	To be determined
SEPTEMBER 10	To be determined
OCTOBER 8	To be determined
NOVEMBER 12	To be determined
DECEMBER 10	To be determined
JANUARY 2025	To be determined

Please contact the UW-Extension office to register.

517 Court Street, Room 104

Neillsville, WI 54456

Phone: 715-743-5121



Strength Training Classes

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

StrongBodies

Benefits of Strength Training:

- ♦ **Reduced risk for chronic diseases:**
 - ♦ Diabetes
 - ♦ High Blood Pressure
 - ♦ Heart Disease
 - ♦ Osteoporosis
 - ♦ Arthritis
 - ♦ Some Cancers
- ♦ **Increased:**
 - ♦ Strength
 - ♦ Muscle mass
 - ♦ Bone density
 - ♦ Ability to do Activities of Daily Living

Suggested Contribution: \$20

3 LOCATIONS LISTED

BELOW

Where: Loyal Library (214 N Main Street)

When: Mondays and Thursdays from 9:30-10:30,

Starting February 19th.

What: 8 Week Strength Training Class

Where: Zion Lutheran Church, Granton (W 2894 Granton Road)

When: Mondays and Thursdays 11-12, Starting March 4th.

(No class on March 28th)

What: 12 Week Strength Training Class

Where: Greenwood Fire Hall (103 W Cannery St, Greenwood)

What: 10 Week Strength Training Class

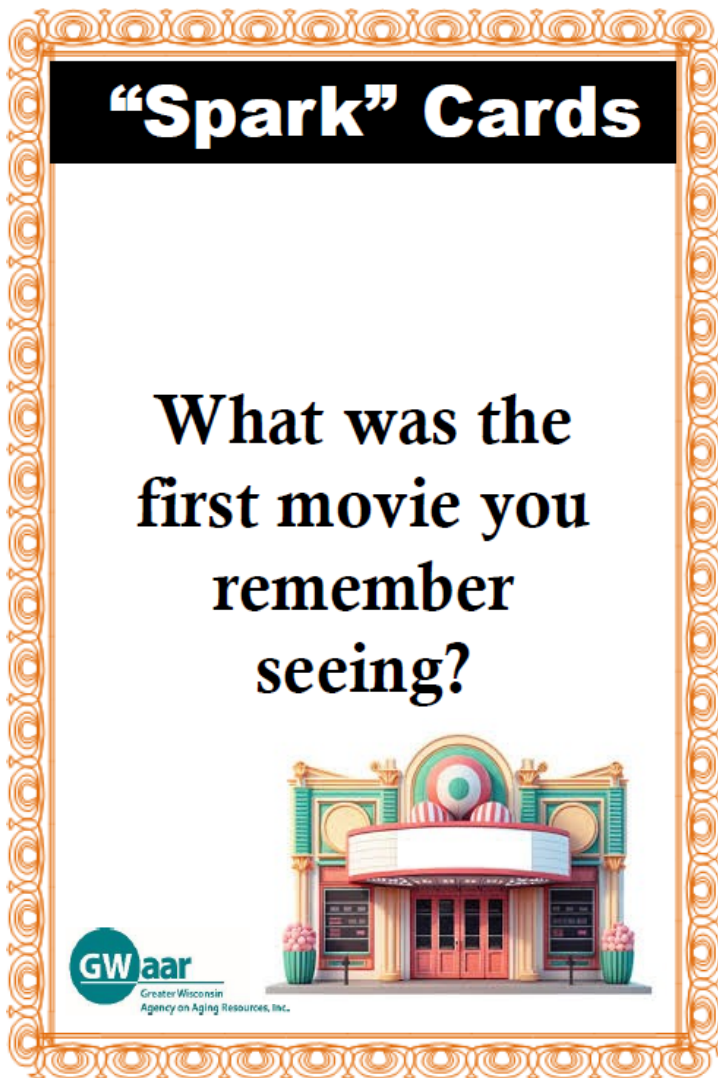
When: Tuesdays and Thursdays 11-12, Starting January 16th.

(1/16, 2/20, and 3/19 from 1-2)

SPARK YOUR MEMORIES


Sharing your story with your loved ones means more than you know.

Follow our newsletters as we ask some great “SPARK” questions to reminisce those great memories.



“Spark” Cards

What was the first movie you remember seeing?



GWaar
Greater Wisconsin
Agency on Aging Resources, Inc.



Find us on:
facebook®

Check us out on Facebook for updates, tips and more information provided especially for you.

Aging & Disability Resource
Center of Clark County



- AQUARIUS
- CANDLELIGHT
- CARNATION
- CHOCOLATE
- COZY
- CUPID
- FEBRUARY
- FIREPLACE
- FRIENDSHIP
- GROUNDHOG DAY
- HEART
- HUG
- KISS
- LEAP YEAR
- LOVE
- MARDI GRAS
- PINK
- PISCES
- PRESIDENTS DAY
- RED
- ROMANCE
- ROSES
- SKIING
- SNOW
- SWEETHEART
- VALENTINE
- WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

O	D	Z	C	J	Y	A	D	G	O	H	D	N	U	O	R	G	A	B
K	N	I	P	P	W	I	N	T	E	R	I	A	S	G	C	N	G	N
D	B	K	P	S	U	I	R	A	U	Q	A	Y	V	A	S	N	O	W
F	Y	R	A	U	R	B	E	F	N	R	Z	F	N	K	I	P	F	E
I	I	D	F	B	C	Q	P	J	C	O	B	D	S	S	R	M	R	I
R	C	B	F	O	E	A	Q	B	C	J	L	Q	A	E	L	O	V	E
E	H	S	P	T	R	A	E	H	T	E	E	W	S	K	J	R	Y	L
P	O	A	T	L	V	A	Z	U	L	L	K	I	Y	N	L	R	P	F
L	C	R	A	L	Y	F	R	I	E	N	D	S	H	I	P	M	B	K
A	O	G	H	Y	X	A	G	U	N	E	W	J	V	H	M	W	I	L
C	L	I	J	D	M	H	P	X	N	K	A	J	Y	A	V	S	V	E
E	A	D	V	K	T	I	D	T	L	J	V	Y	L	Z	S	Z	A	A
K	T	R	S	Z	S	J	S	C	A	R	N	A	T	I	O	N	L	P
Q	E	A	K	C	C	D	S	E	S	O	R	I	W	R	R	D	E	Y
R	K	M	E	U	A	L	J	Q	W	R	O	M	A	N	C	E	N	E
O	T	S	I	Y	E	D	M	X	E	H	E	A	R	T	T	X	T	A
G	N	I	I	K	S	K	E	H	M	O	Z	F	T	E	R	C	I	R
Y	E	B	Y	H	X	I	U	R	S	U	X	C	H	Z	G	R	N	Z
Y	W	O	F	Z	T	G	D	C	H	I	V	R	S	G	F	Q	E	M

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 BINGO Greenwood Center @ 11:30	3
4	5	6 <u>StrongBodies</u> Greenwood Fire Hall 11:00 to 12:00	7	8	9 BINGO Greenwood Center @ 11:30	10
11	12	13 Loyal Library Lunch & Learn Call library to sign up 715-255-8189 <u>StrongBodies</u> Greenwood Fire Hall 11:00 to 12:00	14 Happy Valentine's Day 	15	16 BINGO Greenwood Center @ 11:30	17
18	19 <u>StrongBodies</u> Loyal Library 9:30 to 10:30	20 Greenwood Library Lunch & Learn Call library to sign up 715-267-7103 <u>StrongBodies</u> Greenwood Fire Hall 1:00 to 2:00	21	22 <u>StrongBodies</u> Greenwood Fire Hall 11:00 to 12:00 <u>StrongBodies</u> Loyal Library 9:30 to 10:30	23 BINGO Greenwood Center @ 11:30	24
25	26 <u>StrongBodies</u> Loyal Library 9:30 to 10:30	27 <u>StrongBodies</u> Greenwood Fire Hall 11:00 to 12:00	28	29 <u>StrongBodies</u> Greenwood Fire Hall 11:00 to 12:00 <u>StrongBodies</u> Loyal Library 9:30 to 10:30		



ADRC Director

Lynne McDonald

ADRC Financial / Nutrition Manager

Lynn Crothers

ADRC Admin. Assistant

Kim Stetzer

Elder Benefit Specialist

Terri Esselman

Disability Benefit Specialist

Crystal Rueth

I&A Specialist

Hannah Quicker

Michelle Berdan

ADRC Newsletter Online:

<http://www.co.clark.wi.us/index.aspx?NID=767>

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