

December 2023

Newsletter



Toll Free: 866-743-5144

Office: 715-743-5166

Fax: 715-743-5240

MERRY CHRISTMAS
FROM THE STAFF AT THE ADRC



Helpful Resources in or Surrounding Clark County

Clark County Courthouse
517 Court Street, Neillsville, WI 54456

Clark County Health Department (CCHD)

(715) 743-5105



- **Reproductive Health Services**
 - All services are COMPLETELY confidential. Services include, but are not limited to, education and counseling, free or low-cost methods of birth control, STI testing, pregnancy tests, and referrals.
- **Immunizations**
 - The CCHD provides a variety of adult and childhood immunizations. Staff members can assist with finding immunization records, scheduling an immunization appointment, and more.
- **Communicable Disease**
 - The CCHD responds to multiple communicable diseases, such as COVID-19, Monkeypox, tuberculosis, hepatitis, etc.

Clark County Community Services

(715) 743-5208



- **Mental Health Counseling**
 - With licensed professionals to overcome mental and emotional disorders in a safe and confidential environment at two convenient locations in Clark County.
- **Substance Use Disorder Counseling**
 - Consists of credentialed counselors who treat people with substance use disorders (SUDs) offering consistent, high-quality care for optimal recovery in an individual and group setting.
- **Clark County Recovery Court**
 - Abstinence-based program that provides individuals the opportunity to change life circumstances and become alcohol and drug free.
- **Intoxicated Driver Program**
 - There are two parts to the program, an assessment and a driver safety plan.
- **Psychological Testing and Consultations**
 - On-site psychologist who will meet with you and conduct the psychological testing and assessment as well as the follow-up and development of a treatment plan.
- **Psychiatry Services**
 - High-quality doctors and nurses by use of in-person visits as well as TeleHealth equipment. Through TeleHealth, you are able to see your doctor in our offices, even if they may be in another location. This system is secure and monitored by our staff.

- **Community Support Program (CSP)**
 - Provides support for adults with chronic, severe, and persistent mental illness who are at the greatest risk for admission to mental health hospitals. Consumers are supported through a team made up of a psychiatrist, psychologist, nurse, mental health therapists, SUD therapist, and case managers to implement and oversee treatment provisions.
- **Comprehensive Community Services (CCS)**
 - Can help people who need ongoing, comprehensive services to help them live, work, and participate in their community and ultimately reach a level of recovery from their illness. CCS Services will be provided in the community, will be flexible, and will help the person achieve their vision of recovery.
- **Birth-to-Three Program**
 - Wisconsin's early intervention program for infants and toddlers with developmental delays or disabilities and their families. We work to enhance the child's development and support the family's knowledge, skills, and abilities as they interact with and raise their child.
- **Children's Community Options Program (CCOP)**
 - Provides flexible, but limited, assistance to individuals with special needs who are living at home, from birth to age 21.
- **Children's Long-term Support Waiver Program (CLTSW)**
 - A home and community-based service that serves children under 22 who have been diagnosed with developmental disabilities, physical disabilities, or severe emotional disturbances. Its purpose is to help families support their children with severe disabilities within their own home.

24 Hour AODA & Mental Health Crisis Line

**Hopeline
Text: 741741**

*NO CHARGE

**(715) 743-3400
(800) 863-3560**



Your story isn't over yet
24 HOUR MENTAL HEALTH CRISIS LINE
800/863-3560 or 715/743-3400
 Clark County Community Services | NORTHWEST Connections

Uplift WI



UPLIFT WI
HERE WHEN YOU NEED AN EAR

Call 534-202-5438 to reach Uplift WI

Department of Social Services-Clark County
(715) 743-5233

• **Volunteer Transportation Program**

- Clark County Department of Social Services provides non-emergent medical transportation for persons 60 years of age or older, persons with disabilities, and other approved persons who complete a Volunteer Transportation Assessment and are determined eligible. Transportation is provided by area volunteers on a first come, first serve basis.



• **FoodShare Program**

- Provides FoodShare to households that meet certain financial and non-financial requirements helping low-income families and individuals to buy nutritious food. For more information please call the Western Region for Economic Assistance (WREA) at 1-888-627-0430.

• **Medical Assistance Program**

- Provides health care benefits to individuals and families who meet certain financial, health, or age requirements. For more information please call the Western Region for Economic Assistance at 1-888-627-0430

• **To Apply for FoodShare or Medical Assistance:**

1. Online: visit ACCESS.wi.gov to complete an application.
2. Call: Western Region for Economic Assistance at 1-888-627-0430 to complete an application or schedule an appointment at your local agency.
3. Local Agency: Come to the Clark County Department of Social Services to complete a request for assistance and set the filing date. Once this request for assistance is received by the Western Region for Economic Assistance, the applicant will be contacted to set up an application interview.
4. Mail: Complete application and mail to:

CDPU
PO Box 5234
Janesville, WI 53547- 5234

• **Rent/Mortgage/Utility Assistance**

- Call (715) 743-5233

Aging & Disability Resource Center (ADRC)-Clark County (715) 743-5166

The Aging and Disability Resource Center of Clark County is proud to provide the following services to our clients:



- Adaptive Equipment and Visual Aid Loan Library
- Alzheimer's Family and Caregiver Support Program
- Benefit specialist services
- Congregate and Home Delivered Meal Program
- Health screenings
- Information and referral services
- Medicare Part D counseling
- National Family Caregiver Grant
- Newsletter
- Outreach
- Recreational activities
- Transportation services
- Volunteer activities

Contacting Social Security

The most convenient way to do business with us from anywhere, on any device, is to visit www.ssa.gov. There are several things you can do online: apply for benefits; get useful information; find publications; and get answers to frequently asked questions.



Or, you can call us toll-free at **1-800-772-1213** or at **1-800-325-0778** (TTY) if you're deaf or hard of hearing. We can answer your call from 7 a.m. to 7 p.m., weekdays. You can also use our automated services via telephone, 24 hours a day. We look forward to serving you.



Re-entering the Community After Incarceration—How We Can Help

We suspend Social Security disability and Supplemental Security Income (SSI) benefits when people are confined to jail or prison for one month or more.

- For Social Security beneficiaries, benefits remain suspended until the inmate is released.
- For SSI recipients, payments stop when the person is imprisoned for a month and terminate when incarcerated for a year or more.

People need funds to cover living expenses when they're released from prison. To help them make a successful transition back into the community, benefits need to restart as soon as possible.

How soon can benefits restart after release?

The amount of time it takes to restart benefits depends on the person's situation:

- If the inmate's Social Security benefits were only suspended, we can usually restart them without much delay.
- If payments were terminated, payments can take a few months to resume.
- If the inmate wasn't previously entitled or eligible for benefits, and is alleging a disability, or SSI payments were terminated, they must file a new application and we'll make a new disability determination. In this situation, a decision about the person's disability could take between three and five months.

Is there a way to expedite benefit payments?

By following a special procedure before release, we may be able to pay benefits much sooner. We refer to this as the prerelease procedure.

How does the prerelease procedure work?

When an institution has a prerelease agreement with Social Security, we can:

- Begin processing an inmate's application up to several months before the inmate's scheduled release date.
- Make a prospective determination of potential eligibility and payment amount based on the inmate's expected circumstances after release.
- Start paying benefits shortly after the inmate is released from the institution.

When notified by the institution, we'll follow this procedure if the inmate is likely to be eligible for benefits within 30 days of his or her scheduled release date.

How can institutions establish a prerelease agreement?

Either our local Social Security office or the institution may initiate a discussion about setting up a prerelease agreement.

The prerelease agreement:

- May be an informal verbal agreement.
- May be a written agreement signed by both parties.

Go to www.ssa.gov/locator to find the local Social Security's address, phone number, and fax number.

What are the responsibilities of each party?

Social Security's responsibilities

In a typical prerelease agreement, our local Social Security office will:

- Provide guidelines about what evidence is needed.
- Provide a contact person to assist the institution and the inmate in initiating the prerelease procedures.
- Process claims and reinstatements in a timely manner.
- Notify the institution promptly when we make a decision about the inmate's eligibility for benefits.

Institution's responsibilities

The institution will agree to:

- Notify us of people scheduled for release in the near future who may be eligible for benefits.
- Provide available current medical evidence or nonmedical information for the inmate including a statement about the inmate's ability to handle funds.
- Provide us with the anticipated release date.
- Notify us as soon as the inmate is released or if there are changes that delay the release date.

What are the advantages of a prerelease agreement?

A prerelease agreement:

- Allows both parties to streamline the process for starting or restarting benefits promptly after an inmate is released.
- Facilitates the inmate's return to the community by providing him or her with an adequate source of income.

Transportation

- **Veyo**
 - If you are on Medicaid (MA) you will need to use Veyo for transportation to medical appointments. As an MA client, these rides are free of charge. Please call 866-907-1493, Monday through Friday, 7:00 a.m. – 6:00 p.m. Central Time (CT). to schedule a ride.


- **Neillsville Taxi**
 - Public transportation for residents of the City of Neillsville and those within a 5 mile radius of Neillsville. Please contact 715-743-4600 for more information.

- **Clark County Taxi**
 - Public transportation for all Clark County residents. Please contact 715-743-3364 or 1-800-236-8438 for more information or click on the following links for hours and rates.

Neillsville Taxi Service
(715) 743-4600

Save time and money while helping keep the environment clean and green!
Call us at 715-743-4600

(TTY) Reservation Line 7-1-1
(TTY) Toll-Free Reservation 1-800-947-3529




make green
your routine

Hours of Service	Fares	
	Within 5-mile Radius of Neillsville	
Monday - Friday 6 a.m. to 10 p.m.	Adult	\$3.50
	Senior Citizen (60+)	\$1.75
	Disabled	\$1.75
Saturday 7 a.m. to 10 p.m.	Child (under 18)	\$1.75
	Extra Territorial	\$1.50 per mile over 5
	Parcel Delivery	\$3.50
Sunday 7 a.m. to 6 p.m.	We appreciate your business and look forward to serving you!	

Clark County Taxi
(715) 743-3364
(800) 236-8438

(TTY) Reservation Line 7-1-1
(TTY) Toll-Free Reservation 1-800-947-3529



Van Capacity:
One Wheelchair, 3 Individuals

2019 One Way Fares:	
Adult	\$5.00
Senior Citizen (60+)	\$3.00
Disabled	\$3.00
Child (under 18)	\$3.00
1st child under 18 free (under 5 needs attendant)	
Parcel Delivery	\$5.00
Additional Stops	\$2.00 (per stop)

Public Transportation for all Clark County and City of Stanley Residents!
Running Monday thru Friday
8a.m. to 5p.m.

WIC (Women, Infant, Children)

To contact the Clark County WIC Program, please call 715-316-3264, or 1-888-298-5299.

ELIGIBILITY REQUIREMENTS

- You live in Wisconsin.
- You are a pregnant, breastfeeding or new mother; an infant up to age one; or a child up to age 5.
- You or your children have a health or nutrition need.
- You are income eligible.



Personal Development Center

Personal Development Center is a private, non-profit victim services agency providing case management, advocacy, and prevention education to individuals and families in the North Wood County and Clark County area. Having served the community since 1977, the agency has a history of identifying and addressing needs within an atmosphere of confidentiality and concern.



Phone: (715) 384-2971
24 Hour Crisis Line: (715) 384-2971
Text: (715) 660-6813

Services:

- Domestic Violence Victim Services
- Youth/teens Advocacy Program
- Sexual Assault Victim Services
- Education & Community Awareness

Food Pantries & Other Food Resources

Colby

Community United Pantry – Zion
Lutheran Church
301 N 2nd Street
(715) 223-2166 (pantry/church)

- Serves Abbotsford, Colby, Curtiss, and Dorchester residents
- Tuesdays from 9:00 – 11:00 a.m.

Greenwood

Greenwood Food Pantry –
Missionary Baptist Church
302 N Main Street
(715) 267-6114

- Serves Greenwood residents
- 1st and 3rd Wednesday of each month from 2:00 – 5:30 p.m. (or by appointment)

Granton

Granton Community Food Pantry –
Granton Methodist Church
326 S Main Street
(715) 238-7517

- Serves Granton and Chili residents
- 3rd Saturday of the month from 8:00 – 9:00 a.m. (or emergency if needed)

Loyal

Loyal Community Food
Pantry/Indianhead Community
Action Agency
228 N Main Street
(715) 503-1071

- Serves all Clark County residents
- Tuesdays and Thursdays from 9:00 a.m. – 12:00 p.m.
- Wednesdays from 2:30 – 5:00 p.m.

Neillsville

Clark County Area Food Pantry and
Resource Center
1031 E Division Street
(715) 743-2885

- Serves residents within a 15-mile radius of Clark County
 - Tuesdays from 9:00 a.m. – 2:00 p.m.
 - Thursdays from 1:00 – 5:00 p.m.
 - If emergency call 715-743-2885
-

Thorp

Thorp Community Food Pantry
116 N. Washington St
(715) 669-5861

- 2nd Saturday of even-numbered months from 8:00 – 10:00 a.m. (or by appointment)

Withee

Community Alliance Church Food
Pantry
111 Division Street
(715) 229-4609

- Serves all residents of the Owen-Withee school district
 - 3rd Tuesday of the month from 3:00 – 5:30 p.m.
 - By appointment
-

Stanley

Fruit of the Vine Food Pantry –
Trinity Christian Fellowship
W11581 County Road X
(715) 644-5532

- 1st & 3rd Tuesdays of the month from 5:00 – 7:00 p.m.
- 2nd & 4th Tuesdays of the month from 10:00 a.m. – 12:00 p.m.

OTHER FOOD RESOURCES:

Ruby's Pantry

Medford (715) 785-5260
Marshfield (715) 387-3654

FoodShare Helpline

877-366-3635

Feed My People FoodShare Outreach Specialist

(715) 835-3844



St. Bernard Church
400 N 2nd Avenue
Abbotsford, WI 54405
(715) 743-9876
*Every Thursday from 2-4 pm



How to Fill Out a Job Application

Why do employers use job applications?

Many employers use applications as a way of standardizing the information they obtain from all job-seekers, including some things that you would not normally put on your resume.

Your goal is to complete the application as completely and honestly as you can – all the time, remembering that the application is a key marketing tool for you in the job-hunting process. Remember that some employers will use your application as a basis for deciding whether to call you for an interview.

So armed with this knowledge, here are the ins and outs for job-seekers when it comes to successfully completing job applications.

- **Read and follow instructions carefully.**
 - Always take a few minutes to review the entire application. Some applications ask for information differently – and all have specific spaces in which you are expected to answer questions. Think of the application as your first test in following instructions.
- **Complete the application as neatly as possible.**
 - Neatness and legibility count; the application is a reflection of you. Don't fold, bend, or otherwise mar the application.
- **Tailor your answers to the job you are seeking.**
 - Just as with your resume and cover letter, you want to focus your education and experience to the job at hand. Give details of skills and accomplishments, and avoid framing your experiences in terms of mere duties and responsibilities.
- **Don't leave any blanks.**
 - One of the reasons employers have you complete an application is because they want the same information from all job applicants. However, if there are questions that do not apply to you, simply respond with "not applicable" or "n/a." Do not write "see resume" when completing the application (but you can certainly attach your resume to the application).
- **Always answer questions truthfully.**
 - The fastest way for an application to hit the trash can is to have a lie on it, but that doesn't mean you need to give complete answers, either.
- **Do not add specific salary requirements.**
 - It is way too early in the job-seeking process to allow yourself to be identified by a specific salary request. You don't want to give employers too much information too soon.
- **Keep your application consistent with your resume.**
 - Make sure all dates, names, titles, etc., on your application coincide with the information on your resume.
- **Provide references.**
 - Employers want to see that there are people who will provide objective information about you to them. Pick your references carefully – and make sure you ask if they are willing to be a reference for you before you list them. Where do you get references? From past employers, teachers, family friends, etc.

Unwanted or Unneeded Disposal

SHARPS	MEDICATIONS	ACCEPTED MEDICATIONS
<p>Marshfield Medical Center- Emergency Room Entrance 611 Saint Joseph's Avenue Marshfield, WI 54449 Available 24/7</p>	<p>Clark County Sheriff's Office 517 Court Street Neillsville, WI 54456 Available 24/7 (715) 743-5278</p>	<p>Prescriptions: medication, patches, or ointments, over-the-counter medications, vitamins, samples, and pet medications.</p>
<p>Must be in a puncture resistant container.</p>	<p>Colby-Abbotsford Police Department 112 W. Spruce Street Abbotsford, WI 54405 Mon-Fri: 9:00am-4:00pm (715) 223-2313 (Ext. 2)</p>	
<p>Aspirus Stanley Hospital 1120 Pine Street Stanley, WI 54768 Main Entrance Mon-Fri: 7:00am-4:00pm</p>	<p>Loyal Police Department 301 N. Main Street Loyal, WI 54446 Mon-Fri: 8:00am-4:30pm (Appointment Only) (715) 255-8986</p>	<p>NOT ACCEPTED MEDICATIONS</p>
<p>Must be in a biohazard sharps container.</p>	<p>Thorp City Hall 300 W. Prospect Street Thorp, WI 54771 Mon-Fri: 8:00am-4:30pm</p>	<p>Hydrogen peroxide, inhalers, thermometers, needles (sharps), aerosol cans, and lotions or liquids. Business or clinic owner drop-offs.</p>
<p>Owen City Hall 833 W 3rd Street Owen, WI 54460 Outdoor-Available 24/7</p>		
<p>NO need to be in a red biohazard sharps container.</p>		
<p>MMC-Neillsville N3708 River Avenue Neillsville, WI 54456 Clinic Entrance Mon-Fri: 7:00am-6:00pm</p>		
<p>Must be in a biohazard sharps container.</p>		



Information compiled by: Clark County Health Department
Updated: 7/26/23

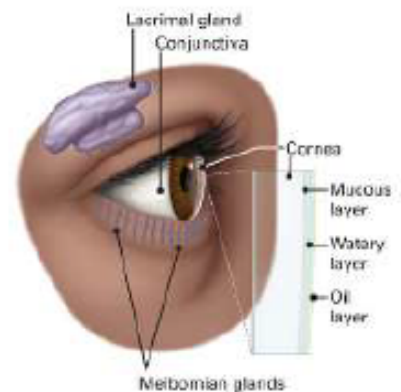
WINTER IS HERE: How to combat dry eye in the winter months

An estimated 5 million Americans over the age of 50 have dry eye; most are women.

According to the National Eye Institute, dry eye symptoms include:

- stinging or burning eyes
- a sandy or gritty feeling in the eye
- a stringy discharge from the eye
- pain and redness of the eye
- episodes of blurred vision
- heavy eyelids
- inability to cry when emotionally stressed
- decreased tolerance of reading, working on the computer, or any activity that requires sustained visual attention
- eye fatigue
- episodes of excess tears following very dry eye periods

Contrary to what most believe, our eyes water *more* frequently when they are dry. This is our body's response to try and wet the surface of the eye to make it more comfortable. Tear quality has a lot to do with our eye comfort. Tears are made up of three layers: the oily layer on the outside, the watery layer in the middle, and the inner, mucous layer. Quality, oily, tears don't evaporate as quickly, keeping the eye comfortable longer. These tears are made in the tiny Meibomian glands near your eyelashes. These small glands can be coaxed into working better by applying warm compresses to increase blood supply to the glands.



Optometrists are able to check for dry eye disease using several quick and painless tests to measure ocular surface dryness and can provide patients with a number of treatment options that may help conserve tears (tiny silicone or gel-like plugs), increase healthy tear production (eye drops and omega-3 fatty acid nutritional supplements) and decrease inflammation around the eyes' surface (eye drops or ointments, warm compresses and lid massage, and eyelid cleaners).

Patients also can reduce their own discomfort by:

- blinking regularly
- increasing the humidity in the air
- wearing sunglasses
- taking nutritional supplements
- drinking plenty of fluids

A black and white advertisement for HealthView eye care centers. The logo features a stylized eye icon and the text "HealthView eye care centers". Below the logo, contact information is provided for Medford (715-748-2020) and Colby (715-223-4003). At the bottom, four optometrists are listed: Dr. Julie Thums, Dr. Mathew Mergenthaler, Dr. Betsy Meinel, and Dr. Breanna Ruesch. The background of the advertisement shows a row of four smiling staff members.

Falls Prevention – What do your eyes have to do with it?

There are many things that contribute to falls: new or unfamiliar surroundings, improper footwear, distractions while walking, and more; according to the *U.S. Centers for Disease Control and Prevention*:

- 1 in 3 adults aged 65+ falls each year
- Every 13 seconds, an older adult is treated in the emergency room for a fall
- Falls contribute to 734,000 hospitalizations and more than 21,700 deaths per year
- The financial toll for older adult falls may reach \$67.7 billion by 2020

Falls, with or without injury, may greatly affect the quality of your life. A growing number of older adults fear falling and, as a result, limit their activities and social engagements, which contributes to a loss of independence.

What you may not know is that having an eye disease or undetected eye condition can also increase your potential for falls. People with vision loss are almost twice as likely to experience multiple falls as those with normal vision.

With careful observation during yearly comprehensive eye exams eye doctors are able to optimize vision - allowing you to see your world clearly – by evaluating vision, glasses prescription, and eye health. There are several eye conditions that can affect to your perception of the world around you:

- **Cataracts** – *discoloration of the lens in your eye(s)* - can make your surroundings less bright, create a haze or halo effect around lights, and make your vision blurry; referrals are made to a cataract surgeon for removal of the cataracts
- **Age-Related Macular Degeneration (ARMD)** – *a degeneration of the cells in your macula* - can blur or distort your central vision and make straight lines appear to be curvy or wavy; if severe - treatment by a retinal specialist may be required
- **Glaucoma** – *high pressure inside the eye* – can create “tunnel vision”- limiting your peripheral vision and if left untreated can cause irreversible vision loss; treatment options are available
- **Diabetes** – uncontrolled diabetes can cause blurred, fluctuating vision and sometimes may cause bleeding inside the eye called *Diabetic Retinopathy* - which often times requires treatment with a retinal specialist and careful management with your internist or general doctor

Falling does not have to be an inevitable part of aging. Through practical lifestyle adjustments, yearly comprehensive eye exams, and education on what you can do to prevent falls - the number of falls among seniors can be reduced substantially.

Preserve your vision and your quality of life. Schedule a dilated comprehensive eye exam and find out what you can do to optimize your vision, maintain good eye health, and help keep you fall free.



HealthView
eye care centers

MEDFORD ☎ 715-748-2020
COLBY ☎ 715-223-4003

OPTOMETRISTS DR. JULIE THUMS DR. MATHEW MERGENTHALER DR. BETSY MEINEL DR. BREANNA HOFFMANN

Dementia Care – A Caregiver’s 10 Commandments

Caring for someone with dementia requires some special skills and extra sensitivity. If you are currently caring for a loved one who has dementia, then following are 10 commandments for caregivers which might help you in your day to day care.

The [University of Tasmania](#) released this poster recently on their [Facebook page](#) listing 10 Commandments for Caregivers. They could not be more perfectly stated and show insight and a deep understanding of what is required when caring for someone who has dementia.

Dementia is a delicate condition to deal with and it will challenge you as a carer on many levels. You may need to exercise more patience, tolerance and understanding than what you did in previous caring roles.

Remembering these 10 commandments will help you look after yourself as you care for a loved one with dementia and will keep that fine thread of connection with your loved one as alive as it can be.

A Caregiver’s 10 Commandments

Agree – Never Argue

Any level of arguing is futile, increases tension and achieves only disconnection. Feeling frustration is understood, but it is better channeled into a gym workout. As a caregiver, you need to drop any desire to argue and use some of the tactics suggested below.

Redirect – Never Reason

The ability to reason decreases and the degree depends on the level of dementia. Instead of trying to reason with your loved one, redirect the conversation to something related or another more engaging subject and then you might be able to return to the original question.

Distract – Never Shame

Shame will shut down their connection to you faster than anything else. It is hard enough for some of them knowing they have dementia, or some may not even realize. Feeling shame in general is a sensation that may go way back to childhood and best avoided.

Reassure – Never Lecture

People with dementia do not necessarily want to be told anything new, they just want to avoid tension of any kind. Take care to not use a voice that has a teaching tone, provide reassurance that all is well and redirect the conversation to another topic.

Reminisce – Never Say “Remember”

Asking someone with dementia to “remember” is reminding them that their brains are not working the way they used to and will cause them to shut down. Discuss yesterday’s activities in a way that is conversational that takes you back to moments that you both enjoyed.

Repeat – Never say “ I already told you”

Be prepared to repeat yourself several times. Do it with the same tone of voice and keep patience and tolerance at top of mind.

Ask - Never Command

People with dementia want to be respected and treated with dignity. They are extra sensitive to commanding voices. Ask for their involvement and their permission and guide them to where they need to go.

Encourage and Praise - Never Condescend

When caring for children and teaching them things they do not know, we do not condescend but encourage. The same principal applies with people who have dementia.

Reinforce – Never Force

Reassurance, patient re-iteration and reinforcement is needed in communication with someone with dementia. Remember that the objective is to keep a communication flow going between you.

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.

REMINDER

Café 60 orange vouchers need to be used by December 31st. We will be changing voucher color for 2024.



Protect Your Family from Radon

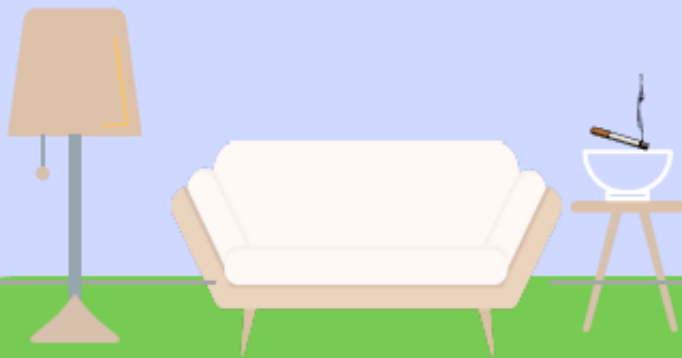
Radon is a gas that you can't see, smell, or taste - but it can be dangerous. It's the second leading cause of lung cancer.





Radon is in the ground naturally. But sometimes it gets into homes **through the cracks in the floors or walls.**



Radon and Smoking: A Dangerous Combination



If you live in a home with high radon levels, smoking raises your risk of lung cancer by **10 times.**

 + 
= **10x**
the risk of lung cancer

Protect your home from radon.

Pick up a test kit today.

Radon test kits are \$5 at the
Clark County Health Department.



December is Seasonal Affective Disorder Awareness Month

By the GWAAR Legal Services Team (for reprint)

As the winter chill settles in and daylight hours diminish, December takes on special significance as Seasonal Affective Disorder (SAD) Awareness Month. SAD is a form of depression that typically occurs during the fall and winter months when sunlight exposure is reduced. This disorder affects a considerable number of people, impacting their mental well-being and daily lives.

SAD is more than just the winter blues; it is a clinically recognized mood disorder. According to the American Psychiatric Association, about 5% of the U.S. population experiences SAD, while an additional 10-20% may experience a milder form of seasonal mood changes. SAD tends to affect more women than men, although researchers are not sure why, and it is also more common among persons living in the northern U.S. states. These statistics and trends highlight the significant impact this disorder has on individuals' lives, especially during the holiday season.

Although the exact cause of Seasonal Affective Disorder is unknown, it does appear to be linked to a biochemical imbalance in the brain caused by shorter daylight hours and less sunlight in winter, according to the American Psychiatric Association. Decreased levels of sunlight can disrupt both the levels of melatonin (a hormone that regulates our sleep-wake cycle) and serotonin (a chemical that regulates mood) in the body.

SAD shares common symptoms with major depressive disorder, but it is specifically linked to changes in the seasons. It tends to begin in late fall and end in the spring. Key symptoms include:

- **Persistent Low Mood:** Individuals may experience feelings of sadness, hopelessness, and a general lack of interest in activities they once enjoyed.
- **Low Energy Levels:** Fatigue and a noticeable drop in energy levels are common, making daily tasks seem more challenging.
- **Sleep Disturbances:** Changes in sleep patterns, such as oversleeping or difficulty falling asleep, are characteristic of SAD.
- **Appetite Changes:** People with SAD may experience changes in appetite, often leading to weight gain or loss.

- **Difficulty Concentrating:** Concentration and focus may become more challenging, affecting work or academic performance.

By recognizing the symptoms of SAD and implementing coping strategies, individuals can take proactive steps to manage the condition and improve their mental well-being. While SAD can be challenging, there are various strategies individuals can adopt to manage symptoms and improve their overall well-being, including:

- **Light Therapy:** Light therapy, or phototherapy, involves exposure to a bright light that mimics natural sunlight. This has proven to be an effective treatment for SAD by regulating circadian rhythms and improving mood.
- **Regular Exercise:** Physical activity is a natural mood booster. Incorporating regular exercise into one's daily routine can help alleviate symptoms of depression and anxiety associated with SAD.
- **Nutritious Diet:** A balanced diet rich in fruits, vegetables, and whole grains can positively impact mood and energy levels. Omega-3 fatty acids found in fish may also have antidepressant effects.
- **Mindfulness and Meditation:** Practices such as mindfulness, meditation, and deep-breathing exercises can help manage stress and improve mental clarity.
- **Seeking Professional Help:** If symptoms persist or worsen, it is important to consult a mental health professional. Therapy, medication, or a combination of both may be recommended based on the severity of symptoms.

So, as we embrace the festive season, let us also foster awareness and support for those grappling with the challenges of Seasonal Affective Disorder.

How to Appeal an IRMAA

By the GWAAR Legal Services Team (for reprint)

If you are on Medicare, and you have higher income, you may have received a notice from the Social Security Administration (SSA) telling you that you must pay a higher monthly premium for your Part B and prescription drug coverage. These higher premiums are called "Income-Related Monthly Adjusted Amount" (IRMAA), and the notice you receive is called an initial determination. IRMAAs are based on the income listed on a beneficiary's tax return from two years ago.

In some cases, you may be able to request that SSA make a new decision about whether you have to pay an IRMAA. For example, you may have filed an amended tax return showing a lower adjusted gross income. Alternatively, SSA might not know that you retired in the past two years and, as a result, your income is lower. If you have experienced a life-changing event that caused your income to decrease, or if you think the income information SSA used to calculate your IRMAA was incorrect or out-of-date, you can request a new initial determination. You will need to provide documentation of either your correct income or of the life-changing event that caused your income to decrease.

If, for example, you filed an amended tax return with the IRS or have a more recent tax return that shows that your income is lower than previously reported, contact your local SSA field office to request that they use your updated tax information. You can find your local field office by clicking on the "Locate An Office By ZIP" button here: [Field Office Locator | SSA](#)

To report a life-changing event, submit Form SSA-44, Medicare Income-Related Monthly Adjustment Amount - Life-Changing Event. This form is available online here: ssa.gov/forms/ssa-44.pdf or at your local SSA office. Detailed instructions are provided on pages 5-8 of the form.

In Step 1 of the form, check the box for the type of life-changing event you experienced and enter the date the event occurred. SSA considers any of the following situations to be life-changing events:

- The death of a spouse
- Marriage
- Divorce or annulment
- You or your spouse stopping work or reducing the number of hours you work
- Involuntary loss of income-producing property due to a natural disaster, disease, fraud, or other circumstances
- Loss of pension
- Receipt of settlement payment from a current or former employer due to the employer's closure or bankruptcy

STEP 1: Type of Life-Changing Event

Check **ONE** life-changing event and fill in the date that the event occurred (mm/dd/yyyy). If you had more than one life-changing event, please call Social Security at 1-800-772-1213 (TTY 1-800-325-0778).

- | | |
|---|--|
| <input type="checkbox"/> Marriage | <input type="checkbox"/> Work Reduction |
| <input type="checkbox"/> Divorce/Annulment | <input type="checkbox"/> Loss of Income-Producing Property |
| <input type="checkbox"/> Death of Your Spouse | <input type="checkbox"/> Loss of Pension Income |
| <input type="checkbox"/> Work Stoppage | <input type="checkbox"/> Employer Settlement Payment |

Date of life-changing event:
mm/dd/yyyy

In Step 2, enter the tax year in which your income was reduced. For example, if you retired in 2023, enter 2023 for the year. Enter your adjusted gross income for that year, along with any tax-exempt interest, and check the box for your tax filing status for that year.

STEP 2: Reduction in Income

Fill in the tax year in which your income was reduced by the life-changing event (see instructions on page 6), the amount of your adjusted gross income (AGI, as used on line 11 of IRS form 1040) and tax-exempt interest income (as used on line 2a of IRS form 1040), and your tax filing status.

Tax Year <u>20</u> ____	Adjusted Gross Income \$ _____ . ____	Tax-Exempt Interest \$ _____ . ____
Tax Filing Status for this Tax Year (choose ONE):		
<input type="checkbox"/> Single	<input type="checkbox"/> Head of Household	<input type="checkbox"/> Qualifying Widow(er) with Dependent Child
<input type="checkbox"/> Married, Filing Jointly	<input type="checkbox"/> Married, Filing Separately	

If your income in the following year will be lower than the income you entered in Step 2, fill out the information requested in Step 3. If you do not expect your income to be lower, check the box for “No – Skip to Step 4.”

STEP 3: Modified Adjusted Gross Income

Will your modified adjusted gross income be lower next year than the year in Step 2?

- No - Skip to STEP 4
 Yes - Complete the blocks below for next year

Tax Year <u>20</u> ____	Estimated Adjusted Gross Income \$ _____ . ____	Estimated Tax-Exempt Interest \$ _____ . ____
Expected Tax Filing Status for this Tax Year (choose ONE):		
<input type="checkbox"/> Single	<input type="checkbox"/> Head of Household	<input type="checkbox"/> Qualifying Widow(er) with Dependent Child
<input type="checkbox"/> Married, Filing Jointly	<input type="checkbox"/> Married, Filing Separately	

In Step 4, you are asked to provide documentation of your life changing event. For example, if you retired, you should provide documentation of your retirement from your

employer. In addition, SSA will want to see proof that your income has decreased. Usually, this information will be on a more recent tax return. If you have not yet completed the tax return that shows that your income has decreased, you can tell SSA that you will provide a copy of your tax return when it is completed.

Finally, please sign the form and submit it to your local SSA office.

Class Action Lawsuit Filed Against United Healthcare

By the GWAAR Legal Services Team (for reprint)

On Tuesday, November 14, a class action lawsuit was filed against United Healthcare (UHC) and naviHealth regarding their erroneous reliance on an algorithm to direct patient care. The complaint was filed by two families of deceased Wisconsin residents who suffered harm as a result of these denials at Skilled Nursing Facilities (SNFs).

The complaint states that UHC's use of the "nH Predict" tool overrides real doctors' determinations as to the amount of care a patient needs to recover, and employees using the tool are disciplined and terminated if they deviate from its projection, regardless of whether a patient requires more care.

The complaint alleges that because UHC wrongfully terminated coverage in SNFs, it breached the duties of good faith and fair dealing, putting its own economic self-interest above the interest of the insured individuals.

More information and a link to the full complaint is available here:

<https://news.bloomberglaw.com/health-law-and-business/unitedhealthcare-accused-of-using-ai-to-wrongfully-deny-claims>

Hearing Loss Increases Fall Risks

By the GWAAR Legal Services Team (for reprint)

Injuries from falls are one of the top causes of death among people aged 65 and older, and research shows that even mild hearing loss more than doubles the risk of falls. It is not clear why hearing loss increases fall risks. It may be that hearing loss affects the balance centers in our ears, or it may simply be that sound is an important cue we rely

on to navigate our environments. The good news is that research published in the [Journal of the American Geriatrics Society](#) shows that using hearing aids can dramatically reduce the risk of experiencing a fall.

According to the study, people who used hearing aids at all cut their fall risk nearly in half. Those who used hearing aids consistently – meaning at least four hours per day – cut their fall risk by nearly 65 percent.

Apart from reducing fall risks, hearing aids can help address other challenges associated with hearing loss, such as social isolation, reduced enjoyment of social activities, and mental health concerns. Although people often delay getting hearing aids or are reluctant to wear them due to the way they look or sound, evidence of the health benefits may help convince more seniors to consider taking steps to help address hearing loss. □

Tips to Prevent Overeating During the Winter Holiday Season

By the GWAAR Legal Services Team (for reprint)

The winter holiday season is often a time of joy, celebration, and, of course, indulgence. The festivities often bring with them the temptation to overeat, leaving many of us feeling sluggish and regretful.

Here are some practical tips to prevent overeating and avoid significant weight-gain this holiday season:

- **Mindful Eating:** Slow down and savor each bite. Pay attention to the flavors, aromas, and textures of your food. Put your fork down between bites, allowing your body to signal when it is satisfied.
- **Stay Hydrated:** Drink water before and during meals. Thirst can often be mistaken for hunger. Opt for water, diet soda, or herbal tea instead of sugary beverages to keep hydrated without adding empty calories.
- **Portion Control:** Use smaller plates to help control portion sizes. You can start with smaller servings and wait a few minutes before deciding if you need more. This allows your brain to catch up with your stomach.
- **Prioritize Fiber and Protein:** Include high-fiber and protein-rich foods in your diet to

promote a feeling of fullness. Lean proteins, such as turkey, beans, and lentils, along with fibrous vegetables, such as broccoli and asparagus, can help you stay satisfied for longer.

- **Plan and Prioritize:** Survey the holiday spread before loading your plate. Choose your favorite dishes and be mindful of portion sizes. Make a plan for which indulgences are worth it and which ones you can do without.
- **Stay Active:** Be sure to incorporate physical activity into your holiday routine. A brisk walk after a meal can aid digestion and help balance calorie intake. You can also organize family activities that involve movement, such as a friendly game of touch football or a post-dinner stroll.
- **Avoid Grazing:** Eat only at designated mealtimes and avoid continuous snacking throughout the day. If you feel the urge to nibble, opt for healthier snacks like vegetables, fruits, or a handful of nuts.
- **Listen to Your Body:** Pay attention to hunger and fullness cues. Eat when you are hungry and stop when you are satisfied. Avoid the urge to clean your plate out of habit. Save leftovers for another meal.
- **Healthy Swaps:** Consider healthier alternatives for traditional holiday recipes. For example, use Greek yogurt instead of sour cream, or whole-grain flour instead of refined flour. Experiment with herbs and spices to add flavor without the need to add excess salt or sugar.
- **Stay Accountable:** Share your health goals with a family member or friend. Having a support system can help keep you accountable. Also consider keeping a food diary to track your eating habits and identify areas for improvement.

With a mindful approach to eating, a focus on moderation, and a commitment to staying active, you can navigate the winter holiday season without falling victim to overeating and weight-gain. By incorporating these tips into your festivities, you'll not only enjoy the celebrations but also set the stage for a healthier and more balanced start to the upcoming year. Happy New Year!



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

Aging & Disability Resource
Center of Clark County



CHRISTMAS WORD SCRAMBLE

1. DNOREWADNL

2. ESCROGO

3. ASNAT LACSU

4. TEESRNSP

5. UHRDPLO

6. EJSSU

7. MASHCRIST EERT

8. BWOS

9. ENOL

10. WNMOSAN

11. RWEHTA

12. NDYCA ANCE

13. YOLLH

14. FTGIS

15. NIRGCH

16. EMRYR

17. NGTSOIKC

18. GNWRAIPP

19. TOOEICADRSN

20. EBLLS



December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 BINGO Greenwood Center @ 11:30	2
3	4	5	6	7	8 BINGO Greenwood Center @ 11:30	9
10	11	12 Loyal Library Lunch & Learn Call library to sign up 715-255-8189	13	14	15 BINGO Greenwood Center @ 11:30	16
17	18	19 Greenwood Library Lunch & Learn Call library to sign up 715-267-7103	20	21	22 BINGO Greenwood Center @ 11:30	23
24	25	26	27	28	29	30
31	MERRY CHRISTMAS					



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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