

# Aging & Disability Resource Center Newsletter

## THE POST

January – March, 2012



**Lincoln Center  
1519 Water Street  
Stevens Point, WI 54481**

**Open Monday through Friday  
7:30 A.M. to 4:30 P.M.**

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## Each month in Portage County five older adults will suffer a fall...

### Did you know?

Falls are a major threat to the health and independence of older adults. In the United States, one out of three adults age 65 and older will fall this year. The state of Wisconsin ranks fourth for the highest rates of deaths from falls. And right here in Portage County each month an average of five seniors are hospitalized with hip fractures. Nationally, the direct medical cost for falls each year is over \$19 billion (and growing) for non-fatal fall injuries.

### Risk Factors for Falling

There are several factors that can increase the risk of falling for older adults. They are:

- Inactivity that causes muscle weakness or balance problems
- Vision changes and vision loss
- Chronic health conditions, such as arthritis, diabetes, and stroke
- Loss of sensation in the feet
- Medication side effects and/or interactions
- Alcohol use
- Home and environmental hazards

Plan to attend these upcoming events:

**Falls and Falls Prevention Awareness  
Monday, January 9  
10 a.m.**

### Lincoln Center

Informational presentation with Aging & Disability Resource Center Information & Assistance Specialist, Ellen Grys, R.N.

**Stepping On: Falls Prevention  
Wednesdays, January 25—March 7  
9—11 a.m.**

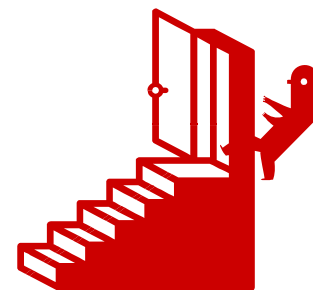
**Community Care of Central Wisconsin  
3349 Church Street**

Learn what you can personally do to prevent a fall in this seven-week series led by trained facilitators with expert guests. The program helps you appraise your risk for falling and provides a forum for gaining knowledge on safety practices. Topics include: simple and fun balance and

strength training; the role vision plays in keeping your balance; how medication can contribute to falls; ways to stay safe when out and about in the community; what to look for in safe footwear; how to check your home for safety. Cost is \$10 which includes all learning materials. To register, call Tricia at 715-204-1783.

### Sure-Step

An individual falls assessment can be scheduled with Ellen Grys. No charge. Call 715-343-6294 for an appointment.



You may also be interested in:

**Living Well with Chronic Conditions  
(watch for announcements of dates and times)**

Do you have a chronic condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, depression, anxiety and are searching for a way to be in control of your life to do the things you want to do? If so, check out the Living Well workshop. People with different chronic conditions attend this self-management program together. Subjects covered include 1) techniques to deal with problems such as frustration, fatigue, pain and isolation 2) appropriate exercises for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) how to communicate effectively with family, friends and health professionals, 5) nutrition and, 6) how to evaluate new treatments.

This is an opportunity for individuals, family members and caregivers to set goals and create a step-by-step plan to improve their health and life.

**2012 Winter/  
Spring Offerings  
Inside!**

# Nutrition Program

## The Sweet Truth about Sugar

By Mary Higley, UW-Extension  
Nutrition Educator

How many of you have a “sweet tooth”? You can count me in as well! Sugar adds to the flavor, texture, color and body of food. Sugar adds to the pleasure of eating. But, do we know how much sugar we are eating? Are there healthy sources of sugar?

Many foods naturally contain sugar, such as fruit and white milk. Processed foods often contain added sugar. Some examples would be cookies, ice cream, cake and candy. The human body cannot differentiate between different forms of sugar. The benefit of consuming natural foods, which contain sugar, is that your body is often receiving vitamins, nutrients, and sometimes fiber, all of which in processed foods can be lacking.

Most of us are familiar with “sugar” words such as corn syrup, honey or molasses. Some less familiar sources of sugar are dextrose, fructose, glucose, lactose, maltose and sucrose. Notice that each of these words ends in “ose”.

Reading the Nutrition Facts and ingredient list on a food label offers a wealth of information. You can do a little detective work and look for common and uncommon words that are all sources of sugar. The sugar content per serving is listed as Total Sugars on food packages and is measured in grams. To make this information more useful, I would like to share my secret. If you take the Total Sugar grams per serving and divide by four it converts to teaspoons, something we can all relate to. For example: Total Sugar = 20gm divided by 4 equals 5 teaspoons.

The recommended way of reducing overall sugar consumption is by limiting your intake of foods with added sugar. Look for nutrient-packed natural foods to satisfy your sweet tooth!

## Cinnamon, The Spice of Life

Laura Borth, Dietetic Student, UW-Stevens Point

You can smell it in the air after snicker doodle cookies are pulled fresh from the oven, it adds flavor to a mug of hot apple cider, and it is one of the most common seasonings in an American kitchen. Cinnamon, as you may have guessed, is a spice much loved by people. It is also a functional food. Functional foods are foods that provide health benefits beyond basic nutrition. They may play a role in reducing your risk of disease or improv-

ing your health. Research shows eating functional foods on a regular basis, as part of a balanced diet, can produce these benefits.

There are many potential benefits of cinnamon, especially in helping to control type 2 diabetes. According to a study in the American Journal of Clinical Nutrition, cinnamon slows emptying of the stomach, reducing the rise in blood sugar. Cinnamon may also improve people’s response to insulin, normalizing their blood sugar levels. Adding one to two teaspoons of cinnamon to oatmeal in the morning can have this effect. With as little as a quarter teaspoon, studies have shown lower blood sugar levels, triglycerides, LDL cholesterol, and total cholesterol. Wow, cinnamon can be really potent!

Even sniffing the aroma of cinnamon can have benefits. One study showed a boost in brain activity related to increased attention and memory after taking a whiff. This benefit was also shown by chewing cinnamon flavored gum.

How can you add cinnamon to your diet? Snicker doodle cookies and hot apple cider are a great start. Try adding three dashes of cinnamon into your favorite fruit smoothie, latte, or coffee. Mixing a half teaspoon into plain yogurt or sprinkling it over sweet potatoes can add to their flavor. For a delicious sandwich, mix a half teaspoon cinnamon into two tablespoons peanut butter and spread this on toast. To extend its life and keep its strong flavor, cinnamon should be stored in a cool, dark place such as within a refrigerator in a sealed container. Cinnamon sticks should be used within one year and ground cinnamon within six months.

Even with all these studies on the health benefits of cinnamon, it is good to practice healthy skepticism. If something sounds too good to be true, there is a chance it is. Most of these human studies were carried out using ground cinnamon, not cinnamon supplements, oils or other products. The health benefits have not been shown with these other products. Large amounts of cinnamon can interfere with blood thinners or worsen certain disorders. Before making major changes to your diet, it is always a good idea to talk to your doctor. Cinnamon is not meant to be used in place of medication.

With these potential health benefits and delicious flavors, it is no wonder that cinnamon is loved by many across the country. So sit down with a bowl of cinnamon oatmeal and enjoy today!

## Winter Weather Reminder

Extreme weather occasionally forces the Aging & Disability Resource Center to cancel bus service, escort rides, noon meals, adult day care, or activities at Lincoln Center or the Nutrition Program dining sites. As a general rule, if the schools are closed our services will be cancelled. When cancellations are necessary, announcements will be made on WAOW Channel 9 TV and these radio stations: WIZD 100 FM, WSPT 98 FM and 1010 AM, and WYTE 106.5 FM.

Nutrition Program participants should be prepared to provide their own meals on a cancellation day. For suggestions on preparing a three-day food supply, ask your Senior Dining Site Manager, or call Joni Smith, Nutrition Director, at the Aging & Disability Resource Center, 715-346-1401.

## Information & Assistance Specialists are Here to Help

In almost every county in Wisconsin there are Aging and Disability Resource Centers; they were designed with the thought of being “one stop shopping” so people would have one place to go for the information on resources they may need to meet their long term care needs. This service is provided by trained professionals whose job it is to know about local resources and to help seniors as well as physically and developmentally disabled adults access what is available. They provide professional advice and counseling to assist clients in identifying needs, options, and personal preferences. They help inform and educate people about their options; provide referrals and assist in accessing an array of voluntary, purchased, and public resources; and provide options available to meet long term care needs and information about factors to consider in making long term care decisions. These professionals are called Information & Assistance Specialists

In Portage County the Aging & Disability Resource Center is housed at Lincoln Center. There are five Information & Assistance Specialists ready to help you with your long term care needs. Call 715-346-1401 to be put in contact with one.

# RSVP

## Fresh opportunities to beat back those post-holiday blahs

As is often the case we rush about planning for our holiday gatherings, cooking, cleaning, and wrapping and entertaining then suddenly like the flick of a switch they're over. The holidays end and we can find ourselves bored and feeling blue or just blah. One of the best ways to combat post-holiday blues or the winter doldrums is to find something new to do. Something to both keep you busy but also offers personal rewards. Volunteering can fit the bill and offer you both a way to stay busy while also gaining the personal satisfaction of doing something that is truly helping to enhance the life of another or our community. If you are not already please consider becoming an RSVP Volunteer and join us. Now those volunteer opportunities:

- The Volunteers in Probation program through Justiceworks matches volunteers with low risk offenders who are motivated not to re-offend. If the offender meets all the court conditions which include consistent contact with a volunteer mentor, he/she will have the offense expunged from his/her criminal record. Training and ongoing support provided.
- Volunteers are needed at the Clerk of Courts office to call defendants and remind them of upcoming court dates.
- Serve as an escort driver coordinator, accepting passenger requests and scheduling rides with volunteer drivers or local cab companies; maintaining transportation calendar, passenger records, and other related duties. Volunteers serve weekdays from 1 to 4 p.m. on a regular schedule or as a substitute.
- Become a lay leader and assist older adults improve their health. Healthy Eating for Successful Living in Older Adults is a program for seniors who want to learn more about nutrition and how lifestyle changes can promote better health. The program focuses on behavior change and is led by two lay leaders, who act as facilitators and follow a scripted program. This position will lead six highly participatory sessions that include education, hands-on activities, support, and resource connections.
- As the YMCA Welcome Ambassador you will ensure members are promptly checked in and assisted with their needs and questions. Welcome Ambassadors will greet members, promote

programs and generally assist in ensuring members have a positive experience while enjoying the YMCA.

One of the great miracles of life is the more we give the more we have. Please consider giving of your time and volunteer. The experience may change your life.



## The Holly Shoppe

### Closed for Inventory

The Holly Shoppe will be closed for inventory from December 23 through January 8, and will re-open on Monday January 9, 2012. We will also be closed all Saturdays in January.

### Winter Rummage Sale

Start the New Year off with great deals at our Annual Winter Rummage Sale January 11th, 12th, and 13th. Hours of the sale will be Wednesday and Thursday 8:00 a.m. – 4:00 p.m. and Friday 8:00 a.m. – 2:00 p.m. We are currently accepting donations for this fundraiser event until Monday, January 9th at 2 p.m. Donations can be dropped off at Lincoln Center, Monday – Friday during regular business hours. Miscellaneous craft items and supplies, housewares, knick-knacks, tools, bedding and bath, toys, jewelry, yarn, small working appliances and books are suggested (no clothing, please). You needn't be a Holly Shoppe member to donate to this event. Items should be clean and all parts included (small furniture items accepted – please call manager). Donation forms are available upon request. All proceeds from the rummage sale will benefit the Holly Shoppe program.

### New Artisans Invited to Join The Holly Shoppe

New Artisans are always welcome to join the Holly Shoppe. Portage County residents age 55 and over and adults with disabilities are invited to sell their hand-crafts through the Holly Shoppe. Participants determine the prices for their crafts and we add sales tax and a small commission to help with the operating expenses. There is an annual \$5.00 membership fee and volunteer opportunities. For more information or to schedule an appointment with the manager call 715-346-1401.

# Foster Grandparent Program

The Foster Grandparent Program participants are back at their schools and are busy helping children at schools and Head Start throughout Portage County.

If you have a special love for children, have some extra time on your hands, want activity to keep you young, and could use about \$200 tax-free income each month, consider calling about the Foster Grandparent Program. Foster Grandparents work 15 to 20 hours per week in schools and Head Start with children who need extra help. Under the supervision of a teacher, they assist one-on-one and in small groups, helping children in the areas of reading or social skills or mentoring to children who need someone to talk to. Ongoing training is provided and no previous teaching experience is needed.

Teachers report that they wouldn't know what to do without their Foster Grandparent in their classrooms. Often they say that the older person's calming presence alone helps ease the frustration of a child who struggles with school work. Children benefit from having a "grandparent" in the classroom and the participants benefit from the hugs they receive from the children. They report that going to school and seeing the children each day has brought purpose and meaning into their lives in a very special way.

Candidates for the program must be in good health, be 55 or older and meet the following income guidelines:

Family of one: about \$1,800 per month\*  
Family of two: about \$2,400 per month\*

\*Families with somewhat higher incomes may still qualify if they have higher medical expenses

The stipend a Foster Grandparent receives does not impact any other aid benefit they might already be receiving, such as subsidized housing or Medical Assistance. They also receive travel assistance, meals at the school, and many other benefits. The program is sponsored locally by the Aging & Disability Resource Center and is part of the Corporation for National and Community Service, National Senior Service Corps.

If you meet the qualifications and also want lots of great fun with children knowing that you are also providing meaningful assistance, call Nancy Fernandez, Foster Grandparent Program Coordinator, 715-346-1401, for information and an application.

# Carbon Monoxide: the “Silent Killer”

The Stevens Point Fire Department provides the following information to help educate everyone about the risks associated with exposure to carbon monoxide so that you can take steps to keep your family safe.

## What is carbon monoxide?

Carbon monoxide (CO) is a gas that is colorless, odorless, tasteless and very deadly. It can kill quickly because it can't be seen, tasted or smelled. It is a by-product resulting from the incomplete combustion of various fuels, including coal, heating oil, wood, charcoal, gasoline, kerosene, propane and natural gas.

## What are possible sources of CO?

Dangerous amounts of CO can be caused by an appliance that is poorly installed, poorly maintained or damaged which results in the fuel not being burned properly. Any combustion process can be a source of CO. The leading cause of indoor CO is attributed to poorly maintained furnaces and heaters. Some other sources include gas stoves, hot water heaters, wood-burning stoves, fireplaces, dirty or plugged chimneys, gasoline lawnmowers or blowers, pilot lights, car exhaust fumes, charcoal, gas space heaters, tobacco smoke and portable generators.

## What are the symptoms of CO poisoning?

Because CO is odorless, colorless and undetectable to the human senses, people may not know that they are being exposed. The initial symptoms of low to moderate CO poisoning are similar to the flu (but without a fever) and can include: headache, fatigue, shortness of breath, nausea and dizziness. High level CO poisoning results in progressively more severe symptoms and can include: mental confusion, vomiting, loss of muscular coordination, loss of consciousness and, potentially, death. Symptoms vary widely from person to person. CO poisoning may occur sooner in those most susceptible: young children, elderly people, people with lung or heart disease and those who already have elevated CO blood levels, such as smokers. Also, CO poisoning poses special risks to fetuses.

## How can I prevent CO poisoning?

Make certain appliances are installed and operated according to the manufacturer's instructions and local building codes. Most appliances should be installed by qualified professionals. Have your heating system professionally inspected and serviced regularly to ensure proper operation.

Examine chimneys and vents for blockages, cracks and leaks.

Start all gas, diesel or propane-powered equipment outside.

Make sure all your fresh air intakes are not blocked or restricted.

Be certain all fuel burning appliances and equipment are properly vented to the outdoors.

Don't try to heat a room with a gas range, oven or clothes dryer.

Never operate a portable generator or any other gasoline engine-powered tool either in or near an enclosed space such as a garage, house or other building. Even with open doors and windows these spaces can trap CO and escalate to lethal levels.

Install a UL-approved CO alarm which can provide some added protection. Install detectors on every level of your home, near sleeping areas and in the vicinity of the heating unit. Be sure that the alarm can be heard from every sleeping area. Test CO detectors once a month and replace according to manufacturer's instructions.

Know the sound of your CO alarm, so if it activates you can open windows while leaving your home and then immediately call 9-1-1 from a neighbor's house or a remote phone. The local fire department will respond to your home and check for the presence of CO. Do not go back into your home until the fire department has made certain the atmosphere is safe for reentry. If the fire department finds that CO is present and can determine which appliance is malfunctioning and produc-

ing the CO, do not operate that appliance until it is properly serviced. When calling 9-1-1, make sure to communicate to the dispatcher if any family members are experiencing symptoms of carbon monoxide poisoning so they can also dispatch an ambulance to your home.

(Information provided by Tracey Kujawa of the Stevens Point Fire Department)

## ADRC Receives Memorial Donations

Recently the Aging & Disability Resource Center (ADRC) has received donations in memory of Jerry Rous and Harry Pokorny. Jerry was an intern with the then Commission on Aging in the late 1970's, and joined our staff as Transportation Director soon after. He was also instrumental in establishing the Adult Day Center. After retirement he served as a member and Chair of the Commission on Aging/Aging & Disability Resource Center Board.

The Jerry Rous Learning and Technology Fund will be used for technological equipment such as smart boards, iPads, etc., to be used by participants in ADRC programs and services, primarily in the areas of health and education.

Harry Pokorny was an advocate for services for older adults for many years, serving as Chair of the District 7 chapter of the Coalition of Wisconsin Aging Groups. With the permission of his wife, Susan, part of the memorial fund was used in December to purchase a 12-foot Christmas tree for the lobby at Lincoln Center.

## ADULT DAY CENTER

Located right inside Lincoln Center, 1519 Water Street, the Adult Day Center offers supervised programming for those who need extra care to remain living in the community as independently as possible.

The Adult Day Center offers family and other caregivers respite from their caregiving responsibilities, caregiver support, and information and referral to other community services.

For more information

call 715-346-1401

- United Way Partner Program
- Licensed by the State of Wisconsin Office of Quality Assurance
- Member of the Wisconsin Adult Day Services Association

## Lincoln Center

# Loan Closet

**Durable medical equipment is available on loan at no charge (but donations are gratefully accepted).**



**Walkers, wheelchairs, quad canes, commodes, shower chairs, and more. Donations of equipment also accepted.**

**It's difficult for us to accommodate drop-ins, so whenever possible:**

**Please call ahead  
715-346-1401**

# Safely Dispose of Old Medicines

The Portage County Solid Waste Department and the Stevens Point and Plover Police Departments remind you that county residents will no longer have to wait for special collection events to safely dispose of old and unused pharmaceuticals. People now have access to two permanent drop-off sites for unwanted medicine! Having a variety of ways to safely dispose of old and unused medications helps both the community and the environment. Excess medication could increase the risk of theft of these items and of drug abuse. In addition, it is vitally important to dispose of medications in a safe manner, because flushing them down the drain or putting them in the trash contaminates ground and surface waters.

Stevens Point's purple box for controlled, convenient access is located outside of the Stevens Point Police Department Dispatch Center in the basement of the Courthouse at 1515 Strongs Avenue. The drop-off location has 24-hour, 7-day-a-week availability. People using the drop box enter the monitored and secure area through the Stevens Point Police Department's after-hours entryway.

Plover's blue box is easily accessible and is mounted on the lobby wall, available Monday through Friday, from 7:30 a.m. to 5 p.m. at the Plover Municipal Building. Enter through the Plover Police Department's Post Road entrance at 2420 Post Road.

Leave the medicine in its original container. Please keep the name of the medication on the container for easier identification. However, remove your name, address and phone number. Local pharmacists work with the police and Solid Waste Department to identify the various medicines and ensure proper disposal. Please note that controlled medications from the Stevens Point and Plover Police Departments are retained in police custody until destroyed.

## What Is And Is NOT Accepted

Prescription and over-the-counter medicines are allowed. Please DO NOT bring in nebulizers (inhalers), empty medicine containers, radioactive medicines, syringes or needles. To learn about the proper, safe disposal of syringes and needles, call 715-346-1537, the City of Stevens Point street department, and ask about the Sharps Program.

For more information, please call the City of Stevens Point street department at 715-346-1537 or the Portage County Solid Waste Department at 715-345-5969 or 715-345-5972, or log on to [www.co.portage.wi.us/solidwaste](http://www.co.portage.wi.us/solidwaste).

## Leave a Legacy with a Planned Gift

"One of the greatest consolations that one can have on Earth is to see other souls helped by one's efforts." (St. Teresa of Avila)

Planned Giving is a way to:

- increase and protect lifetime income
- maximize inheritance for loved ones
- make a difference for generations to come
- support the causes you care about most
- protect lifelong charitable investments
- ensure your community continues to flourish

## Benefits of Planned Giving

In addition to making a lasting impact on your community and helping your specific charity or charities, donors may benefit by making a planned gift:

- Reduce income tax
- Reduce or eliminate estate taxes on property in your estate
- Reduce or eliminate built-in capital gains tax on appreciated property, such as stock or real estate that you own
- Increase current income by providing a stream of payments for your life and another life, such as your spouse.

## Types of Planned Gifts

Common types of planned gifts include endowed funds, charitable trusts, and bequests or devises. Many people also provide planned gifts to charities with assets such as life insurance policies, retirement accounts, gift annuities, and other life income gifts.

It is important for you to discuss your goals and objectives with a professional advisor, such as an attorney, accountant, trust officer, or financial advisor. They will help you set up a planned gift that will make sure that your charitable intent is carried out in the best manner for you, your beneficiaries, and the charitable organization(s) you have selected.

## How to Get Started

- Select the professional advisor you plan to work with.
- Select the charitable organization (s) to which you'd like to provide a gift.
- Determine the amount of your gift.
- Decide when you'd like to make the gift.
- Choose the type of property and type of planned gift you'd like to make, with a focus on tax benefits as well as minimal impact on you and your beneficiaries.

Act now! Do that one thing today that will make all the difference to your community and your selected charitable organization tomorrow.

Planned Giving for Portage County is an alliance of nonprofit organizations and professional advisors focused on educating our community on the value of planned giving. Please visit the Web site for more information. The Aging & Disability Resource Center is a member of Planned Giving for Portage County.



**Clip & Save!**

**Aging & Disability Resource Center Newsletter Publication Schedule for 2012**

### **Stevens Point Buyers' Guide**

**January—March 2012 & Winter/Spring Offerings in December 24, 2011 edition**

**April—June in March 31 edition**

**July—September in June 30 edition**

**Autumn Offerings in August 25 edition**

**October—December in September 29 edition**

**Also online at [www.co.portage.wi.us/adrc](http://www.co.portage.wi.us/adrc)**



## Lincoln Center Welcomes You!

If you haven't been here before stop in or call 715-346-1401 for information. Senior Center Director Donna Calhoun will be happy to answer your questions and acquaint you with what we have available.

Most classes require advanced registration (which can be done during our regular business hours, Monday through Friday, 7:30 a.m. to 4:30 p.m.), or use the form inside and register by mail. Other programs and services of the Aging & Disability Resource Center don't require pre-registration unless noted.

The Aging & Disability Resource Center of Portage County invites you to become acquainted with Lincoln Center—its programs and classes, its opportunities to engage and be engaged. Join the spirit of a new generation of adults who are redefining retirement, focusing on tools for staying healthy physically, mentally, spiritually, and socially.



### Take a Break at The Coffee Stop

While you're at Lincoln Center for a class, lunch, visiting, or any another activity, visit The Coffee Stop for coffee (regular and decaffeinated) tea, cocoa (regular and sugarless), cider, juice, granola bars, cookies, and donuts. There's no funding for this service; prices are kept low (enough to cover our costs), and are posted, with payment on the honor system in the money box on the counter.

## Education & Information

### Fiction Writing Mondays, Jan. 9 – Mar. 5 10 a.m. - 12 p.m.

Learn the basics of fiction writing for fun or publication. Darlene Biese Schultz (see her biography below) is the instructor. Cost is \$10.

*Darlene Biese Schultz has been teaching fiction writing at Lincoln Center since 2007. She teaches the basics of fiction writing for fun or publication. The class exchanges constructive criticism, positive feedback and steps to prepare a short story or manuscript for publication. Biese Schultz taught fiction writing at Clark Community College in Vancouver, Washington, and was an advertising consultant before moving back to Stevens Point in 1993. She has a Bachelor of Science degree in journalism and advertising from Kent State University. Biese Schultz published a fiction book, "Decision or Destiny" in October, 2011. "Many of my students have published children's books, short stories and poetry, and I felt it was time that I finished my book."*

### Wake Up to Opera Wednesdays, Apr. 11 – Jun. 27 10 a.m. - 12 p.m.

It's Opera 101, Psychology 102, and History 103. It's Wake Up to Opera! All operas have English subtitles and Betty Jenkins provides the history of each before we watch the performance. Cost is \$10.

### Lincoln Center Book Discussion Group 3rd Tuesday, Jan. - May 2 p.m.

Participants will choose books to read. Leadership of discussion rotates monthly among participants. Cost is \$5.

### Buying a Digital Camera Monday, Apr. 2 1 - 3 p.m.

Get the best camera for your needs and your budget. Topics include advantages and disadvantages of camera types, choosing camera features and menu functions, how many megapixels you really need, and how and where to buy. Instruc-

tor: Barbara Smith of B.F. Smith Images. Free.

### Compact Camera Basics Mondays, Apr. 9 - 30 1 - 2:45 p.m.

Compact cameras are also called "point-and-shoot" cameras and have fixed lenses. Find out how to get the most out of your compact camera for the kinds of photos you like to take. Bring your camera and instruction manual to class. Instructor: Barbara Smith. Cost is \$10.

### SLR Camera Basics Mondays, May 7 -21, Jun. 4 3 - 4:45 p.m.

SLR cameras have detachable lenses. Learn how to use the various shooting modes and menu functions. We will also explore photographic techniques and compositional ideas. Bring your camera and instruction manual to class. Instructor: Barbara Smith. Cost is \$10.

### Continuing Spanish Tuesdays, Jan. 24 – May 1 1 - 2 p.m.

This class is for students from prior semesters or who have knowledge of the language. For new students, a lesson book is available for purchase. Roberto Assardo is the instructor. Cost is \$10.

### Conversational Spanish Tuesdays, Feb. 7 – Mar. 27 10 a.m. - 12 p.m.

Join students in new lessons and review of basic foundations of conversation. A lesson book is available for purchase. Gracie Davidson is the instructor. Cost is \$10.

### Polish Wednesdays, Jan. 18 – Apr. 25

Beginners: 12:30 - 1:15 p.m.  
Taught by Julitta Szczepanski this class is for persons without prior classroom experience. Cost is \$10.

Advanced Beginners: 1:15 - 2 p.m.  
Also taught by Julitta Szczepanski, this is for students who have been attending Lincoln Center's beginner and advanced beginner classes. Cost is \$10.

Intermediate: 2 - 3 p.m.  
Taught by Julitta Szczepanski, this class is for students presently in this level and new students with higher level Polish skills. Cost is \$10.

•A lesson book can be ordered through any of the classes.

### **Hmong Elder Citizenship Class**

**Tuesdays, Jan. – Jun.**

**9:30 a.m. – 12:30 p.m.**

Hmong elders learn language skills to prepare for the United States citizenship exam. Sponsored by the Portage County Literacy Council.

### **Health Care Advance Directives**

**Lincoln Center: Friday, Feb. 17, 1**

**p.m., call 715-346-1401**

**Saint Michael's Hospital: 2nd Tuesday of the month free community sessions, 1 p.m., call 715-346-5010**

Trained retired teachers at Lincoln Center and Spiritual Services staff at Saint Michael's Hospital will help you with the Power of Attorney for Health Care and the Declaration to Physicians (Living Will) forms. Open to adults 18 and older. No fee but registration required.

### **Play Reading**

**First Friday, Feb. - May**

**10:30 a.m. - 12 p.m.**

Join this group for the enjoyment of reading one-act plays or act one of three-act plays followed by informal discussion. Led by Alice Faust and Isabelle Stelmahoske. Cost is \$5.

### **AARP Driver Safety**

**Thursday, Feb. 2**

**10 a.m. – 3 p.m.**

This four-hour refresher course from the American Association of Retired Persons is designed for drivers age 50 and over to help them understand and adapt to the effects of aging on driving and the changes in today's roads, vehicles, and driving conditions. Cost is \$12 for AARP members and \$14 for non-members (pay instructor on day of class).

### **Antique Identification & Evaluation**

**Second Friday, Jan. - May**

**9 a.m.**

Wondering if grandma's teapot is treasure or trash? Bring in up to four items for evaluation by Greg Kurtzweil of Kurtzweil's Antiques. Sign up for one or as many dates as you like. Cost is \$2 each time you come.

### **Lincoln Center Computer Lab**

- All computers have Windows XP operating system and Internet access
- Each system has between 256 – 512 MB of memory
- All computers are equipped with Office 2007 Standard
- Dragon Naturally Speaking (speech recognition software) is installed on one

computer

- Photoshop is installed on one computer

### **Ainsworth Keyboarding Program**

Four computers in the Lincoln Center computer lab are equipped with this individualized typing program to learn computer keyboarding at your own speed. Work on your skills during open lab time.

### **Computer Tutor**

Megan Wecker can assist people one-on-one with computer topics. People with little or no knowledge of computers are welcome. Schedule an appointment with Megan by calling 715-346-1401. No cost, but donations accepted.

### **Help With Computer Skills**

**Fridays, Jan. 20 – Apr. 27**

**9 – 10:30 a.m.**

Thomas Bickford and experienced computer users are available to troubleshoot computer technical problems, or discuss and teach computing topics of your choice. Individual and/or small group learning for all levels. Beginners and those with no computer experience are welcome. Register at the reception desk the first day you come. All users: sign in daily. Donations are accepted to help maintain the lab—a donation box is provided. Rules for computer use are posted in the lab.

### **Generations On Line (GoL) Basic**

**Computer Training**

**Mondays & Wednesdays**

**9 – 11 a.m., 11:30 a.m. – 1:30 p.m.,**

**2 – 4 p.m.**

So you got a new computer for Christmas—or maybe someone else got a new one, and you are getting the hand-me-down. This is a terrific opportunity—especially if you are in the job market. These days, most jobs require at least some computer knowledge, and employers often require online job applications. How much computer experience do you have? Maybe you've used one a few times, but never consistently enough to feel really comfortable with the technology. What is the best way to learn? You can ask a friend or family member to help you, but sometimes it can be difficult to learn from someone who has grown up with computers. Too much that is mysterious to you will be second nature to them—and it won't occur to them you need to be taught things they do automatically.

A small class with a lot of individual instruction is probably the ideal way to learn. The Senior Citizens Employment & Training classes are small (no more than four people) specifically designed for peo-

ple 55 and older, and have a peer coach who is available for questions or individual help. You start at the most basic level, and work at your own pace. You learn how to use the mouse and keyboard, how to get on the internet, and how to use email. Once you have mastered the basics, there are plenty of training options—including many free online classes. The online classes cover everything from computer basics and word processing to online job searches and resume writing. Classes are held in Lincoln Center's computer lab and are individualized for each student. No fee.

*All Senior Citizens Employment & Training (SCET) programs operate under a US-DOL grant in cooperation with Senior Service America, Inc. and are equal opportunity programs. SCET provides paid on-the-job training, placement services, and basic computer skills training for persons 55 and older.*

### **MSTC Computer Classes**

For the following computer classes taught by Renee Smith, register at Mid-State Technical College, 933 Michigan Avenue. The classes are held at MSTC.

### **Windows Operating System**

**Tuesdays & Thursdays,**

**Jan. 24 – Feb. 23**

**8 – 9:50 a.m.**

Students will learn about the components of a computer system, software and terminology, and develop basic skills. Cost is \$4 for people 62 and over, \$59.93 for under 62. MSTC course # 25650.

### **Beginning Word**

**Tuesdays & Thursdays,**

**Feb. 28 – Mar. 29**

**8 – 9:50 a.m.**

Create, modify and save documents in Microsoft Word; insert, delete and move blocks of text, format text and pages, develop lists, do searches and spelling checks in this course. Cost is \$4 for people 62 and over, \$48.74 for under 62. Windows Operating System is a prerequisite for this class. MSTC course # 25652.

### **Advanced Word**

**Tuesdays & Thursdays,**

**Apr. 3 – 26**

**8 – 9:50 a.m.**

Same as above but advanced course. Cost is \$4 for people 62 and over, \$48.74 for under 62. Beginning Word is a prerequisite for this class. MSTC course # 25654.

**Email and Internet  
Tuesdays & Thursdays,  
Jan. 24 – Feb. 23  
10 – 11:50 a.m.**

Learn the basics of searching on the Web and email in this course. Windows Operating System is a pre-requisite for this course. Cost is \$4 for people 62 and over, \$59.93 for under 62. MSTC course # 25651.

**Beginning Excel  
Tuesdays & Thursdays,  
Feb. 28 – Mar. 29  
10 – 11:50 a.m.**

Excel is a program to create and edit spreadsheets, allowing you to do such things as balance your checkbook, create mailing lists, or organize large amounts of data in an easy to read format. Cost is \$4 for people 62 and over, \$48.74 for under 62. MSTC course # 25653.

**Computer File Management  
Tuesday & Thursday, May 1 & 3  
8 a.m. – 10:50 a.m.**

Learn about working with computerized files, folders and disks. Pre-requisite is Windows Operating Systems. Cost is \$4 for people 62 and over, \$20.78 for under 62. MSTC course # 25655.

**LIFE Classes**

The following classes will be held at Lincoln Center. No fee. LIFE (Learning is Forever) is an association of senior learners, hosted by UW-Stevens Point. LIFE members register through LIFE. If you're not a LIFE member, register through Lincoln Center. Call 715-346-3838 to learn more about LIFE.

**The Aging and Disability Resource Center of Portage County  
Wednesday, Feb. 1, 3 – 4:30 p.m.**

The Aging & Disability Resource Center offers support to seniors, adults with disabilities, and their families and caregivers with comprehensive services that maintain clients' independence, dignity and quality of life. Lincoln Center is a one-stop resource. Sooner or later, we may all use one or more of these services, so join the Senior Center's Director on a tour of the facility and learn about the programs they offer. You'll also hear about opportunities to volunteer, especially in this time of economic crunch and cutbacks. Leader: Donna Calhoun.

**Polymers: They're Everywhere!  
Monday, Mar. 5, 1 – 2:30 p.m.**

You can find polymers everywhere: in plastics in your kitchen, car, clothing, and more. Learn why these fascinating materials have the properties they do. Compare

natural vs. human-made polymers, learn about their importance in our way of life, and how they're produced, manufactured and recycled. Leader: Sue Hall.

**Joan Crawford - Hollywood Survivor  
Tuesdays, Mar. 13, 20, 27, 1 – 3:30 p.m.**  
Joan Crawford survived more Hollywood career speed bumps than almost anyone else. We'll watch a biography of Joan Crawford and one film each from her 1940 (A Woman's Face) and 1950 (The Best of Everything) career reincarnations. Leader: Karen Olsen.

**Falls Prevention  
Wednesday, Mar. 14, 10 – 11:30 a.m.**  
Falls are one of a senior's greatest health risks. This program will provide information on how falls can be prevented, minimizing your risk. Leader: Janet Zander.

## Health & Fitness

**One-Dish Skillet Meals**

For those of you who crave home cooking but don't want to spend a lot of time in the kitchen, try preparing a healthy and hearty one-dish skillet meal. You can be creative while combining nutritious foods from different food groups. Join a nutrition educator from UW-Extension to help get you started. Call the phone number listed if you would like to join the group for lunch or need a ride.

Hi-Rise Manor – Wednesday, Jan. 18 (715-347-4812), 11:30 a.m.

Lincoln Center – Wednesday Jan. 25 (715-346-1401), 11:30 a.m.

Rosholt Faith Lutheran Church – Thursday, Jan. 26 (715-572-8918), 12:15 p.m.

Plover Municipal Center – Tuesday, Feb. 7 (715-347-0365), 11:30 a.m.

Amherst Jensen Center – Wednesday, Feb. 8 (715-347-4856), 12:15 p.m.

Junction City Village Park Pavilion – Thursday, Feb. 23 (715-347-4813), 12:15 p.m.

**Healthy Eating for Successful Living  
Tuesdays, Jan. 31 – Mar. 6  
2 – 4:30 p.m.**

Make a healthy start to the New Year by improving your heart health and strengthening your bones. In this six-week course learn tips for improving your diet, reading nutrition labels, and cooking healthy at home. Join peers in this hands-on nutrition class that includes a grocery shopping tour and cooking demonstration, followed by a meal. You will also learn exercises to improve your flexibility, endurance, balance, and strength. On April 3, the group will convene for a celebratory dinner at a local restaurant where

participants can test their nutrition skills when dining out. Registration is \$18, and includes a program manual, food journal, meal for cooking demonstration, and healthy snacks from the grocery tour. To sign up, call 715-346-1401 by January 20.

**Resistance Chair Exercise Program  
Mar. 1 – May 18  
11 a.m. – 3 p.m.  
(one-hour sessions)**

Resistance chair exercise offers a workout using pulleys of varying resistance to strengthen the whole body, helping to increase strength, endurance, balance and flexibility. Lincoln Center currently has two resistance chairs located in the health room. An instructor is available for one-on-one instruction with a choice of different DVD programs.

**Mind Rewind Early Memory Loss  
Program  
Wednesdays  
10 a.m. – 2 p.m.**

Equip Your Memory Tool Chest! Mind Rewind is a preventative and intervention program to maintain brain ability or slow the loss of brain functions. This class is for those who are independent. Each week participants engage in memory enhancement techniques and activities. A learning segment is featured which includes topics in brain health, current events and participants' interests. Fitness activities are also offered during this class. This program offers a stimulating and friendly environment to people from all walks of life. Participants do not have to have a memory loss diagnosis to attend the classes. Class size is limited. Cost per four-hour class is \$15 plus a lunch donation. Limited scholarship funds are available based on financial eligibility. Call EML Program Assistant Tammy Singer 715-346-1401 to RSVP for a free observation session.

**Help with Health Concerns and Medication Management**

Ellen Grys, R.N., Information & Assistance Specialist with the Aging & Disability Resource Center, will assist you with health concerns and medication management. Call 715-346-1401 for an appointment.

**Chair and Intermediate Yoga  
Mondays  
Session 1: Jan. 16 – Feb. 20  
Session 2: Mar. 5 – Apr. 9  
Session 3: Apr. 16 – May 21  
Chair 10 – 10:50 a.m.  
Intermediate 10 – 11:30 a.m.**

On the first day of each new session from 9 to 9:45 a.m. there will be an Introduc-

tion to Yoga for people who are new to the practice and are planning to sign up for one of the sessions. Participants will gain insight into the holistic practice of yoga, principles of alignment, basic postures and breathing techniques. No fee.

Chair yoga is designed for students who are new to the practice or who desire a gentle class using mainly chair yoga positions and some standing positions, but without floor exercises. Intermediate yoga is for those who already know the basic yoga postures, and starts with some chair yoga and builds to more vigorous standing and floor exercise. A yoga mat is needed for the intermediate class. Meditation is taught in both classes. Cost is \$30 for chair and \$45 for intermediate. Students with yoga experience can pay \$7 per session for chair and \$10 per session for intermediate on a walk-in basis. Maureen Houlihan, certified Kripalu Yoga instructor and member of the Yoga Teachers Association, is the instructor. This class fills quickly, so be sure to register early.

**Fun & Fit**  
**Tuesdays & Thursdays**  
**10 - 10:45 a.m.**

This fitness program led by Santha Bickford will help increase flexibility and strength through a series of slow, deliberate exercises combining sitting and standing. Wear shoes that can easily be removed, and comfortable clothes. Cost is \$15 for ten sessions or \$1.50 per session.

**Seniorobics**  
**Tuesdays & Thursdays**  
**8:30 - 9:30 a.m.**

This moderate exercise-to-music class is lots of fun and is led by Romel Cooney. Cost is \$15 for ten sessions or \$1.50 per session.

**T'ai Chi**  
**Wednesdays**  
**Session 1: Jan. 11 – Feb. 22**  
**Session 2: Mar. 7 – Apr. 18**  
**Beginners 2 – 2:45 p.m.**  
**Continuing 3 – 3:45 p.m.**

This gentle exercise technique is the Chinese art of movement for balance, coordination, range of motion, and relaxation. Beginning students will learn Part I, the first 21 positions of the Yang Style Long Form. Continuing students will also learn Parts II and III. Terry Wick is the instructor. Cost is \$40.



**Arthritis Foundation Exercise Program**  
**Tuesdays & Thursdays**  
**11 - 11:45 a.m.**

This class is for people who have arthritis or mobility limitations and is taught by certified instructors. Cost is \$15 for ten sessions or \$1.50 per session.

**Walk With Ease**  
**Mondays, Wednesdays, Fridays**  
**Feb. 20 – Mar. 30**  
**8 – 9:30 a.m.**

This program from the Arthritis Foundation is for people with or without arthritis who want to make walking a regular habit. Shown to reduce pain and increase balance and walking pace, Walk With Ease provides the information and tools people need to develop a safe exercise routine that fits their unique needs and goals. Cost is \$5 (which includes a class book).

**Wii Bowling**  
**Every 2<sup>nd</sup> & 4<sup>th</sup> Friday**  
**1:30 – 3:30 p.m.**

Wii bowling offers fitness, fun, a full range of motion and low impact exercise, and an opportunity to meet new people. If you can swing your arm, you can Wii Bowl. No partner or previous bowling experience required. Come in any 2<sup>nd</sup> and 4<sup>th</sup> Friday to play or watch. Register in advance or at the door. No cost.

**Walking Club**

Walk your way to better health at Lincoln Center Monday through Friday from 7:30 a.m. – 8:30 a.m. Walkers are welcome to use the multipurpose and/or dining rooms to start out their morning with a healthy group walk. New members are always welcome to join and can register at the center during regular business hours. Cost to join is \$2.00.

**Foot Care Clinic**  
**1<sup>st</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Thursdays of the month**  
**9:30 a.m. – 12:30 p.m.**

This is a routine toenail cutting service at Lincoln Center provided by Aspirus VNA Home Health, Inc. Participants must have a referral form signed by a physician prior to the first appointment (this is a one-time requirement). Forms are faxed to your physician for his/her approval. Cost is \$25 and advance appointments are required by calling 715-346-1401

**15-Minute Chair Massage**  
**2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month**  
**10:30 a.m. - noon**

The Stress Relief Team offers this service. Cost is \$12 and appointments are required by calling 715-346-1401. Chair

massage consists of massage to relax the muscles of the upper body, the neck, shoulders, arms and hands.

**Hearing Screening**  
**Tuesday, Mar. 6**  
**8:30 - 10:30 a.m.**

Audiology students from UW-Stevens Point will conduct free hearing screenings at Lincoln Center. Advance appointments required. Book your appointment today by calling 715-346-1401.

**Vision Screening**  
**Wednesday Mar. 7**  
**1 – 4 p.m.**

Optometrist Larry Woods will conduct free low vision screenings. Glaucoma, visual acuity and macular degeneration screenings included. Call 715-346-1401 for an appointment.

**Blood Pressure Screening**

Volunteer retired nurses will check your blood pressure and provide information on control of hypertension. Reservations are not required.

Second Thursday of the month at Lincoln Center, 10 a.m. to noon.

At the Plover and Rosholt Nutrition Program dining sites—check with the Site Manager for dates and times.



**Spring**  
**Open House**

**Wednesday, March 20**  
**10 A.M. to 7 P.M.**

**Refreshments Door Prizes**

*Come see what's new for  
Spring and Easter!*

Gifts from the Holly Shoppe give twice:  
first by bringing joy to their recipients  
and again by supporting the seniors and  
adults with disabilities who create them.  
*United Way Partner Program*

Lincoln Center 1519 Water Street  
Stevens Point 715-346-1401

# Caregiving Resources

## Caregiver Support Services

Focus on caregivers is fairly new. Caregiving can be a 24/7 stressful “job”, but if caregivers don’t take care of themselves, eventually they won’t be able to care for their loved one either. Factors affecting caregiving can be physical, emotional, or financial. Caregiver stressors are more often a combination of these factors and the dynamics of relationships are affected. Caregiver Support Services can help provide support, assistance and linkages to resources that help make caregiving more manageable. For information or help sorting through your unique situation, call Sue Martens, Caregiver Support Services Director, at 715-346-1401.

## Taking Care of You Powerful Tools for Caregivers

**Tuesdays, Apr. 3 – May 8**

**10 – 11:30 a.m. or 6 – 7:30 p.m.**

Family Caregivers experience the rewards and joys of helping others and often the stress as well. Research indicates a close connection between chronic high stress levels and personal health. The Aging & Disability Resource Center is offering a class to assist family caregivers to explore and navigate the difficulties of managing care for a family member while keeping themselves healthy. Topics addressed include developing effective communication skills, learning and practicing techniques to reduce stress, recognizing and managing strong emotions and making difficult decisions. Participants are encouraged to attend all six weekly sessions as each class focuses on one area and builds upon previous information. Skills are taught by hands-on practice, goal setting and reinforcement. This class is open to family caregivers of adults or children. There is no cost. Please register no later than March 30<sup>th</sup> by calling 715-346-1401 or toll-free at 866-920-2525. If you need respite care to attend, please include this information when you register.

## Adult Day Center

Located right inside Lincoln Center, 1519 Water Street, the Adult Day Center offers supervised programming for those who need extra care to remain living in the community as independently as possible. This is accomplished by providing opportunities for socialization, personal care, support with daily living activities and preventive care to participants, and by providing respite and education to fami-

lies and caregivers. Call Sharon Anderson at 715-346-1401 for more information.

Services Include:

- Assistance with personal care
- Opportunities to socialize and be part of the day services community and the community at large
- Nutritious meals and snacks
- Health monitoring and medication supervision
- Therapeutic music, games and crafts planned by onsite Recreational Therapist
- Opportunities for regular exercise and range of motion activities
- Entertainment and recreational opportunities
- Showering assistance, foot care, glucose monitoring, beautician services (for an additional fee)
- Drop-in service (pre-registration required)

## Volunteer Caregivers of Portage County

The mission of Volunteer Caregivers is to enable the elderly, people with disabilities, and families to maintain their independence, dignity and quality of life by complementing the care they are presently receiving and providing support to those without other arrangements. Services can include, but aren’t limited to, friendly visiting, “Time Away” in-home respite for people with dementia, transportation, shopping, errands, news on disc, housekeeping, yard work, minor home repairs, and more. Volunteer Caregivers’ intent is to provide services when other resources cannot be found. We can generally accommodate any reasonable request for assistance if a volunteer can be found. To volunteer, refer someone who needs help, donate, or for more information please call 715-342-4084.

## Telecare Program

Are you looking for a little extra reassurance for yourself or a family member or friend? The Telecare program provides a daily safety check for older adults and adults with disabilities who live alone. Volunteers from the Portage County RSVP will call participants every weekday between 8:30 and 9:30 a.m. Weekend calls are made in cooperation with Salvation Army staff.

Telecare offers daily socialization for the participant as well as peace of mind for the family. Participants must provide the names and phone numbers of at least two people to contact in case of an emergency. RSVP staff will follow up with the contact person(s) if the participant cannot be reached. If necessary, staff will check with the local hospital to see if the participant was recently admitted and may request that local law enforcement go to the participant’s home for a safety

check. Contact the Aging & Disability Resource Center at 715-346-1401 for more information or to enroll in the program. There is no charge to participate.

## Safe & Sound

Safe & Sound is a program to ensure the safety of adult community members who require supervision due to cognitive disabilities or progressive illnesses such as Alzheimer’s disease or other forms of dementia. These individuals have the potential to become disoriented and to place themselves in danger by wandering away from their home or those responsible for their care. Safe & Sound helps law enforcement officials locate or identify individuals who may be confused and disoriented so they may be returned to their loved ones and familiar surroundings as quickly as possible. In the event of an emergency involving one’s caregiver, Safe & Sound helps to ensure the safety of the care receiver. The program is open to any Portage County resident who is age 18 or older and has a cognitive disability or memory impairment. For more information call 715-346-1401.

## Project Lifesaver

Project Lifesaver is a program that provides peace of mind to caregivers, aiding in the successful recovery of vulnerable adults and children with disabilities who wander off. Project Lifesaver utilizes a comprehensive, rapid-response search and rescue system which involves the use of proven and reliable locator equipment and trained search teams. Individuals enrolled in the program wear a wristband that emits an individually assigned FM radio frequency. If the wearer wanders off and is reported missing, local law enforcement agents will respond to the area the individual was last known to be in and begin the search using the mobile locator tracking system. In many cases, search time has been reduced from hours and days to minutes.

Project Lifesaver of Portage County is open to any Portage County resident with a long term cognitive impairment (e.g. irreversible dementia, autism, Down syndrome), who is at high risk for wandering. To participate, applicants must meet eligibility requirements. Participants in the program pay a small monthly fee to cover program and equipment costs. Financial assistance may be available, if needed, to assist with the monthly cost. For more information about Project Lifesaver of Portage County or to apply stop at Lincoln Center or call 715-346-1401.

## Support Groups

Support groups offer a helping hand for people coping with physical limitations or the care of a family member. There are

discussions, problem-solving ideas, information and updates on research and adaptive aids. For more information on any of these groups or for transportation call 715-346-1401.

**Alzheimer's Caregiver Support Group 2nd Tuesday of the month, 5 - 6:30 p.m.**

This support group is designed to provide education and emotional support for caregivers of those with Alzheimer's or another dementia. It encourages individuals to maintain their own physical and emotional health while caring for the person with dementia. This group is sponsored by the Alzheimer's Association of Greater Wisconsin. For more information, contact Andrea Randant, 715-393-3951.

**Caregiver Support Group last Wednesday of the month, 4 - 6:30 p.m.**

The Caregiver Support Group is for family members, neighbors, or friends who help care for individuals age 60 and older, or with a dementia, or someone over 55 caring for a child or adult with a disability. The group provides educational information and mutual emotional support through an exchange of ideas from those who may have experienced similar circumstances. This group is not disease-specific. Dinner and respite are provided with advance registration. For information, contact Sue Martens, Caregiver Support Services Director, 715-346-1401.

**Loss of Spouse Support Group, Wednesdays, Apr. 11 - May 16, 10 a.m. - 12 p.m.**

**Parkinson's Support Group 4th Tuesday of the month, 1 p.m.**

**Visually Impaired Persons Support Group 2nd Wednesday of the month April - December), 1 p.m.**

## Creative Arts

### Quilting

**Thursdays, Jan. 26 - Feb. 9  
1 - 4 p.m.**

General quilting skills will be the focus of this class taught by Rose Cobb. Cost is \$14. Supplies extra.

### Pottery

**Mondays and Thursdays,  
Jan. 9 - May 24  
1 - 4 p.m.**

People wanting to learn or enhance their pottery skills are invited to get together to work on projects and share ideas and tips. Students use hand building techniques such as pinching, coiling, slab rolling, throwing and molds. An electric potter's wheel is also available for use. Vincent Heig is the leader. Cost is \$15 (clay, glazes and firing are extra).

### Oil Painting

**Mondays, Mar. 19 - May 7  
1 - 3:30 p.m.**

Deann De La Ronde will teach the basics of art, use of materials, techniques in oil and development of creativity and originality. Cost is \$40 (supplies extra). We must have a minimum of 10 people to hold this class.

### Introduction to Acrylic Painting

**Tuesdays, Jan. 17 - Feb. 21  
9:30 - 11:30 a.m.**

Are you new to acrylic painting or have you taken a class but felt lost? In this beginners class you'll learn the very basics (paints, brushes, strokes, surface preparation, backgrounds, etc.), start a painting, and experiment with different techniques and products. Individual help will be given in a relaxed, no-rush atmosphere. Cost is \$10 (supplies extra). Susan Gold is the instructor.

### Acrylic Painting

**Mondays, Jan. 16 - Mar. 5  
1 - 2:30 p.m.**

Terry Smith will teach the basics of art, use of materials, and techniques in acrylic with a focus on composition. Cost is \$14 (supplies extra.)

### Crocheting

**Thursdays, Mar. 15 - Apr. 19  
1 - 3 p.m.**

This course with Rose Cobb will review simple and combination stitches and reading patterns. Bring an H or I hook. Cost is \$10. Supplies extra.

### Ceramics

**Wednesdays, Feb. 1 - Mar. 28  
8:30 - 11:30 a.m.**

Beginners or advanced students are welcome in this course with Linda Austin. Cost is \$10 plus \$2 per week for greenware and firing (non-stock glazes are extra).

### Ceramics for Adults with Disabilities

**Thursdays, 10:30 - 11:30 a.m.**

**Session 1: Jan. 5 - 26**

**Session 2: Feb. 2 - 23**

**Session 3: Mar. 1 - 29**

Led by Tonna Rosa, students choose their activity and work at their own pace. Materials are provided but students may bring their own pieces to work on if desired. Cost is \$10 per session.

### Open Knitting

**Thursdays, Jan. 12 - May 17  
9:30 - 11:30 a.m.**

Students work on their own projects. Beginners or knitters of any skill level are welcome. Leaders will help with problem solving, reading patterns, and other knitting questions. Knitting demos will also be included. Beginners will learn the basics. Cost is \$10 (supplies extra).

### RSVP Silver Threads Sewing Group

**2nd and 4th Tuesdays of the month  
1 p.m.**

Silver Threads invites volunteers who love to sew to join this community-minded group that uses its creative talents to do sewing projects for schools and non-profit agencies. Most of the work is done at home. Visit a session to meet the volunteers and find out about upcoming projects. Call Karen Piesik, RSVP Assistant, 715-346-1401 for more information.

### Woodcarving

**Tuesdays, Jan. 17 - May 1  
9 a.m. - 12 p.m.**

This class will offer the traditional art of woodcarving. Students must furnish their own tools and carving glove (first class will feature needed tools). The leaders are Bob Bucholtz and Ron Okray. Class size limited to 20 students. Beginners welcome. Cost is \$25.

### Chip Carving

**Tuesdays, Jan. 17 - May 1  
1 - 3 p.m.**

Chip carving is the art of using two kinds of knives to carve patterns into wooden boxes, platters, plaques, etc. The leader is Sophie Kubisiak. Cost is \$10 for the series. Students furnish their own tools and supplies.

United Way's



**2-1-1**

Get Connected. Get Answers.

Free and confidential  
non-emergency  
community information  
and referral,  
24 hours a day,  
7 days a week.

Call the United Way of  
Portage County—  
dial 211.



**Over 60 Crafters Club**  
**2<sup>nd</sup> Monday of the month**  
**10:30 a.m. – 12 p.m.**

The Jensen Community Center in Amherst hosts the Over 60 Crafters Club. Bring your knitting, crocheting, needlepoint or any craft to work on in a convivial atmosphere with coffee and snacks. Stay for lunch at noon at the Nutrition Program dining site. For more information and lunch reservations call Cindy Swan at 715-347-4856.



New artisans are always welcome to join the Holly Shoppe. Portage County residents age 55 and over and adults with disabilities are invited to sell their handcrafts with us. Call Kathy Fandre at 715-346-1401 for more information.

### **Lincoln Center Gallery**

Take a moment when you're at Lincoln Center to enjoy the monthly exhibits of art and collections in our Gallery, now including art by local elementary through college students.

### **Artists, Collectors and Crafters!**

Would you enjoy occasionally demonstrating your crafts or sharing information on your hobbies or collections with children? RSVP is looking for Folk Fair volunteers. Folk Fairs are held at local elementary schools twice a year. Please see Julie Rekowski in the RSVP office at Lincoln Center (or call 715-346-1401) if you're interested or would like more information.



### **Your Invitation to Serve**

RSVP provides volunteer opportunities in community agencies and area schools. Training is provided as needed and the time commitment is flexible. If you're interested or want more information, stop at Lincoln Center, call 715-346-1401, or visit [www.co.portage.wi.us/adrc/rsvp](http://www.co.portage.wi.us/adrc/rsvp)

You can also find volunteer opportunities at the community volunteer Website: [www.volunteersrock.org](http://www.volunteersrock.org)

# **For Your Information**

## **Portage County Travel Training Program**

The ability to travel where you want and when you want lends itself to living a more spontaneous life. The definition of independence is different from person to person but being independent is strongly linked to being able to travel around your community. Every community has a variety of transportation options available. The City of Stevens Point and Village of Plover have public transit systems which are accessible to most riders. Portage County is also accessible through private on-demand services like taxi, specialized medical vehicles and volunteer driver services. Nearly everyone who is looking for transportation can find alternatives to driving their own vehicle. Figuring out which option is the best for you and then learning how to travel safely can be difficult to do on your own. The Portage County Travel Training program is here to assist you to learn about your options and to help you travel safely and independently. There is no cost for this service.

This program is designed to give people with disabilities and seniors the "Skill, Confidence and Independence" to access and ride transportation in Portage County. One-on-one or group training on safe, independent travel skills is available. Familiarization training for groups and individuals is also available to raise awareness of travel options available in the county.

If you would like to help others travel safely and independently you can volunteer to be a Travel Buddy with the Travel Training Program. Call Travel Trainer Jodi Staniewski at 715-341-4490 for more information.

### **Ask Law Enforcement Wednesdays, Jan. 18** **11:30 a.m. – 12 p.m.**

Members of the Stevens Point and Plover Police Departments and the Portage County Sheriff's Department will provide information on safety issues and answer questions. The presentation is sponsored by Portage County Triad, a collaborative effort of local law enforcement and older adults. The goal of Triad is to strengthen the delivery of law enforcement services to older adults and other residents through utilization of volunteers.

## **Help with Income Tax Returns** **Feb. 1 – Apr. 14**

This program provides low to moderate income Portage County residents **60 and over** tax preparation by trained volunteers, enabling them to comply with tax filing responsibilities and to obtain the credits to which they are entitled. **Starting January 9 you can call to make an appointment.** Appointments are required and can be made by calling the United Way's information line (dial 211), Monday through Friday between 8 a.m. and 5 p.m. Tax preparation locations are Lincoln Center and the Portage County Public Library.

### **Free Cell Phones for 911 Use**

Portage County RSVP and Triad sponsor a 911 Cell Phone program. RSVP collects used cell phones and sends them to a recycler, who determines the best use for the phones. Higher value phones are converted to cash which is returned to RSVP to assist in administering the program. Refurbished phones are returned to RSVP for distribution to people at no charge for use in an emergency. The phones can only be used to call 911 and there is no cost. Call 715-346-1401 for information on obtaining a 911 cell phone.

### **Public Welcome at Commission on Aging Meetings**

The Commission on Aging/Aging & Disability Resource Center Board is appointed by the County Executive and provides governance to the Aging & Disability Resource Center. The Commission usually meets on the first Wednesday of the month at 4 p.m. at Lincoln Center. These are open meetings and members of the public who have an interest in services for seniors and adults with disabilities are welcome to attend. The agenda always includes an opportunity for attendees to address the Commission on specific agenda items (subject to the reasonable control of the Chair). COA/ADRC Board agendas and minutes are available on our Website, [www.co.portage.wi.us/adrc](http://www.co.portage.wi.us/adrc) (click on the "About Us" link, then the "Commission on Aging/Aging & Disability Resource Center Board" link). Printed copies are available at Lincoln Center after 12 p.m. on the first Friday of the month.

### **The Knowledge Nook**

A wide variety of brochures, books, videos, etc., on topics from caregiving to Alzheimer's to health to local resources that may be of benefit to you are available for check-out in our Knowledge Nook off the main lobby at Lincoln Center.

## Lincoln Center Loan Closet

Durable medical equipment is available on loan at no charge (though donations are gratefully accepted)—wheelchairs, commodes, walkers, canes, shower chairs, etc. Call 715-346-1401 to make an appointment. Donations of equipment in good working condition are also appreciated.

## Vital Information Program (VIP)

VIP brings to the attention of emergency personnel all of an individual's important medical information—medical conditions, allergies, medications and advance directives—and personal information such as adaptive aids used, dependent care, pet care, etc. The packet is kept on the refrigerator door so it can be easily found in case of an emergency. The program is free of charge. Call 715-346-1401 to arrange registration or for further information.

## Portage County Public Library Audio Books on CD and Large Print Books at Lincoln Center

A selection of large print books and audio books on CD (made possible through the Hazel Koskenlinna Endowment Fund) from the Public Library can be checked out. Titles are rotated monthly. The borrowing period is four weeks. These books are for loan only and check-out is on an honor system. A CD player can also be checked out (ask at the reception desk).

## Public Use PC and Internet

There's a computer with Internet Access available for use during our regular business hours. When classes aren't in session the computers in our computer lab are also available. Printing costs 10 cents per copy. Donations are welcome for computer upkeep (a donation box is provided).

## Book & Puzzle Exchange

Need some new reads or jigsaw puzzles? Stop at Lincoln Center—we have paperbacks, magazines and puzzles for exchange.

## Aids for the Visually- and Hearing-Impaired

Three devices at Lincoln Center are available for people who have difficulty reading printed text in newspapers, books or magazines, printed letters or computer screens, and even seeing smaller, three-dimensional items. In our Knowledge Nook, a closed-circuit TV magnifying monitor enlarges text, writing, pictures and objects. Zoom Text magnification and monitor reading software are available on a computer in our computer lab during regular business hours. First-time users can be trained in machine opera-

tions (call 715-346-1401 to set up a training session). For the hearing-impaired, there are assistive listening devices people can use when participating in a Lincoln Center class or activity. The TV in our lounge has closed captioning. Dragon Naturally Speaking speech recognition software is installed on one of the computers in our computer lab.

# Social & Special Events

## Chess

**Wednesdays, Jan. 11 – Apr. 18**  
**3:45 – 4:45 p.m.**

Never played chess but want to learn? Played, but a long time ago? A group of old and new players will be meeting on Wednesdays to play. If you're interested, join us. Terry Wick will lead the group.

## Bunco

**2nd Monday of the month**  
**10 a.m. – 12 p.m.**

Bunco, led by Marie Orella, is a game played in teams with three dice. Beginners are welcome and no partner necessary.

## Cards

Choose from a variety of card games. See any of the group coordinators for more information.

Bridge Mondays, 1 p.m. Lorraine Osowski.

Smear Tuesdays, 10 a.m. Louise Obremski

Cribbage Wednesdays, 9 a.m. Betty Pulchinski.

Pinochle Wednesdays, 1 p.m. Delores Morford.

Duplicate Bridge Fridays, 1 p.m. Loretta Wyhuske.

**Gay 90's Luncheon**  
**Thursday, Apr. 26**  
**12 p.m.**

Join us in our annual tribute to Portage County residents age 90 and over with festive food and music. Advance lunch reservations required.

**Movie Classics**  
**Tuesdays, 1–3 p.m.**

Join us on these Tuesdays to watch classic movies on the big screen in our Multipurpose Room. Free! Popcorn is 50¢. Offered by classic film buff Karen Olsen.

Jan. 10: The Canterville Ghost: Robert Young, Margaret O'Brien  
Jan. 24: Portrait of Jenny: Joseph Cotton, Jennifer Jones  
Feb. 7: Captain from Castile: Tyrone Power, Jean Peters  
Feb. 21: Matilda: Danny DeVito, Mara Wilson  
Mar. 13: Joan Crawford biography  
Mar. 20: A Woman's Face: Joan Crawford, Melvyn Douglas  
Mar. 27: The Best of Everything: Joan Crawford  
Apr. 3: The Robe: Richard Burton, Jean Simmons  
Apr. 17: Jane Eyre: Joan Fontaine, Orson Welles  
May 1: National Velvet: Elizabeth Taylor, Mickey Rooney

## Senior Trips & Tours

Marcie Wilkes and Lynette Kircher are the volunteer coordinators for these trips. Have an idea for a coach bus trip? Let the coordinators know or call Donna Calhoun.

**Viva Las Vegas, Fireside Theatre, Fort Atkinson**  
**Thursday, March 1**

Depart 7:30 a.m., return 7:30 p.m.  
The Fireside continues its tradition of live band revues with a sparkling tribute to the ultimate center of music, laughter, glitz and glamour featuring a stunning cast and the Fireside's own live band. Cost is \$100 which includes coach bus, dinner and show. Limited to 36 people. Registration deadline: January 31.

## Trip Policies

These trips are open to adults 55 years and older and adults with disabilities. Lincoln Center requires full payment at time of registration. Seating for all trips is limited to 36 – 47 seats, depending on the trip. Registration and payments can be made in person or by mailing to Lincoln Center, 1519 Water St., Stevens Point WI 54481.

Everyone traveling must have emergency contact information on file with the Lincoln Center Office.

Some trip itineraries may be more physically challenging than others. Please review the trip description carefully. Individuals with special needs must have a companion to provide assistance during the trip.

Be prepared for rain or shine, warm or cold. Trip cancellations due to severe weather situations are at the discretion of the transportation provider and trip destination site, in cooperation with the Senior Center Director.

Parking for trips is limited to the public parking lot on the northeast corner of Water Street and Arlington Place, or in the private lot on the northwest corner of Water and Arlington. Visit our website [www.co.portage.wi.us/adrc](http://www.co.portage.wi.us/adrc) and click on the "Our Location" link, then the "How to get here" link, and then the "Click here for parking map" link for parking locations.

Volunteer leaders will accompany the trip.

Cancellation policy: Full refund minus a \$10.00 administrative fee for cancellations will be made if Lincoln Center or you fill the vacancy. If the trip is cancelled, a full refund will be given to all registered participants.



### Pool Monday – Friday 8 a.m. – 4 p.m.

Are you a pool player? Maybe you played pool when you were younger but haven't played lately. Or maybe you gave it up because of the expense, or just got tired of playing in bars. Well, your Lincoln Center has a deal for you! The new game room in the lower level of the Lincoln Center has

- . Two 8-foot pool tables
- . High quality cue sticks and balls
- . All the extras you need like chalk, powder, tip shaper, etc
- . TV
- . Microwave
- . Minifridge
- . Coffeemaker
- . Plenty of space and chairs

These are new tables in great shape. They have been recently refelted, have live rubber, and the lighting is perfect.

You may meet up with these characters among others:

Gentleman Dwayne Jorgenson: "You know, I could miss this."

Jim 'the stroke' Fugasco: "Dang. They didn't leave us a shot."

Lee 'cut shot' Barz: "OK - I'm going to try a circus shot."

Jim 'bank man' Belmont - "That's a perfect 3 rail bank."

Chris 'stroke' Bonnstetter - "Trust me. Just hit it right here and the 10 will push it in."

Tom 'stop shot' Rowe - "It's in your best interest to leave me a set-up, partner."

The game room has open pool almost all the time. On any given day you might find from two to six regulars who tend to show up starting about 11:30. We're always looking for more shooters. If your game's a bit rusty, we'll supply the coaching, and if you're a shark, come on down and teach us a thing or two. Eight ball dominates the play, but we like other games too. Please join us.

### Scrabble Mondays 1 - 4 p.m.

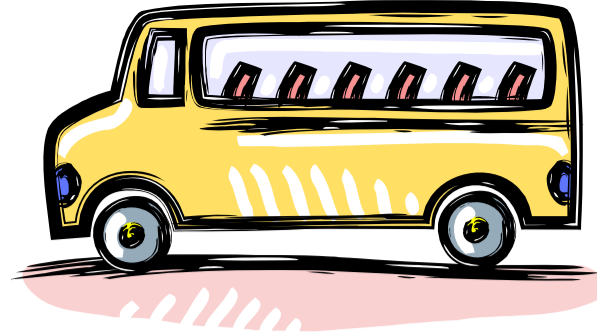
New players are always welcome to join the weekly Scrabble group. Coordinated by Mary Ann Korbal and Helene Meyer.

### Birthday Bingo Second Friday of the month 12 p.m.

The Lincoln Center dining site celebrates participants' birthdays with lunch and cake followed by Bingo. Reservations are necessary for lunch.

### Happy Steppers Square & Round Dancing Thursdays 1 - 2 p.m. (round) 2 - 4:30 p.m. (square)

New members welcome-the first two lessons are free, and you don't need a partner to join. Weekly fee. For more information call Bernie Coulthurst at 715-824-3245.



## Need a Ride?

**The Aging & Disability Resource Center offers a variety of transportation services for seniors and adults with disabilities.**

**To request a ride or for more information on any of our transportation services, call 715-346-1401.**

**Our buses provide rides to the Nutrition Program dining sites, the Adult Day Center and Lincoln Center, and for grocery shopping throughout the county. Rides can also be set up via taxi, bus or volunteer driver for medical appointments and essential personal business.**

**Veterans can receive rides on the Disabled American Veterans (DAV) van to VA hospitals and clinics.**

**Advance reservations are required.**

## Join us for lunch at the Senior Dining Sites

The Aging & Disability Resource Center's Nutrition Program operates six dining sites in Portage County. Call the number listed below for meal reservations or for information about home-delivered meals in the rural areas. For home-delivered meals within Stevens Point, call Meals On Wheels, Inc., at 715-341-0081. Rides are available to the dining sites—requests for rides can be made when you reserve a meal. Serving time is noon at all locations.



Location	Serving Days	Call
Stevens Point (Lincoln Center)	Monday—Friday	715-346-1401
Stevens Point (Hi-Rise Manor)	Monday—Friday	715-347-4812
Plover (Municipal Center)	Tuesday, Thursday	715-347-0365
Amherst (Jensen Center)	Monday, Wednesday, Friday	715-347-4856
Rosholt (Faith Lutheran Church)	Monday—Friday	715-572-8918
Junction City (Park Pavilion)	Tuesday, Thursday	715-347-4813

### Winter/Spring Offerings 2012 Registration

You may complete this form and mail it or bring it to Lincoln Center (along with your check for class fees where applicable) at 1519 Water Street, Stevens Point, WI 54481.

Trouble hearing when you're in class? Check here if you'd like to reserve an assistive hearing device to use at Lincoln Center (contact Donna Calhoun for more information, 715-346-1401).

Please PRINT:

Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address (if any) \_\_\_\_\_ Telephone \_\_\_\_\_

Please note that you must go to Mid-State Technical College to register for any MSTC **computer** classes.

Class Title	Fee (if any)	MSTC Arts Course #
_____	\$ _____	_____
_____	\$ _____	_____
_____	\$ _____	_____
_____	\$ _____	_____
_____	\$ _____	_____
Total (make check payable to Lincoln Center):	\$ _____ *	

\*Round off your payment? Donations are accepted to help with Senior Center programming.

Fill out this section if you're a new participant or information has changed since you last registered:

New  Change

Street \_\_\_\_\_ City \_\_\_\_\_

Zip \_\_\_\_\_ Telephone \_\_\_\_\_

Doctor/Clinic \_\_\_\_\_

Emergency Contact (name) \_\_\_\_\_ (phone) \_\_\_\_\_

If you have ideas for classes or activities you'd like to see offered at Lincoln Center, or would like to lead or teach a class or program yourself, please share your ideas with us:

**For Office Use Only**

Paid (initial and date): \_\_\_\_\_  Entered

Supplies list sent (if applicable)