

LONGFELLOW NEIGHBORHOOD



WELCOME TO OUR NEIGHBORHOOD!
March, 2024

Our next meeting is Monday, March 4, 2024
Meeting Location Changed to: North Central Health Care
(See directions in Brooke's article)

Agenda

- Welcome remarks from Longfellow Neighborhood President – Brooke Mueller
- Tour of the North Central Health Care Campus by Chris Holman; our new polling location
- Marathon County District 2 Supervisor – Ann Lemmer (with Q & A)
- Wausau District 2 Alderperson – Michael Martens (with Q & A)

Dates to Remember

- March 4: **Longfellow Neighborhood Meeting**
- March 10: Daylight Saving time begins (turn your clocks ahead 1 hour)
- March 17: **Happy St Patrick's Day**
- March 24: Palm Sunday
- March 29: **Good Friday**
- March 31: **Happy Easter**

Wausau Winter Market, Saturdays, 8:00 AM – Noon, Whitewater Music Hall, 130 1st Street
Marathon County Historical Society History Chats – Thursdays, 12:30 PM; livestream on Facebook and YouTube

Minutes from the February 5, 2024 Meeting

No officer joined us this month for our meeting.

Michael discussed the following with our group:

- Spending for ARPA (American Rescue Plan Act) funds are nearly complete. Wausau received approximately \$15 million which had guidelines that allowed the City flexibility in spending the money resulting in a variety of one-time projects that were specifically helpful to the entire community That funding was used for mitigating PFAS contamination (water pitchers and a treatment pilot study), hiring 3 new fire fighters and a Community Service Coordinator, making storm sewer and wastewater improvements, a new skate park, lead water line replacement, LED street light conversion, and affordable housing (on Sherman Street near Werle Park).
- A definition of “affordable housing” was discussed. Michael shared that affordable housing is usually housing that is subsidized by HUD (Housing and Urban Development), Section 8 or state and/or federal tax credits; the current housing market rate for Wausau is approximately \$1,500 per month.
- Ground-breaking for the Westside Battery project is expected this Spring. The Cornerstone project (on the corner of E. Thomas and Grand Avenue) was also mentioned.

Ann had several items for our group:

- Ann reported on the progress of the childcare work group she is part of. They are meeting with various groups including businesses, childcare providers and regulators for a variety of perspectives on how to best address childcare issues in the county. Women United (affiliated

with the Marathon County United Way) provided a \$7,000 grant to assist mothers who have lost custody of their children.

- Marathon County currently has no policy on how to divest any unused properties they own and is trying to determine how to proceed with that process.
- The County has currently received \$700,000 in opioid settlement funds and has approved approximately \$15,000 for a gap analysis for resources to remain sober.

General questions from the group included:

- The day center that was formerly run by Open Door has been transferred to Catholic Charities. Open Door does continue to provide jail release services.
- Our polling place has moved to the Lakeview Conference Center at North Central Health Care Center. Please remember that when you vote in the primary on February 20 and/or the general election on April 2; our district will have only the Mayor on our ballot since we don't have more than 2 candidates for the other offices we will vote on.

Our speaker this month was Jennifer Thompson, a Dementia Specialist with the Aging and Disability Resource Center (ADRC). The ADRC provides unbiased information on services offered to residents in Marathon, Lincoln, Wood and Langlade counties. The ADRC offers brain health classes and other dementia education. The dementia specialist position is relatively new; it began with a pilot program in 2015 and currently has 2 full-time Dementia Specialists (who can go into the home to work with patients and/or caregivers) as well as 2 part-time Caregiver Support Coordinators. Jennifer had a wealth of information to share with the group, including handouts available to take (and share).

- Dementia is not a specific disease but is rather a general term and is caused by physical changes in the brain which results in a slow and steady decline in the ability to think. The aging process does bring about some normal age-related memory loss but this is not the same as dementia. Dementia is not a normal part of aging and can affect one's ability to perform routine daily tasks. Although Alzheimer's is the most common form of dementia, the term covers over 100 types of the condition. Additionally, patients can have multiple types of dementia.
- As a caregiver of someone with dementia, there can be a lot to balance and understand. It is very challenging/demanding since every day is a new/different day for the person with dementia. It can be very difficult to understand what is going on in their mind. The caregiver often neglects themselves as a result. There are caregiver support groups (a new one is beginning in March) and monthly classes (they rotate among the 4 counties the ADRC serves). There is also a Memory Café serve both patients and their caregivers; it is which is strictly a social outing. It currently alternates monthly between Mount Olive and Covenant Presbyterian Churches.
- Dementia patients may have a difficult time communicating; this can include concerning behaviors such as anger, confusion, etc. which can change as time goes on. It can be very helpful if we can "go with the flow" when dealing with dementia patients. An example of "going with the flow" is if the person is talking about planes landing, don't say there are no planes. Instead, talk with them about the planes or try and distract them by talking about something else. It is also helpful to take one step at a time when giving directions.
- It is important to get an early diagnosis of dementia or memory loss. The earlier the diagnosis, the easier it is to manage. It can be overwhelming to think about being diagnosed with a dementia related condition but support and resources are available. Dementia can be diagnosed by a memory screen by a physician or a specialist. It can be difficult to diagnose since other conditions can mimic dementia symptoms, including infections, medications, hormonal changes, sleep deprivation, depression, hearing/vision loss, alcohol/drug abuse, head and brain tumors.
- There are ways to improve your brain health including physical exercise, getting the appropriate amount of sleep (generally 7-8 hours per night; deep sleep flushes out the toxins in our brains), diet (the Mediterranean diet is rich in fruits and vegetables and healthier fats), socialization and spirituality (religion, meditation).

Our next meeting is scheduled for Monday, March 4, 2024
Please note the change in our meeting location to North Central Health Care

From My Desk to Yours . . . Brooke Mueller, President, Longfellow Neighborhood

Hi everyone! Our next meeting will be on Monday March 4th. We are doing something a little different this time; we will be meeting at North Central Health Care both to gain a better understanding of what they do as well as to check out our neighborhood's new polling location. Chris Holman, Deputy Administrator Marathon County Administration and Interim Director of Facilities and Capital Management, will be giving us a short tour of the facility and a presentation on the campus. For parking; anyone entering campus from Lake View Drive will see Lot E to their front/left. If that lot is full, turn left before entering Lot E. You will need to come to Door 31, which is displayed above the sliding doors at the main entrance. Anyone with ADA needs can drop people off at the door and/or park in the ADA parking between Lots E and D. There are several bright yellow concrete bollards that are easy to see, which mark the ADA parking. As always, you can reach out to me with questions, issues, concerns, or recommendations for upcoming meeting topics at longfellowN2N@gmail.com. See you at the meeting!

Michael Martens, Wausau District 2 Alderperson

A frequent question I receive at the neighborhood meeting is what is going on with the mall site. I finally have some good news to report. After months of waiting and delay, the developer, T-Wall, has announced they are ready to break ground for the Foundry Project this coming May. This will create 154 market rate apartments with 1st level commercial space on the northeast corner of the mall site downtown. One new aspect is that there will also be a skywalk from the unit to the former Sears parking ramp. I know I'm looking forward to seeing some action downtown this summer, so I'll keep everyone updated with the project details as I learn them.

Ann Lemmer, Marathon County District 2 County Supervisor

I wanted to give an update to a program that the Department of Health implemented in 2023 called the Nurse-Family Partnership (NFP), part of the Western Wisconsin Nurse-Family Partnership Consortium. It replaced the Start Right Program, and provides education, support, and health care to moms and their children from pregnancy through the first two years of the baby's life. The goals of the program are to improve pregnancy outcomes (via prenatal care, nutrition education, and reducing habit forming substance use), improve child health and development, as well as economic self-sufficiency of the family. At the last Board of Health meeting, we heard from a participant of this important program from Eau Claire who explained the positive impact the program had on her family and self. It was a powerful example of every benchmark being met despite the pandemic occurring at the time she began it. In just one year of Marathon County beginning it, we've seen 43 moms enrolled, 13 babies born, and 260 home visits conducted. All of the moms received prenatal care, over ¾ of the babies born were at term, and over 90% of them initiated breastfeeding. We are looking forward to 2024, with the hope that we can enroll 60 families. We do need to hire a public health nurse in order to fill a vacancy and to make that happen. I'm proud to have supported this program since it was brought forward to us for our approval. I believe through NFP, when we support moms and their babies, families are stronger, and strong families make strong communities.

NEIGHBORHOOD/COMMUNITY BUSINESSES

Acro Plumbing	904 Sumner Street	715-842-9425
Bull Falls Brewery	901 East Thomas	715-842-2337
Cveykus Law Office	301 Grand Avenue	715-842-5205
Distinctive Treasures (seasonal)	701 Prospect Avenue	715-842-7739
Global View Capital Advisors	215 Grand Avenue	715-298-0313
Herrle Health Services	215 Grand Avenue	715-846-3444
JAS Construction	josh@jasbuilds.com	715-432-5732
M & S, The Siding Specialists	818 Henrietta Street	715-842-7965
Olson Tire and Auto	601 Forest Street	715-845-8473

NEIGHBORHOOD/COMMUNITY BUSINESSES (continued)

Incredible Bank	101 Grand Avenue	715-845-0900
Schmidt & Schmidt	123 Grand Avenue	715-845-9621
Townline Market	916 Townline Road	715-842-5201
True North Counseling & Wellness	207 Grand Avenue	715-370-8863

NEED TO KNOW NUMBERS

LONGFELLOW NEIGHBORHOOD PRESIDENT:

BROOKE MUELLER (longfellowN2N@gmail.com) 262-349-0605

NEIGHBORHOOD ALDERPERSON:

MICHAEL MARTENS (michael.martens@ci.wausau.wi.us) 715-845-4218

WAUSAU MAYOR:

KATIE ROSENBERG (katie.rosenberg@ci.wausau.wi.us) 715-261-6800

MARATHON COUNTY DISTRICT 2 SUPERVISOR:

ANN LEMMBER (ann.lemmer@co.marathon.wi.us) 920-207-3105

SECRETARY/NEWSLETTER EDITOR:

JOY FOYE 715-842-9197

POLICE DEPARTMENT:

NON-EMERGENCIES 715-261-7800

NEIGHBORHOOD LIAISONS:

OFFICER JOHN SHEAR (john.shear@ci.wausau.wi.us) 715-261-7998

COMMUNITY DEVELOPMENT:

TAMMY STRATZ (tammy.stratz@ci.wausau.wi.us) 715-261-6682

INSPECTIONS DEPARTMENT:

Uncut grass 715-261-6780

ENGINEERING DEPARTMENT:

Unshoveled sidewalks 715-261-6740

STREET CONSTRUCTION & MAINTENANCE:

Missed by snow plows 715-261-6960

FIRE MARSHALS OFFICE:

BRIAN STAHL (brian.stahl@ci.wausau.wi.us) 715-261-7900

