

The theme for National Family Caregivers Month November 2016 is "Take Care to Give Care"

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The first rule of taking care of others: *take care of yourself first*. Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. The stress of dealing with caregiving responsibilities leads to a higher risk of health issues among the Nation's 90 million family caregivers. So as a family caregiver, remember to pay attention to your own physical and mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one. You really do need to "take care to give care!"

- **Caregiving can be a stressful job.** Most family caregivers say they feel stressed providing care for a loved one. With all of their caregiving responsibilities - from managing medications to arranging doctor appointments to planning meals - caregivers too often put themselves last.
- **The stress of caregiving impacts your own health.** One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one. Due to stress, family caregivers have a disproportionate number of health and emotional

problems. They are twice as likely to suffer depression and are at increased risk for many other chronic conditions.

- **Proper nutrition helps promote good health.** Ensuring that you are getting proper nutrition is key to help maintain your strength, energy and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall.
- **Ensuring good nutrition for your loved one helps make care easier.** As many as half of all older adults are at risk for malnutrition. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization - which may help

make your care of a loved one easier.

- **Remember: "Rest. Recharge. Respite."** People think of respite as a luxury, but considering caregivers' higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

During **National Family Caregivers Month**, we remind family caregivers that to be strong enough to care for your loved one, you must **Take Care to Give Care!**

Source: <http://www.caregiveraction.org/national-family-caregivers-month>

**MEDICARE
PART D
PULLOUT
INSIDE**

**The ADRC of St. Croix
County office and Senior
Nutrition Sites will be
CLOSED on Thurs., Nov.
24th and Fri., Nov.25th
in Observation of the
Thanksgiving Holiday.**



Come to your local Nutrition Program for FOOD • FELLOWSHIP • FUN

Enjoy a home-cooked Thanksgiving meal at one of the
Senior Centers in St. Croix County....

Baldwin:	684-2979, serves Thursday, November 17 th
Deer Park:	269-5301, serves Thursday, November 17 th
Glenwood City:	265-7242, serves Thursday, November 17 th
Hudson:	386-8709, serves Friday, November 18 th
New Richmond:	888-1205, serves Thursday, November 17 th
River Falls:	425-9932, serves Wednesday, November 23 rd
Roberts:	749-3755, serves Wednesday, November 23 rd
Somerset:	247-5354, serves Thursday, November 17 th
Woodville:	698-2152, serves Thursday, November 17 th

Call 24 hour in advance to reserve your spot!!!

Aging & Disability Resource Center
of St. Croix County
1752 Dorset Lane
New Richmond WI 54017

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Website: www.sccwi.us/ADRC

email: ADRCinfo@co.saint-croix.wi.us

Brad Beckman, ADRC Administrator

- Liza Gibson & Mike Traynor, Elder Benefit Specialists*
- Denise Gillen, Carolyn Greunke, Disability Benefit Specialist*
- Sheila Fallon, Kelly Weber, Cia Westphal, Information & Assistance Specialists/Options Counselors*
- Tracy Davis, Community Services Coordinator*
- Nancy Abrahamson, Dementia Care Specialist*
- Tara Murdzek, Caregiver Support Coordinator*
- Randi Hanson, Preventative/Nutrition Program Coordinator*
- Brandy Zeuli, Outreach Coordinator*
- Renea Aeschliman, Program Support Specialist*
- Pam Searcy, Administrative Assistant*

◆◆◆ADRC KEY SERVICES INCLUDE◆◆◆

Elder & Disability Benefit Specialist Programs	Volunteer Medical Transportation Program
Information & Assistance	Support Groups
Home Delivered Meals	Healthy Aging Programs
Senior Nutrition Services	DayAway Club/Adult Day Respite
Alzheimer's Family & Caregiver Support Program	Dementia Care Specialist

Notifying the Public of Rights Under Title VI

ADRC of St. Croix County

- ✓ ADRC operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with A & H Transportation Inc.
- ✓ For more information on the ADRC's civil rights program, and the procedures to file a complaint, contact 1-800-372-2333, (TTY 715-386-4608); email info@co.saint-croix.wi.us; or visit the Aging & Disability Resource Center at 1752 Dorset Lane, New Richmond, WI. For more information, visit www.sccwi.us/ADRC
- ✓ A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights, Attention: Title VI Program Coordinator, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE Washington, DC, 20590.
- ✓ If information is needed in another language, contact 1-866-874-3972

Donation Designation Form

I want to help the Aging & Disability Resource Center of St. Croix County continue its effective community service to older adults and individuals with disabilities and their families.

Please designate this donation:

In Memory of _____ or
In Honor of _____

And notify _____
Address _____

I want my donation to go to the following program(s):

- ___ ADRC News
- ___ Benefit Specialists
- ___ Caregiver Support
- ___ Congregate Nutrition
- ___ DayAway Club (Respite)
- ___ Home-Delivered Meals
- ___ Medical Transportation
- ___ Site Transportation
- ___ Other _____

It is ok to acknowledge my donation in the ADRC News
 Yes No

Please send receipt to:
Name _____
Address _____

Please make checks payable to:
Aging & Disability Resource Center of St. Croix County
1752 Dorset Lane, New Richmond, WI 54017

Your gift is deductible to the extent provided by law.

COMMUNITY CALENDAR OF EVENTS NOVEMBER 2016

If you have other events you would like posted in the future, please contact the Aging & Disability Resource Center

Job Center – Wednesday, Nov. 2 from 12:30 p.m. – 2:30 p.m. at the Woodville Community Library, 124 South Main Street, Woodville. A Job Center expert come to the library to meet with anyone interested in job searching ideas, how to look online for jobs, how to type up a resume or check the one you have, interviewing tips, etc. Call toll-free to Aracely (emphasis on the “Cel”) at 888-258-9966 to make an appointment. You no longer need to get to a state workforce site, they are coming out to the local libraries to meet people now!

Senior Potluck – Friday, Nov. 4 from 11:45 a.m. – 1:30 p.m. Bring a dish to pass, spend some time socializing. Free for all participants. The Centre, 428 South Star Ave, New Richmond, WI. Call 715-246-2252 for more information.

Wheelchair Clinics:

Tuesday, Nov. 8 from 9 a.m. – 12 p.m. The Stout Vocational Rehabilitation Institute is sponsoring Wheelchair Clinics the 2nd Tuesday of every month through the end of 2014. The clinics will be held at University of Wisconsin-Stout, Room 120 Vocational Rehabilitation Building, 221 10th Avenue East, Menomonie. SVRI technicians will be available to diagnose potential repairs and perform routine cleaning and maintenance procedures. Appointments are not required; services are available on a first-come, first-served basis. If you have questions about the Wheelchair Clinics, please call Dan Sembach at (715) 232-4037. This is a free service sponsored by the Stout Vocational Rehabilitation Institute. If technicians find significant repair issues, they will give you an estimate of the repair costs. This is an excellent opportunity to learn more

about your wheelchair, including the things that you can do to keep your chair working well!

Technology Night: Thursday, Nov. 10 from 5:30 p.m. – 7:45 p.m. Hazel Mackin Community Library – 311 West Warren Street, Roberts, WI 54023. Call 715-749-3849 to reserve a slot for FREE help with your tech questions. No question is a bad question.

Job Center – Thursday, October 18 at the Baldwin Public Library, 400 Cedar Street, Baldwin from 10 a.m. – 12 p.m. A Job Center expert come to the library to meet with anyone interested in job searching ideas, how to look online for jobs, how to type up a resume or check the one you have, interviewing tips, etc. If this time does not work for you, call toll-free to Aracely (emphasis on the “Cel”) at 888-258-9966 to

Community Calendar...
continues on page 19

WHO TO CALL

- ☎ For help with Medicare or Social Security?
- ☎ To schedule a volunteer driver for a medical appointment?
- ☎ Are you a caregiver looking for options?
- ☎ For options on how you can remain independent living in your own home or apartment?
- ☎ For assistance finding help in your home?
- ☎ To discuss your choices for housing or care?
- ☎ To learn about financial assistance for older adults or adults with disabilities?
- ☎ You're worried about an older family member and don't know where to start?
- ☎ How do I find out what services I'm eligible for?
 - Call the ADRC of St. Croix County at 1-800-372-2333 or email at adrcinfo@co.saint-croix.wi.us
- ☎ To reserve or cancel your lunch?
- ☎ To schedule a ride to a Senior Center?
- ☎ For information on a Senior Center activity?
 - Baldwin 715-684-2979
 - Deer Park 715-269-5301
 - Glenwood City 715-265-7242
 - Hudson 715-386-8709
 - New Richmond 715-243-7493
 - River Falls 715-425-9935
 - Roberts 715-749-3755
 - Somerset 715-247-5354
 - Woodville 715-698-2152
- ☎ To inquire about Veteran's Benefits?
 - 715-386-4758

VOLUNTEER OPPORTUNITIES

Throughout St. Croix County

“NEIGHBORS HELPING NEIGHBORS”

- ★ Do you like to spend time with older adults?
- ★ Are you looking for a way to give back?
- ★ Make a difference by helping others in your community!

CONTACT:
ADRC of St. Croix County
 1752 Dorset Lane
 New Richmond, WI 54017
 800-372-2333
 EMAIL: adrcinfo@co.saint-croix.wi.us
 WEBSITE: www.sccwi.us/adrc

PROGRAMS:
ADULT DAY RESPITE
 Activities Assistant
 -or-
 Driver*
 Mondays: Hudson
 Tuesdays: New Richmond
 Thursdays: Hudson
HOME-DELIVERED MEALS
 Driver
 Hudson or New Richmond or River Falls
VOLUNTEER MEDICAL TRANSPORTATION
 Driver*
CONGREGATE DINING
 Senior Centers – meal service and activities.
 Baldwin, Deer Park, Glenwood City, Hudson, New Richmond, River Falls, Roberts, Somerset, and Woodville
 *reimbursed for mileage



Drivers from 18 counties attend regional training and appreciation event

By Denise Larson, Center for Independent Living for Western WI

On Oct. 14th, 125 drivers and transportation stakeholders from the 18 county service areas of Center for Independent Living for Western WI (CILWW) and North Country Independent

Living (NCIL), participated in a regional driver training and appreciation event held at the St. Croix Casino Event Center, Turtle Lake. CILWW sponsored the event as part of its New Freedom Transportation Program, supported in part by a FTA/WIS DOT 49 USC 5310 grant and many other community partners including North Country Independent Living, Community Care Connections of Wisconsin and several Aging and Disability Resource Centers from the 18 county region. Regional Mobility Manager Denise Larson stated that this event is an activity of the Western Wisconsin Regional Transportation

Coordinating Committee’s Regional Plan, to collaborate and coordinate transportation services and activities to help share valuable resources. The training included Sensitivity, Community Resources, HIPAA/Confidentiality, Universal Precautions, Blood Borne Pathogens and Adaptive Equipment for the home and vehicles.

Since 2008, CILWW’s volunteer drivers in coordination with NCIL have provided over 165,000 rides for over 2500 persons with disabilities and the elderly for shopping, medical, employment and personal business. The 18 county transportation service area

Drivers Training & Appreciation

...continues on page 18

The Transit Planning Sub-Committee of St. Croix County hosted its first OPEN HOUSE on October 5th from 6-8 p.m. at the Ag Center in Baldwin. The purpose of the event was to introduce local officials and the general public to the members, purpose, vision and mission of the committee and to report on the progress of a Transit Feasibility Study presently being conducted by Ann Schell of the West Central Wisconsin Regional Planning Commission. The purpose of the study commissioned by the Transit Planning Sub-committee is to develop plausible



Ann Schell of the West Central Regional Planning Commission presenting demographic information included in the Transit Feasibility Study

alternatives to improve transit for all residents of St. Croix County. The Transit Planning Sub-Committee will host a follow-up event in 2017 to present the alternatives and to solicit additional public input.

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Spotlight on Social Security

Discover the courageous faces of disability

Submitted by: Bob Trotter, Social Security Public Affairs Specialist in Milwaukee, WI

Social Security is committed to the principles and spirit of the Americans with Disabilities Act (ADA), which improves the lives of our beneficiaries and our employees who have disabilities. We are proud to say that we've been helping people with disabilities for over 25 years.

We also want you to see and hear from the people who rely on Social Security disability benefits to not just survive, but thrive, as active members of our communities. Our *Faces and Facts of Disability* website highlights the real life stories of people who have disabilities.

The newest person we are featuring on our *Faces and Facts of Disability* website is Lynne Parks. She is an artist from Baltimore, Maryland. First

diagnosed with metastatic fibrosarcoma at age 14, she has lived with this illness for nearly 35 years. It started in her face and moved to different parts of her body, including her abdomen and leg. She also has various tumors on her shoulder and arm.

Inflammatory responses, infections, and new tumors are complications that Lynne deals with every day. "Because of the tumors, I have limited use of my left arm," Lynne said. "I have weakness in my legs. There's fatigue because my immune system has taken such a big hit from the cancer and the cancer treatments. I get sick all the time. There might be a day that I can be at home and resting and I'll try to make the best of it. I'll wake up, fix breakfast and eat, and that takes a while because

of my physical limitations, but also because of my first tumor that was in my face."

Having been helped by Social Security, Lynne tries to help others. "I'm also helping people who have issues learn to cope with them, because they see in me someone as a role model, essentially. Life without Social Security benefits, it's a horror story, because I imagine myself on the streets."

The disability benefits Lynne receives are a crucial resource for her quality of life. Our disability programs continue to be a mainstay in the lives of many people — people just like you. Social Security disability beneficiaries are among the most severely impaired people in the country. It's something that can happen to anyone when least expected.

We invite you to learn the facts about the disability insurance program, and see and hear these stories of hardship and perseverance at www.socialsecurity.gov/disabilityfacts.



History of Veteran's Day

On November 11, 1918 in a railroad car in the forest of Compiegene, France, the armistice to end World War II was signed. Once the news got out, celebrations began in Paris, London and New York City where more than a million Americans jammed Broadway, danced in the streets and hurled ticker tape out windows.

This armistice became an annual observance on both sides of the Atlantic during the 1920's. Back then, they called it "Remembrance Day" in England and Canada while it was either Armistice or Victory Day in the United States. The "V" sign originally stood for Victory Day and became known as the Peace Sign during the Vietnam conflict.

In 1954, President Eisenhower signed a bill declaring that November 11th would thereafter be commemorated as Veteran's Day. In 1968, legislation was passed to make Veteran's Day the 4th Monday in October. Many didn't like that because that wasn't the day the armistice was actually signed. So, in 1978, Congress undid what it had done ten years earlier and once again made November 11th Veteran's Day.

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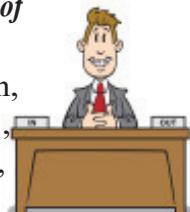
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ADRC Manager's Report

From the Desk of
Brad Beckman



Fall Season, football, flu shots, Medicare part D enrollment season and National Caregivers Month, and Veterans Day, plus my special 60th birthday! I'm eligible for services thru the Aging programs, where did the time go to reach this age.

I hope everyone had a great time at annual Halloween Monster Mash at Roberts Senior Center, bingo, chili and great costumes!

Medicare Annual Enrollment Period for Medicare Advantage and Part D Prescription Drug Plans has begun (see pullout in this month's issue). If you would like to review your current prescription plan or supplemental insurance, call the ADRC and ask for a Medicare Part D Plan Finder form to be mailed out. Don't forget the plans have to be completed before December 7th.

In November we honor the men and women on Veterans Day who have served their country! We humbly thank all the members, past and present, of the armed forces and their families for dedicated service to our country and the freedom's we cherish!

Also like to wish everyone Happy Thanksgiving!

If you have questions about the ADRC, don't hesitate to call 1-800-372-2333 or email at adrcinfo@co.saint-croix.wi.us. You can also visit our website at www.sccwi.us/ADRC.

• FOR YOUR BENEFIT NEWS •

How to choose an attorney

Prepared By: *GWAAR, INC. ELDER LAW & ADVOCACY CENTER*

When the need for a private attorney arises, locating and hiring the right attorney can be intimidating and confusing. A potential client must balance his or her need for representation with the associated costs as well as expectations of strong advocacy, competence, and trust. Many times, the need for representation arises suddenly and unexpectedly, forcing the prospective client to locate an attorney on short notice.

The following information is intended to be used as a reference when searching for and hiring an attorney. It includes information on a variety of factors that may be important during the search with an emphasis on the legal needs of older persons who may require an attorney familiar with, and specializing in, Elder Law issues.

QUESTIONS TO ASK:

It is important to remember that simply walking into an attorney's office does not mean that a prospective client is required, or even intends, to hire an attorney. The initial conversation with an attorney (or a member of his or her staff) should be used to ask questions, obtain information and build trust between the client and prospective attorney. Then, only if both parties are comfortable with the representation should the client formally hire an attorney. Prospective clients should feel comfortable with his or her prospective attorney and should not hesitate to ask questions, request explanations, and demand answers. Some questions to ask include:

Initial Questions

- Does the attorney provide a free, initial consultation?
 - o If so, how long? If not, how much does he or she charge for an initial appointment?
- Does the attorney handle cases of the type facing the prospective client?
 - o How much of his or her practice is devoted to that area of the law?
 - o How long has the attorney been handling cases/matters of this nature?
- Will the attorney require payment prior to beginning representation?
 - o If yes, how much is required?
 - o Does the attorney handle such cases on a "contingency fee" (the attorney only gets paid if the client wins) basis?
- What types of documentation and/or information will the attorney need prior to, or during, an initial office meeting?
- Can the attorney provide references from other clients?
- Does the attorney carry legal malpractice insurance? Case-Specific Questions for the Attorney
- What are the legal options that exist to resolve the current issue or dispute?
 - o Which option would the attorney recommend?
 - o What are the strengths and weakness of each option?
- Has the attorney handled similar cases in the past?
 - o What were the outcomes of previous cases? Were they resolved successfully?
- What is the expected timeline for resolving all pending issues?
- How, and how often, will the attorney provide updates about the case? Billing-Related Questions
- How is the client billed?
 - o Hourly? Flat fee? Contingency fee?
- How often will the client receive a bill?
- Will there be any other fees or expenses (e.g. postage, filing fees, copying, travel, etc.) added to the bill?
- Other than the attorney, will anyone else be working on the case?
 - o If so, what are their billing rates?
- Will there be a written fee agreement? (If so, always request a copy)

Elder Law-Specific Questions

- Does the attorney have experience dealing with Elder Law issues?

FYBN~How to choose an attorney...continues on page 20

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SUPPORT GROUPS

Caregiver Clubs -

1st Tuesday of the month at 9 a.m.

New Richmond Civic Center Conference Room, Main Floor. For those caring for someone with memory loss. Chair massages provided last half hour of group.

2nd Friday of the month at 9:30 a.m.

St. Bridget's Church, Westview Room, River Falls. For those caring for someone with memory loss.

3rd Thursday of the month at 1 p.m.

Government Center, Hudson. For those caring for someone with a chronic disease. Chair massages provided last half hour of group.

****Respite care is available in Hudson & New Richmond with advance registration. Call Tara at 715-381-4366 for details. For more information call 1-800-372-2333.**



Other Area Support Groups:

Learning to Live Again - 1st Monday of the month, 6 p.m. at First Lutheran Church - 218 County Rd K, New Richmond. The group is open to anyone who has suffered a loss in their lives. Anyone is welcome regardless of religious affiliation or lack of one. Contact Pastor Amelia for more information at 612-850-3904 or email at pastoramelia@firstdaynr.org

Look Good...Feel Better - 1st Monday of the month, 7 p.m. at Westfields Hospital and Clinics. Cosmetology professionals help patients in cancer treatment with makeup application, dry skin, discolored nails, choice and care of a wig, scarves, turbans and hats. Register by calling 715-243-2640,

free
Brain Injury Support Group - 3rd Monday of the month, 5 p.m. Courage Kenny Rehab Institute - 1460 Curve Crest Blvd., Stillwater, MN. Call 651-241-3373

Caregiver Support - 1st Wednesday of the month, 1 p.m. - 3 p.m. Family Means - 1875 Northwestern Avenue S., Stillwater, MN 55082. Please call Sarah Gavin at 651-789-4004 to register or to learn more.

Dementia Caregiver Support Group - 2nd Sunday of the month, 2 p.m. Support for caregivers at Comforts of Home, 1111 Heggen St, Hudson, in the lower level in the Memory Care unit.

Parkinson's Support Group - 2nd Tuesday of the month,

10 a.m. at Hudson Hospital - 405 Stageline Rd, Hudson, WI 54016. Contact Vicky Hakala at 651-436-1331.

Alzheimer's Support Group - 2nd Tuesday of the month, 3 p.m. at Park View Home, Woodville. Contact Harriet Link at 715-688-6088

St. Croix Valley Alzheimer's Support Group - 2nd Tuesday of the month, 6:30 p.m. at First Presbyterian Church, 6201 Osgood Ave N Rm 201, Stillwater, MN 55082. Contact Valerie Richards at 651-210-7866 for more information.

Cancer Support Group - 2nd Wednesday of the month, 6:30 p.m. - 8 p.m. at the Classrooms at River Falls Area Hospital. Programs

Other Support Groups ...continues on page 15

DAYAWAY CLUB

Submitted by Stephanie Koski, DayAway Manager

We are so excited to have some new faces in the Day Away program. This means we have more people to laugh with and have fun with. We have a great group of people who have a lot of fun together. We have had fun making Halloween and Fall crafts. I would like to thank all my volunteers for their amazing help.

Feel free to come and see what we have to offer for your day away with us. If you are interested in coming for the day to see what we are about call Tara Murdzek, Caregiver Support Coordinator at 800-372-2333.

VOLUNTEER DRIVERS NEEDED! We are in need of volunteers to bring participants to and from DayAway. If interested in volunteering, please call Tara at 800-372-2333.

Day respite programs are promoted by the Administration on Aging and National Family Caregiver Alliance as options to help caregivers maintain their own health and well being. If you or someone you know could benefit from this option, call the Aging and Disability Resource Center at 1-800-372-2333 or email tara.murdzek@co.saint-croix.wi.us And, there are financial incentives if your budget is stretched.

If you would like to provide a scholarship for someone to try the adult day program, please send your donations to ADRC - DayAway, 1752 Dorset Lane, New Richmond, WI 54017. Each day is worth \$45. DayAway also receives United Way funding. Or if you wish to donate craft supplies, small door prizes, or want to become a volunteer, contact Tara at 715-381-4360 or 1-800-372-2333.

Thanks to the UNITED WAY for contributions to fund scholarships to attend DAYAWAY and to the many other generous donors!

Mondays - Crossing Point Building, 220 Vine Street, Hudson

Tuesdays - United Methodist Church, 209 E 2nd St, New Richmond

Thursdays - Crossing Point Building, 220 Vine Street, Hudson



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CAREGIVER SUPPORT

Submitted By Tara Murdzek, Caregiver Support Coordinator

Asking for help

Everyone needs help from time to time. Sometimes a crisis occurs – an accident, major change in health or the death of someone close. Sometimes it is just a tough week when lots of little things go wrong. And still other times we find we are unable to do all of the things we used to do. As a caregiver, the responsibilities can simply feel overwhelming at times. Whatever the case, we all find ourselves in a position where we need a little bit of help.

Sometimes it is so hard to ask for help. We are taught to take care of ourselves and see asking for help as a sign of weakness. Often we tell ourselves that it will get better or that there isn't anything anyone else can do anyway. In our caregiving role we may feel that no one else can really do our job. We even talk ourselves into thinking we actually don't need help, but deep down, we know we could use some assistance. When we are thinking these things, we are in fact admitting that we need help, and accepting this is the first step to getting help.

When you have decided that you could use some help think about specific things you need most. Sometimes you may need something tangible like a ride to the store, your lawn mowed, your house cleaned, a meal prepared or an hour or two of respite from caregiving. Other times you may need someone to talk to or a shoulder to cry on. If you can't figure out what you need, ask

a friend, relative or counselor to help you. Then write your needs down.

As you review your list of needs, think about the people you know who you might be able to help. Consider neighbors, people you've met at church or community centers as well as family and friends. Many people would feel honored to be asked to help. There also may be people at the ADRC, Social Services or other local agencies that could offer assistance.

The next step is directly asking for help. It is best to be specific in your request, including what you need and when you need it. "Could I get a ride to the grocery store sometime today or tomorrow?" or "Would you please rake my leaves for me this weekend?" or "Would you like to have coffee with me tomorrow – I need someone to talk to." By being specific, it is more likely for your need to be fulfilled and it also makes it easier for the person helping if they know exactly what you want. If the answer to your request is no, don't get discouraged. It may take a few tries to get someone who is able to assist you. Another option is to ask a close friend or relative to assist you in recruiting people to help.

Sometimes when people offer to help it may catch us off guard and we can't think of anything we need right at the time. To remedy this, keep a pencil and paper handy and write down the various things you could

Caregiver Support...continued on page 15

MEMORY CAFÉ OPPORTUNITIES

These are monthly meetings for the individual who has a diagnosis of Alzheimer's or other dementia and the care partner. They will provide both support and social interaction. Activities each month will be directed by the members and can involve music, art, presentations on chosen topics, lunches out as well as many other possibilities. Beverages and snacks are provided.

The Memory Café for the Baldwin area is not meeting through the end of 2016. However, we encourage folks to attend in Hudson, New Richmond or River Falls – check out the locations below. For more information, contact the Dementia Care Specialist at 715-381-4360.



YMCA	The Centre	The Westwind
840 Carmichael Rd Hudson	428 Starr Ave New Richmond	709 N Main Street River Falls
1st Thursday	2nd Wednesday	Last Tuesday
9:30 a.m. – 11 a.m.	1 p.m. – 2:30 p.m.	10 a.m. – 11:30 a.m.

Sponsored by the ADRC of St. Croix County; The Centre in New Richmond; YMCA-Hudson; The Lutheran Home, River Falls; Interim; Our House; and WITC-New Richmond

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DEMENTIA CARE

Submitted by: Nancy Abrahamson, Dementia Care Specialist

Choices...

Caregiving continues to challenge many of us on a daily basis. It also presents the question of when to get help in the home (if at all), or when to turn over 24-hour care to a residential provider. None of the questions are easy much less desired by any caregiver.

On Thursday, October 13, 2016 a Caregiver Forum was held in Hudson at Bethel Highlands. Meg Heaton, journalist for Rivertowns News had the idea because of the many caregivers who shared their issues with her. She wrote a proposal and it was funded by the Hudson Community Foundation, Ryan Cari, Chair. Nearly 90 people attending were fortunate to hear three powerful caregiving stories. Opening the evening was former Wisconsin Governor Martin Schreiber. He cares for his wife, Elaine, and spoke about the changes he witnessed as well as the effects of those Alzheimer's disease induces changes on him, his family, his friends, and their future. He has written a book, "My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver." Marty so poignantly stated that it doesn't pay to argue or correct but to live with your loved one in whatever they believe. He used the example of his wife asking for her parents. He learned not to tell her they had died because without recent memory, she would begin grieving again each time she was told they weren't living. And, she would wonder why she didn't give them a "proper funeral." He also learned that humor and music are great ways to spend time with Elaine.

Speaker, Arlen Strate, a lifelong resident and farmer from Roberts explained how much he learned during his

Dementia Care...continued on page 14

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3 Locations to better serve you.....

Baldwin, WI ~ 840 Main Street
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~ 1100 Bergslien Street

Located inside Western Wisconsin Health Campus

715-688-2674

Glenwood City, WI ~ 224 W. Oak Street

Located inside Nilssen's Foods

715-565-3465

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● SENIOR CENTER NEWS ●

Baldwin Senior Center



John Doornink, Senior Center Board President
Cindy Ramberg, Nutrition Program Manager
400 Cedar St • Baldwin • 715-684-2979



Activities:

- Nov. 3 – Senior Center Board meeting at 10:30 a.m.
- Nov. 4 – Gordman’s Field Trip leave at 9 a.m.
- Nov. 8 – CLOSED for Election Day
- Nov. 16 – Blood Pressure Checks at 10:30 a.m.
- Nov. 17 – Thanksgiving Appreciation Meal at 12 p.m.
- Nov. 24 – CLOSED for Thanksgiving Day
- Mondays - Dominoes 9:30 a.m.
 - Cards at 1 p.m.
- Tuesdays - Bingo at 10:30 a.m.
 - Painters Club 1 p.m.
- Wednesday - Dominoes at 9:30 a.m.
- Thursdays - Bingo at 10:30 a.m.
- Fridays - Game Day
 - Dominoes at 10 a.m.
 - Cards at 1p.m.
- Daily - Table of Knowledge at 8:30 a.m.

Birthdays:

- Nov. 1 – Carol Burhans
- Nov. 2 – Jean Lindus
- Nov. 2 – Carol Freier
- Nov. 6 – Lois Dokken
- Nov. 8 – Shirley Reinhardt
- Nov. 12 – Carroll Klanderman
- Nov. 19 – Bernard Lewis

The Baldwin Senior Center would like to thank the following:

- ☺ Glen Boldt for the delicious homemade apple sauce, garden squash, and the freshly caught fish.
- ☺ Joyce McFadden (again) for the fresh garden vegetables.
- ☺ Jill Tiffany for the fresh produce.
- ☺ Baldwin Food Pantry for the donations of non-perishable items.
- ☺ Cottage Winery in Menomonie for the great time!
- ☺ Rudy Rudesill for the entertainment in celebration of Ann & Kent Rudesell’s Anniversary.
- ☺ All the dedicated volunteers who help keep our “home away from home” running so smoothly! Due to all of your hard work, kind hearts, & thoughtful actions, our Senior Center is such a wonderful place to spend our days! We are truly blessed to have each & every one of you!

Our adventure to the Cottage Winery in Menomonie was incredibly fun & we couldn’t have asked for a better day for weather! What a charming & beautiful winery! We highly recommend family/friends & community members to check it out!

Our outing to The Maple Leaf Apple Orchard & Ellsworth Coop Creamery

Baldwin Senior Cener...continues on page 16

Deer Park Senior Center



Pat Shilts, Senior Center Board President
Janice Thompson, Nutrition Program Manager
121 Front St • Deer Park • 715-269-5301



Activities:

- Nov. 9 – Senior Center Board meeting at 9 a.m.
 - Nov. 10 – Honoring Veterans
 - Nov. 24 – CLOSED for Thanksgiving Holiday
 - Mondays: Coffee at 8 a.m.
 - Tuesdays: Coffee at 8 a.m.
 - Daily: food, coffee, great friends, and wonderful meals.
- Please join us, we always welcome new friends, our old (long time sounds better) friends are special.

Birthdays:

- Nov. 11 – Bev Sellent
- Nov. 22 – Jan Thompson

We hope everyone that attended the Monster Mash Bingo Bash party had a nice time. Where did our summer go? Halloween, pumpkins, corn shocks, Thanksgiving, and all the fun fall things must mean it is soon winter. Let’s hope it is short and mild.

Once again my heartfelt thanks to all the generous people that help so much with all we have to do to. It is not possible without all of you wonderful friends. Thanks also to all of you that were so caring and kind to me during my shocking episode. I think all is well - God Bless You.

It is my wish that each and every one of you have a most blessed Thanksgiving.

Remember Sadie Hawkins Day?



Sadie Hawkins Day was invented on November 15, 1937, by Al Capp, creator of the Lil’ Abner cartoon strip. By doing so, he helped the Women’s Liberation Movement take a step forward. The idea that it was ok for a girl to chase a guy or ask a guy out to a dance suddenly became appealing to both sexes. Women now had an opportunity to confront that shy guy they liked.

The first Sadie Hawkins dance was held on November 9, 1938. The public loved it so much that Sadie Hawkins Day dances began popping up in schools and colleges across the United States. It was usually celebrated the first Saturday in November after the 11th.

Activities and special events are funded in part by a grant from the United Way.

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● SENIOR CENTER NEWS ●



Glenwood City Senior Center

Alfie Schrank, Senior Center Board President
Jami Anderson, Nutrition Program Manager
316 West Oak St • Glenwood City
715-265-7242



Activities:

- Nov. 1 – Senior Center Board meeting
Nov. 5 – Trip to 45th Parallel and Barley Johns Brewery in New Richmond
Nov. 8 – CLOSED for Elections
– Fieldtrip to Bass Lake Cheese, Stillwater Apple Orchard and Downtown Stillwater
Nov. 14 – Blood Pressure and Blood Sugar with Kevin and Char
Nov. 18 – Fieldtrip to River Bend Vineyard & Winery and Fill-Inn Station in Chippewa Falls for lunch
Nov. 24 – CLOSED for Thanksgiving Day
Nov. 28 – Footcare with Brenda Cogbill, appointments available by calling 715.265.7242
Daily: The Cloudy Boy's Coffee Group at 8 a.m.
: Sunshine Girl's Coffee Group at 9 a.m.
: Bingo at 10 a.m. (\$.10/game and a total of 15 games played)

Birthdays:

- Nov. 5 – Lorraine Palewicz
Nov. 6 – Irene Schmidt
Nov. 10 – Bob Carlson
Nov. 24 – Peg Hoitomt

We are looking for Volunteers! Setting, clearing & washing tables, calling bingo, washing dishes, passing milk & food, sweeping & vacuuming, mopping, counting money and taking the garbage out. The Senior Center is structured to operate with the assistance of volunteers. The more people we can get to help, will in turn lessen the workload on the few that do help every day! Just a few minutes of your time helps our program to run seamlessly! A BIG Thank you to all who do Volunteer☺

October was sure a fun month for us! We did a lot of traveling! We went on a beautiful fall drive to Alma to Danzinger Winery, they have a gorgeous view of the river on top of a very steep hill and the wine was delightful! We changed our plans and didn't get to Bucknuckles as intended. Instead we let the group decide where to eat as we drove - some went to Beth's Twin Bluffs Café others walked across the street to the Nelson Cheese Factory where we were able to enjoy the beautiful day on the patio, lunch and some of their delicious ice cream!

Our next trip was to Osceola where we hopped on a train to enjoy a view of the Fall colors then had lunch at Ready Randy's in New Richmond. The next weekend we did a b2b...Saturday we crossed the river and went to Minnesota to Pine Tree Apple Orchard – They had the best Apple Rollovers! Then on Sunday we traveled up north a bit to St Croix Falls to St Croix Chateau Winery to an Oktober Wine Festival, It was a Fantastic day☺

With the colder months coming it might be a little bit more difficult to find so many fun things to do?! However, we are still planning as many things as we can find! Give us a call or stop in to see what's coming up!

We want to Thank Sandy Hoff who sang for us in September. She brought some Branson music to us in Glenwood City☺ Thank you Sandy we can't wait to have you back again!

We also want to Thank Rudy Rudesill for entertaining us at our Halloween Bash! We always enjoy having you at the Center☺

The Glenwood City Senior Center is open Monday through Thursday 8 a.m. to 1 p.m. We play Bingo daily Monday thru Thursday at 10 a.m. Dinner is served at 11:30 a.m. All seniors 60+ can dine for a suggested donation of \$4.00 per meal. Home-delivered meal service is also available call Brandy at 715-381-4364. Please call 24 hours in advance to reserve your meal. Please call by noon Thursday to reserve for the following Monday our number is 715.265.7242.



Hudson Senior Center

Carol McConaughy, Senior Center Board President
Melissa Wright, Nutrition Program Manager
1320 Wisconsin St • Hudson
715-386-8709

Activities:

- Nov. 1 – American History Discussion group 1 p.m. – 2 p.m.
Nov. 4 – Veterans Party (Senior Center CLOSED to public)
Nov. 10 – Hand and Foot card game at 9 a.m.
– Piano playing by Kathryn Long
– Foot care with Dave
Nov. 11 – Holiday Card Making at 9:30 a.m.
– Birthday Party
Nov. 15 – American History Discussion group 1 p.m. – 2 p.m.
Nov. 17 – Blood Pressure with DeeAnn from 9:30 a.m. – 11 a.m.
Nov. 18 – Thanksgiving Day meal
Nov. 24 – CLOSED for Thanksgiving Day
Nov. 25 – CLOSED for Thanksgiving Holiday
Mondays – Men's Coffee Group meeting at 8 a.m.
– Seniorcise 9 a.m. – 9:45 a.m. (NO class on Nov. 7)
Tuesdays – Shopping after lunch (call 24 hours ahead to reserve ride)
Wednesdays – Men's Coffee Group meeting at 8 a.m.
– Euchre 1 p.m. – 4 p.m.
Thursdays – Piano music by Judi at 11 a.m.
– Shopping after lunch (call 24 hours ahead to reserve ride)
– Grief Support Group from 7 p.m. – 8:30 p.m.
Fridays – Men's Coffee Group meeting at 8 a.m.
– Piano music with Judi
Daily - Bingo at 9:30 a.m. – 10:30 a.m.

Birthdays:

- | | |
|---------------------------|------------------------------|
| Nov. 1 – Walt Johannsen | Nov. 11 – Beverly Muessmeier |
| Nov 5 – Joan Larson | Nov. 14 – Lillian Taibain |
| Nov. 6 – George Badman | Nov. 17 – Tom Shoemaker |
| Nov. 7 – Thomas Collova | Nov. 18 – Ray Schmidt |
| Nov. 8 – Margaret Kochler | Nov. 21 – Esther Weigel |
| Nov. 9 – Angie Sewall | Nov. 21 – Kathryn Long |
| Nov. 10 – Sylvia Larson | Nov. 24 – Joyce Zenz |
| Nov. 11 – Anita Stanek | |

Happy Thanksgiving!

Seniorcise has started at the Hudson Senior Center! This will be every Monday at 9 a.m. Please join us for a fun way to get exercise all in a chair. During the class you will work on strength, mobility, endurance, breathing techniques and stretching. Please call Melissa to sign-up or stop by the senior center, 715-386-8709. \$1 per session.

On November 4, the Hudson Senior Center will be having a Veterans party to show our appreciation to all Veterans. The Senior Center will be CLOSED to the public and invite all Veterans to attend. We will have a special lunch and entertainment by Just Dorothy. Please come by the Senior Center or call Melissa to RSVP (715-386-8709).

November 11 is Birthday party Friday! Join us for lunch and cake to celebrate all our November birthdays. We will also have a card making class at 9:30 a.m. The class will cost \$3 and you will get the chance to make 3 unique cards. Please sign-up by Nov. 4 (715-386-8709).

Do you Knit or maybe crochet? Would you like to learn? Starting in December we will be having a knitting/crochet group! Come join us for great conversation, coffee and of course knitting & crocheting. Our first project

Hudson Senior Center...continues on page 16

NUTRITION PROGRAM MENUS

Hudson Area Nutrition Program November 2016 Menu

Serves Mon. through Thurs. (*Fridays serves congregate only) at the Hudson Senior Center
 1320 Wisconsin Street, Hudson Call 715-386-8709 24 hours in advance for a meal
 Due to circumstances beyond our control, menu changes may occur from time to time.

Monday	Tuesday	Wednesday	Thursday	Friday (On-Site Dining Only)
 THANKSGIVING	1 Fried Chicken Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	2 Baked Ham Au Gratin Potatoes Whole Green Beans/Tom Cottage Cheese/Pineapple Chef's Dessert	3 Spaghetti w/Meat Sauce Zucchini Tossed Salad Garlic Toast Chef's Dessert	4 CLOSED Veterans Meal
7 Salisbury Steak Mashed Potatoes Buttered Carrots Tossed Salad Chef's Dessert	8 Chicken ala King Rice Pilaf Tossed Salad Chef's Dessert	9 Swedish Meatballs Mashed Potatoes Peas & Mushroom Fresh Fruit Chef's Dessert	10 Chopped Sirloin Baked Potato Grilled Onion Mixed Greens Chef's Dessert	11 Fried Shrimp Tater Barrels Carrots Vichy Coleslaw Chef's Dessert
14 Roast Chicken Mashed Potatoes Kernel Corn Coleslaw Chef's Dessert	15 Baked Ham, Pineapple Au Gratin Potatoes Peas w/ mushrooms Tossed Salad Chef's Dessert	16 Braised Spare Ribs Caraway Potatoes Sauerkraut Tossed Salad Chef's Dessert	17 Chicken Subgum White Rice Crisp Noodles Tossed Salad Chef's Dessert	18 Thanksgiving Meal
21 Spaghetti/Meat sauce Italian Green Beans Tossed Salad Garlic Toast Chef's Dessert	22 Roast Pork Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	23 Old Thyme Hotdish Broccoli Spear Tossed Salad Garlic Toast Chef's Dessert	24 CLOSED for Thanksgiving Day	25 CLOSED for Thanksgiving Holiday
28 Chopped Sirloin American Fries Grilled Onion Coleslaw Chef's Dessert	29 Fried Chicken Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	30 Baked Ham Au Gratin Potatoes Whole Green Beans/Tom Cottage Cheese/Pineapple Chef's Dessert	Suggested Donation: \$4.00 per meal Please pay as much as you can afford, as we rely on donations from participants to keep the program going.	

River Falls Nutrition Program November 2016 Menu

119 Union Street - 715-425-9932

Serving Monday – Friday

Due to circumstances beyond our control, menu changes may occur from time to time

Monday	Tuesday	Wednesday	Thursday	Friday
 Give Thanks	1 Country Ham Au Gratin Potatoes Corn Garlic Cheddar Biscuit Chef's Choice Fruit Dessert	2 Salisbury Steak Mashed Potatoes & Gravy Carrots Fruit Dinner Roll Dessert	3 Beef Stir Fry Buttered Noodles Oriental Blend Vegetable Fruit Bread Slice Dessert	4 Beer Battered Fish Rice Pilaf Coleslaw Chef's Choice Fruit Dessert
7 BBQ Chicken Baked Beans Creamy Cucumbers Fruit Dinner Roll Dessert	8 Cheeseburger on Bun Potato Salad Coleslaw Chef's Choice Fruit Dessert	9 Pot Roast Mashed Potatoes & Gravy Mixed Vegetables Bread Slice Mandarin Orange Cake	10 Smothered Steak Mashed Potatoes & Gravy Squash Fruit Garlic Cheddar Biscuit Dessert	11 Open Face Philly Sandwich Green Beans Chips Chef's Choice Fruit Dessert
14 Marinara Chicken w/ Cheese Buttered Noodles Wax Beans Breadstick Dessert	15 Smothered Chopped Stk Mashed Potatoes Corn Chef's Choice Fruit Sliced Bread Dessert	16 Glazed Ham Baked Sweet Potato Peas Dinner Roll Fruit Crisp	17 Oven Fried Chicken Baked Potato Carrots Pineapple Bread Slice Dessert	18 Tuna Noodle Casserole 5 Way Blend Vegetables Chef's Choice Fruit Garlic Cheddar Biscuit Dessert
21 Smothered Chkn Brst Baked Potato Peas Peaches Bread Slice Dessert	22 Spaghetti & Meatballs Green Beans Chef's Choice Fruit Breadstick Dessert	23 Open Face Turkey Mashed Potatoes & Gravy Capri Blend Veggies Creamy Fruit Fluff Dessert	24 CLOSED for Thanksgiving Day	25 CLOSED for Thanksgiving Holiday
28 Sweet & Sour Chkn Parslied Noodles Stir Fry Vegetables Bread Slice Fruit Crisp	29 Beef Stew Cauliflower Pears Biscuit Dessert	30 BBQ Pulled Pork on bun Creamy Cucumber Chips Fruited Jell-O	Suggested Donation: \$4.00 per meal Please pay as much as you can afford, as we rely on donations from participants to keep the program going.	

St. Croix County Area Nutrition Program November 2016 Menu

Serving Mondays through Thursdays at the following locations:

Baldwin – 684-2979 **Deer Park** – 269-5301 **Glenwood City** – 265-7242 **New Richmond** – 888-1205 **Somerset** – 247-5354
Woodville – 698-2152 **Roberts** – 749-3755 serving Mondays & Wednesdays

Monday	Tuesday	Wednesday	Thursday
	1 Pecan Crusted Tilapia Sweet Potato Cabbage Au Gratin Bread and Butter Fruit Medley	2 Tator Tot Hotdish with Vegetables Cook's Choice Salad Bread and Butter Pumpkin Bar	3 Sliced Pork Roast Mashed Potatoes and Gravy Green Beans Bread and Butter Apple Sauce
7 Homemade Chili with Crackers Garden Salad with Dressing Cornbread Muffin Dessert	8 Baked Chicken Potatoes Cheesy Vegetable Medley Bread and Butter Tapioca	9 <i>*New Menu Item*</i> French Toast Bake Breakfast Links Fruit Cup	10 Tuna Noodle Casserole Lemon Butter Brussel Sprouts Bread and Butter Bread Pudding
14 Sloppy Joes on a Bun Cheesy Broccoli Soup Peaches and Pears	15 Stuffed Chicken Breast Hashbrown Casserole Buttered Squash Bread and Butter Angel Food with Fruit	16 Cook's Choice Menu	17 Traditional Thanksgiving Feast
21 Baked Cod Macaroni and Cheese Rutabagas Bread and Butter Cake	22 Baked Pork Chops in Gravy Boiled Potatoes Glazed Carrots Bread and Butter Baked Apples	23 Hot Roast Beef Sandwich Mashed Potatoes and Gravy Marinated Vegetable Salad Fruit Cup	24 **CLOSED FOR THANKSGIVING**
28 Homemade Meatloaf Baked Potato and Sour Cream Creamed Spinach Bread and Butter Sherbet	29 Chicken Fettuccine Alfredo Broccoli French Bread Chilled Apricots	30 Egg Salad Sandwich with Lettuce Cook's Choice Soup Pie	Suggested Donation: \$4.00 per meal Please pay as much as you can afford, as we rely on donations from participants to keep the program going.

Kitchen Safety

Submitted by Brandy Zeuli, Outreach Coordinator

How's your food safety savvy? Are you clean and careful enough to keep foodborne illness out of your kitchen? Take this kitchen safety check up to find out.

Do you...

- Wash your hands with warm, soapy water before and after food handling food?
- Change your dishtowels and dishcloths every few days?
- Clean up splatters in your microwave oven immediately with hot, soapy water?
- Sanitize cutting boards after each use with a chlorine bleach-water solution?
- Clean your refrigerator each week, discarding foods that are too old?
- Put dates on frozen foods?
- Thaw foods in the refrigerator, not on the counter?
- Keep refrigerator at 40 degrees or below?
- Keep freezer at 0 degrees or below?
- Rotate foods in your freezer and cupboards, with the oldest foods in front?
- Check foods in cans and jars for bulging or leaking before opening?
- Marinate meat, poultry and seafood in the refrigerator?
- Use a clean knife and cutting board for vegetables after cutting meat, poultry or seafood?
- Use a meat thermometer to cook meat and poultry to a safe internal temperature?
- Put leftovers in the refrigerator within two hours of cooking?
- Cook hamburger patties until they are 160 degrees and no longer pink inside?
- Heat leftovers until they are steaming hot?
- Remove perishable foods from a buffet after two hours?
- Store poultry, meat and fish on the bottom of your refrigerator in containers that won't leak?
- Use leftovers within three or four days?

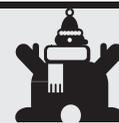
When it comes to foods safety, you need a perfect score. Anything less and you are putting yourself and anyone who eats with you at risk for foodborne illness.

Source: American Dietetic Association- Complete Food and Nutrition Guide

The Recipe Box



Recipe Name: Iowa's Maid Rites		Season: Winter	
Author: Dana Clark	Town: Unknown		
Ingredients:		Directions:	
3 lb ground beef		Put all the items in crock pot and all will be done in 4 hours.	
2 T dried onions			
1 T warm water			
1 cube chicken bouillon			
1 1/2 cup water			
1 T Worcestershire sauce			
1 T soy sauce			
2 T cider vinegar			
2 T brown sugar			



Bad Weather Closings

If your local schools are closed due to bad weather, your local Senior Center/Nutrition Program Site will also be closed; neither congregate nor home-delivered meals will be served those days. Closings will be announced on WIXK 107.1FM and WEVR 106.3FM.

Home Delivered Meal Participants



During the winter months, be sure to have your sidewalks clear from snow and ice so your meals can be safely delivered. You should also have a supply of other food items to eat in the event that meals are not delivered due to inclement weather. Questions? Call the Aging and Disability Resource Center at 1-800-372-2333

● SENIOR CENTER NEWS ●



New Richmond Senior Center

Laura Rebhan, Senior Center Board President
 Patty Shatswell, Nutrition Program Manager
 156 East First Street • New Richmond
 715-888-1205



Activities:

- Nov. 8 – CLOSED for Election Day
 – Senior Center Board meeting
- Nov. 9 – Shopping after lunch
- Nov. 15 – Bingo sponsored by Our House at 10:30 a.m.
- Nov. 22 – Monthly Birthday Party
 – Shopping after lunch
- Nov. 24 – CLOSED for Thanksgiving Day
- Daily: Bingo at 10:30 am
 :Cards at noon

Birthdays:

- Nov. 2 – Jeanette O’Connell
- Nov. 5 – Vivian Kemling
- Nov. 13 – Luci Shirek
- Nov. 13 – Sue Meyer
- Nov. 15 – Marge Gartner
- Nov. 16 – John Dean
- Nov. 20 – Verla Thorne
- Nov. 29 – Anna Robey

We would like to thank the staff at the Civic Center for the Pie and Ice Cream Social held in September for all of us to get acquainted with each other. It was a very nice time and everyone enjoyed it!

Thanks to the Civic Center for the presentation to our Senior Center Members about “Where are your 2017 Tax dollars going”. It was very informative and a very good discussion with our Seniors. Our Seniors really appreciate being informed about these things.

The Senior Center had an outing to the Glenwood City Apple Orchard. Everyone had a great time there. Wonderful hospitality! We all got apples and the great apple pockets. Then we went to the Barnboard Restaurant in Roberts for a late lunch and had a wonderful meal. Imagine to our surprise, when we got the check, an anonymous lady that was there donated \$100.00 to help pay the check! What a wonderful thing! Remember to Pay it Forward when possible!!

Everyone had a great time at the Monster Mash Bash held at the Center in Robert. Thanks to the ADRC for sponsoring this event.

Thanks to the Senior Board for hosting our Halloween Party! Surely was a fun day!

REMINDER: As we move into the winter months the New Richmond Senior Center will be closed when the New Richmond School District closes for bad weather. It’s a good idea to stock up with a frozen dinner or two for your freezer in case of a closing.

The New Richmond Senior Center is now located in the lower level in the New Richmond Civic Center at 156 East First Street. Our new telephone number is **715-888-1205**. We are open Monday – Thursday from 8:30 a.m. – 1:30 p.m. Lunch is served at 11:30 a.m. with a suggested donation of \$4.00 for those over 60. There is a \$6.50 charge for those under 60. Please call 24 hrs. in advance to reserve a meal and please call by noon on Thursday to reserve a meal for the following Monday. Transportation is available to the Center or on shopping days for a small fee. Please call 24 hrs. in advance to reserve a spot. Home-delivered meals are available to those who qualify by calling Brandy, ADRC Outreach Coordinator, at 715-381-4364.

Everyone is welcome to join us or stop in for a cup of coffee!
Always Good Food, Good Friends, Good Times!
Everyone have a wonderful Thanksgiving!
Hope to see you here!!



River Falls Senior Center

Marie Deja, Senoir Center Board President
 Fay Simone, Nutrition Program Manager
 119 Union St • River Falls • 715-425-9932
 Serving Monday through Friday



Activities:

- Nov. 4 – Foot Care; cost \$20 – call for appt.
- Nov. 7 – Executive Board Meeting at 9:45 a.m.
- Nov. 9 – Caregiving: Staying Fit & Healthy from 8:30 a.m. – 9:30 a.m.
 Free w/ light breakfast
- Nov. 17 – Blood Pressure check
- Nov. 18 – Foot Care; cost \$20 – call for appt.
- Nov. 22 – Massage Therapist at 9:45 a.m.
- Nov. 24 – CLOSED for Thanksgiving Day
- Nov. 25 – CLOSED for Thanksgiving Holiday
- Nov. 29 – General Meeting followed by bingo
- Tuesdays - Exercise at 9 a.m.
 - 500 at 6:30 p.m.
- Wednesdays - Euchre at 1 p.m.
- Thursdays - Exercise at 9 a.m.
- Fridays - Bridge & 500 at 1 p.m.

Birthdays:

- | | |
|-----------------------------|---------------------------|
| Nov. 1 – Doris Langer | Nov. 27 – Joe May |
| Nov. 2 – Chili Brown | Nov. 29 – Angie Falteisek |
| Nov. 6 – Don Matzek | Nov. 30 – Don Langer |
| Nov. 21 – Dorie Deiss | Nov. 30 – Dixie Heit |
| Nov. 26 – Pauline Dingrando | |

The next senior trip will be to Washington DC on April 24 to May 4, 2017. Cost will be \$835.00 per person for double occupancy. Call for more details. Mark your calendars for the River Falls Senior Center Christmas party on Monday, December 12. More details yet to come.

Check out the River Falls menu and pick out a day to come to the Senior Center. Our lunches are great and we ask for a \$4.00 donation. We look

River Falls Senior Center...continues on page 13



Roberts Senior Center

Robert Johnson, Senior Center Board President
 Christine Stork, Nutrition Program Manager
 312 N Park St • Roberts • 715-749-3755



Activities:

- Mondays – Mexican Train Dominoes at 10 a.m.
- Wednesdays – Cards at 10 a.m.

Birthdays:

- Nov. 29 – Ted Schieffer

Hello Everyone,

Our fall is flying by. We have had some beautiful weather. November is always surprising.

Our group took a trip to the Maple Leaf Apple Orchard, the Cady Cheese Factory and stopped for lunch at the Red Barn located outside of Spring Valley, WI. We had a great time at each of the three places. Everyone was very happy with the day.

I attended the Caregiver Conference at WITC at the end of September. It was wonderful. The information that you can gather there and the knowledge that you come away with are invaluable. If you haven’t been to one, go next year. Hats off to everyone who worked so hard in planning this event.

Roberts Senior Center...continues on page 13

● SENIOR CENTER NEWS ●



Somerset Senior Center

Karen Barger, Senior Center Board President
Shelley Wallander, Nutrition Program Manager
Town Hall • Somerset • 715-247-5354



Activities:

- Nov. 1 – Shopping in Somerset
- Nov. 4 – Dining Out
- Nov. 8 – CLOSED for Election
- Nov. 9 – Carmel Apple Making
- Nov. 15 – Senior Center Board meeting at 9 a.m.
– Intergeneration time with St. Anne's 4th Graders
– Shopping in New Richmond
- Nov. 17 – Thanksgiving Celebration
- Nov. 22 – Shopping in Somerset
- Nov. 23 – 'PLINKO' Bingo
- Nov. 24 – CLOSED for Thanksgiving
- Nov. 29 – Shopping in New Richmond
- Wednesdays – Cards from 10 a.m. – 11:30 a.m.

Birthdays:

- Nov. 7 – Tom Collova
- Nov. 8 – Diane Wood
- Nov. 10 – Karen Barger
- Nov. 23 – Helen Clemas
- Nov. 27 – Marcia Chandler

All are encouraged to join us for lunch at the Senior Center. The Senior Center is open Monday – Thursday from 10 a.m. to 2 p.m. Please call 715-247-5354 at least 24 hours prior to the day you would like to join us.

RF SENIOR CENTER...

continued from page 12

forward to seeing you here Monday – Friday from 11:30 a.m. – 12 p.m. The River Falls Senior Center is located within the Wellhaven Senior Apartments, 119 Union Street. The office is open from 10 a.m. - 1 p.m. Monday thru Friday. Please call the Senior Center with any questions, suggestions for news or ideas you have at 715-425-9932 or email rfsc1@pressenter.com. For information on Home-Delivered Meals please call the ADRC of St. Croix County at 1-800-372-2333.

ROBERTS SENIOR CENTER...

continued from page 12

The Roberts Senior Center is open on Mondays and Wednesday from 10 a.m. to 1 p.m. with lunch being served at noon. We are located at the Roberts Park Building, 312 N Park St, Roberts, WI 54023. To reserve a meal please call 715-749-3755 24 hours in advance. Please include your name and the day on which you plan to dine. Those 60 and over can dine for a suggested donation of \$4.00/meal. If you are interested in receiving meals at home, we do deliver as well. Please call the Aging & Disability Resource Center in Hudson at 1-800-372-2333 for further information about the home delivered meal program.

All are welcome at the Senior Center for fellowship, fun and friendship. There is always a hot pot of coffee on and many warm smiles to welcome you. We are always looking for your ideas for activities and for volunteers.



Woodville Senior Center

Vi Roquette, Senior Center Board President
Jill Huftel, Nutrition Program Manager
102 Main St
Woodville • 715-698-2152



Activities:

- Nov. 3 – Senior Center Board meeting at 9 a.m.
– Music with John Terkelsen - Noon
- Nov. 8 – Foot Care with Dave Morrison, RN – call 715-698-2152
- Nov. 17 – Give Thanks! Celebration Dinner
- Nov. 23 – Senior Commodity Distribution Pickup at Noon
- Nov. 24 – CLOSED Happy Thanksgiving!
- Nov. 29 – Free Blood Pressure Check 9:30 a.m.
- Mondays – Dominoes (Mexican Train) at 9:30 a.m.
- Tuesdays – Bingo at 10 a.m.
- Thursdays – Bingo at 10 a.m.

Birthdays:

- Nov. 1 – Sharon Wynveen
- Nov. 10 – Janet Lund
- Nov. 11 – Jane Schillinger
- Nov. 15 – Steve Aaby
- Nov. 24 – Vi Roquette

Music with John Terkelsen on Thursday, Nov. 3, at noon. John is no stranger to the Senior Center but always a welcomed entertainer! He shares his music ministry within his church and also sings at funerals and performs at local care centers and community events. His specialty is Country and Gospel. Please call the Senior Center to reserve your meal and join us for a good ol' time.

UP COMING FIELD TRIP – "A LITTLE HOUSE CHRISTMAS" at the Mabel Tainter Theater in Menomonie, Saturday, Dec. 3, 2:30 performance. Tickets are \$12 seniors. Call now if you wish to join us as we will be ordering tickets soon.

MANGE TAKK : To the **Village of Woodville** for the re-furbished floors at the Senior Center. They were stripped, cleaned, and waxed and look amazing. Thanks also to the Village crew, Brent and Steve, for their help in moving furniture.

Also a special thanks to everyone that helped make our 3rd Annual **Culver's Cares fundraiser** a success. Whether you volunteered, dined, or promoted our event we really appreciate your support of the Center! Also thanks to the staff at Culver's for their generous support of local groups.

NOV. 11 – VETERAN'S DAY - Thank you to all Veterans for your service to our Country and fighting for our freedom!

THANKSGIVING DINNER at the Senior Center on Thursday, Nov. 17. Please make your reservation by Nov. 10 (one week in advance), if possible.

DINE WITH FRIENDS! Lunch is served Monday-Thursday at noon. Please call 24 hours in advance to reserve your affordable and delicious home-style lunch. (It's okay to leave a message on the answering machine.)

Closing for Weather: If the Baldwin-Woodville Schools are CLOSED *due to the weather*, the Sr. Ctr. will be closed and have no home bound meal deliveries either. If school is 2-hours late, the Sr. Ctr. will be open as usual. The Baldwin-Woodville Schools post their closing and late starts on various local TV, Radio, and Internet sites, but you may also call the BW school closing hotline at 715.684.2200.



TIPS TO STIMULATE YOUR MIND

If you enjoy mental exercise, the following is a good “workout program”!

In each row of the grid below, the name of an American city is concealed. Use the key provided to decode the cities. There is an added complication in that the letter A can be represented by either 1, or 9, or both! Good Luck!

ANSWERS FOUND ON PAGE 18

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	A

A.	7	2	2	3	8	9	3	1	7	6	4	3	1	1	9	8

B.	6	1	5	1	9	9	3	8	5	7	5	5	5	5	6	9

C.	2	4	9	4	9	1	6	5	8	4	3	4	5	3	8	2

D.	3	7	7	3	5	1	1	8	4	9	3	3	5	9	1	1

E.	1	3	7	5	2	4	2	4	9	1	2	6	9	1	5	5

DEMENTIA CARE...

continued from page 7

caregiving years about interventions and safety. He emphasized that, “while I never saw myself as a person who would attend a support group, I found immediate understanding” and good ideas. He learned to put a safety measure in place like a locking dishwasher and microwave. He learned when to take away the credit cards and the driving - and not without protest from his wife, Laurie. He learned to ask for and accept help. He is grateful to all who asked about him and Laurie and brought casseroles or picked her up for outings. Laurie was diagnosed at age 48 and lived 12 years with frontal temporal lobe dementia.

Emily Smith talked about how at age 27 she is the primary caregiver for her father, Craig, with frontal temporal lobe dementia now living in an assisted living facility. She shared how difficult it was to get a physician to thoroughly test and give a diagnosis. Because of the unusual behaviors her dad exhibited she knew it was more than “depression.” That’s the diagnosis given by the second doctor. The first one just denied any memory issues because her dad was in his early 30’s. She said her dream is that everyone in the community will understand

the symptoms of dementia and how to communicate as well as how to support families. She wants every emergency responder, business, and community to have information to help our communities become dementia friendly.

Angie Pilgrim, St. Croix Valley Foundation, shared information about the “Remember Project”—performed 33 times along the St. Croix River Valley with over 1000 attending. She also shared that desire by the Foundation to do more. As a result, they are spearheading the organization of a coalition of workers who will focus on caregiver support, training for professionals, and community collaboration and communication.

Thirty-five volunteers have signed on to the effort with others stepping up after the forum to sign up—all caregivers.

Ultimately any change in our world will require commitment and hard work to change our perceptions of Alzheimer’s disease; to provide support communities for person with the diagnosis and caregivers; and to help emergency responders; other providers, and students in our schools to learn about it and promote positive interactions.

Bakken Young

Funeral & Cremation Services

GRIEF SUPPORT GROUP

6 week grief support group for adults who are grieving the death of a loved one.

Anyone is welcome to participate in the group and the sessions are free.

Group facilitator: Julia Rajtar, M.A.P.S., BCC Grief Support Coordinator

To register rsvp by email at: julia.rajtar@bakken-young.com or call: 715-781-4003.

Please see our web site: www.bakken-young.com for additional groups and other grief support resources.

The Recipe Box



Do you have a favorite recipe you would like to share? If so, share it with the ADRC and the readers of the ADRC News. Complete a recipe card at one of the local Senior Centers, email adrcinfo@co.saint-croix.wi.us or mail it to:
ADRC
Attn: Renea
1752 Dorset Lane
New Richmond, WI 54017

When emailing or mailing, please note if the recipe is for a holiday or certain time of the year. Also, include your name, number, and town you reside in. Recipes will be printed throughout the year in the ADRC News on the menu page.

Council on Aging & Disabilities Members

Dave Ostness, Chair
Jim Schrieber, Vice Chair
Ron Kiesler

George Zaske
Laurie Pelnar
Patricia Jonas
Virginia Drath

Alfred Schrank
Mary Ellen Brue
Paulette Anderson
Jerry Adams

Council meetings are open to the public. For meeting dates and location visit www.sccwi.us



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CAREGIVER SUPPORT...

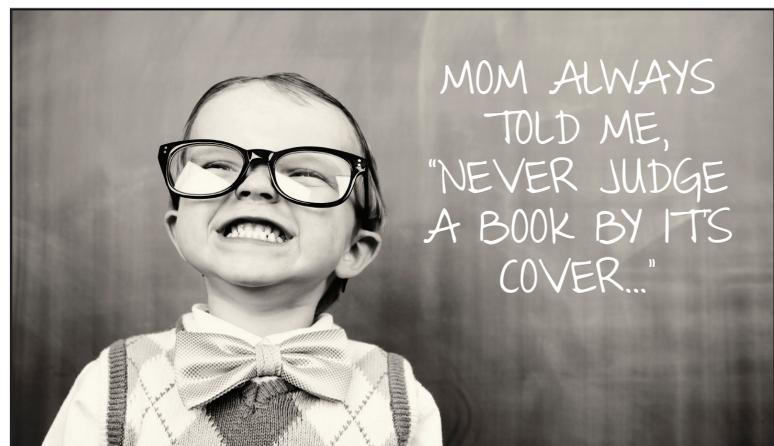
continued from page 7

use help with as you think of them. Then when people ask, "How can I help you?" you can simply consult your list and give them a specific task. Writing things down as you think of them helps you remember the things you would like assistance with and it also allows people to choose something that they feel most comfortable with.

Once you have successfully allowed others to assist you, keep evaluating your situation. Needs change. You may find that you no longer need the help you did before. Or there may be different areas that you could use some help with. Just make sure you continue to get all of your needs met so you can be as healthy and happy as possible.

For more information about caregiving, contact the Caregiver Support Coordinator at 715-381-4366.

Jane Mahoney, Older Americans Act Consultant, Greater Wisconsin Agency on Aging Resources



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OTHER SUPPORT GROUPS...

continued from page 6

are FREE and open to cancer survivors and their loved ones. Contact River Falls Area Hospital at 715-307-6430 for more information.

Couples M.S. Support Group - 2nd Saturday of month, 12 p.m. - 2 p.m. Courage Kenny Rehab Institute - 1460 Curve Crest Blvd., Stillwater, MN. Call 651-241-3373

Down by the River Parent Group for parents of children with Down Syndrome - 3rd Monday each month, 6:30 p.m. at Have a Heart Farm, River Falls, WI. Contact Terri Yira at 715-381-3015 or Susan Erickson at 715-381-9825 for more information.

Diabetic Support & Information Session - 3rd Wednesday of the month, 4 p.m. - 5 p.m. at Westfields Hospital & Clinic, E.M. Drury Conference Room, 535 Hospital Road, New Richmond. For more information, call 715-243-2866. FREE and open to the public.

Parkinson's Support Group - 3rd Wednesday of the month, 10 a.m. Boutwell's Landing - Brownstone Community Room; 5450 Nolan Parkway, Oak Park Heights, MN 55082. Sponsored by the Courage Kenny Rehab Institute. Call 651-241-3373.

Caregiver Support & Education Group - 3rd Wednesday of the month, 2:30 p.m. - 4 p.m. All Saints Lutheran Church, 8100 Belden Boulevard, Cottage Grove, MN 55016. Cost is FREE with pre-registration is required. For more information, please call Family Means Caregiver Support & Aging Services at 651-439-4840.

Fibromyalgia Support Group - 4th Monday of the month, 6:30 p.m. - 8 p.m. September-April. Courage Kenny Rehab Institute - 1460 Curve Crest Blvd., Stillwater, MN. Call 651-241-3373

Cancer Survivors' Support Group - 4th Tuesday of the month, 4:30 p.m. - 6 p.m. at the Conference Center at Westfields Hospital & Clinic, New Richmond. Programs are FREE and open to adults whose lives have been touched by cancer. Contact Westfields Hospital at 715-243-2600 for more information.

Diabetes Support Group - 4th Tuesday of the month, Type 1 at 5:30 p.m.; Type 2 at 7 p.m. at the Mattison Conference Room at Baldwin Area Medical Center, Baldwin. For more information contact Baldwin Area Medical Center at 715-684-8675 for more information.

Low Vision Support Group - Free & open to the public. Facilitated by Westfields Hospital Occupational Therapist at Deerfield Commons, 1127 W 8th Street, New Richmond. For more information call 715-243-2760.

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BADLWIN SR CENTER...

continued from page 8

was a "sweet" field trip that we look forward to every fall.

We are planning a shopping trip on Friday, November 4th to Gordman's in Woodbury. Please call or stop in to sign up! We will be leaving the Baldwin Senior Center at 9 a.m., shopping for a few hours then going out to lunch before returning to the Senior Center at approximately 2 p.m. Cost is \$5.00 for the transportation fee.

We encourage all seniors to join us for lunch, coffee, games or just swing in to bend our ears a bit! We enjoy making new friends & seeing new faces! Feel free to call or come in & check out our

calendar of events from time to time, as sometimes events are added just for the fun of it!

The Baldwin Senior Center is open Monday through Thursday for lunch from 9 a.m. - 1 p.m. with the meal being served at noon. All seniors 60+ can dine with a requested donation of \$4.00. Transportation is provided for those that need it and there is a small fee for that. Please call 715-684-2979, 24 hrs. in advance for a meal reservation or to schedule a ride. Please feel free to leave a message. We are located in the Baldwin Community Building, next to the Baldwin Library.

We make a living by what we get, but we make a life by what we give.
Winston Churchill

THANK YOU

for the numerous gifts given to older adults & individuals with a disability in St. Croix County by the dedicated staff who celebrate anniversaries this month with the Aging & Disability Resource Center. Please join us in expressing appreciation to these public servants.

4 years

Stephanie Koski, DayAway Manager

11 years

Faye Simone, River Falls Nutrition Program Manager

The mission of the ADRC of St. Croix County is to empower & support older adults, people who have a disability and their families by serving as a central source of information, assistance, support and access to community resources.

HUDSON SR CENTER...

continued from page 9

will be a service project and we will be making hats of all sizes for the United Way of St. Croix Valley. If you would like more information come by the center or call Melissa at 715-386-8709.

Finally, and most importantly, I would just like to thank all the volunteers for all your hard work. The Hudson Senior Center appreciates all your hard work and dedication. We are always in need of volunteers and if you are interested please call Melissa (715-386-8709).

The Hudson Senior center is looking for card players to start a group. If this is something you're interested in please call Melissa at 715-386-8709.

As always we are located at 1320 Wisconsin St at the Christian Community

Home Campus, in the Marie Blakeman Community Center. We are open Mondays through Fridays from 9 a.m. - 1 p.m. All seniors 60+ can dine for a requested donation of \$4.00. If you are under 60 years there is a \$6.50 charge for the meal. Transportation is available upon request. Please call the Senior Center at 715-386-8709, 24 hours in advance for your meal or transportation reservation during business hours. Please come and join us for an affordable and nutritious home-cooked lunch that is served at 11:30 a.m.



The ADRC is looking for names for our Secret Santa program. We are looking to brighten the Christmas holiday for a person with a disability or a senior. If you know someone who could use some holiday cheer to brighten their Christmas, please call the ADRC at 715-381-4361 by November 18 to get them on Santa's good list

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The Wisconsin Home Energy Assistance Program (WHEAP) for St. Croix County is administered by

West CAP at 525 Second Street, Glenwood City, WI 54013 for Federal Fiscal Year 2017.

WHEAP provides eligible households heating assistance, non-heat electric assistance, emergency services, and furnace assistance. The regular WHEAP season runs from October 1, 2016 through May 15, 2017, with Weatherization extending to September 30, 2017. Funds are limited. Applications will be accepted in various formats:

- Paper applications – available at West CAP, 525 Second Street, Glenwood City or contact West CAP at 715-265-4271 Ext 1324 to have an application mailed.
 - *If you have not applied for Energy Assistance in St Croix County in previous years please contact our agency as we will need to set up an appointment.*
- Applications will be available at www.westcap.org to download and print.
- Individual interviews will be scheduled by calling 715-265-4271 Ext 1324. Our agency will make every attempt to see walk-ins face-to-face, but based on volume and staff availability; West CAP reserves the right to provide a paper application with instructions if necessary.
- **Face-to-face appointments** will be offered by request 8:30 am – 3:30 pm on the dates and locations listed below. Please do not contact our partner agencies directly for information or appointments – call West CAP at 715-265-4271 ext 1324 to schedule your appointment.
 - **St. Croix County Department of Health & Human Services**
1752 Dorset Ln
New Richmond
November 9, December 14, 2016
January 11, February 8, March 8, April 12, May 10, 2017
 - **St. Croix County Government Center**
1101 Carmichael Road
Hudson
November 17, December 8, 2016
January 18, February 15, May 9, 2017

GROSS INCOME GUIDELINES FOR THE 2016-2017 WHEAP SEASON
60 PERCENT OF STATE MEDIAN INCOME

Size of Family	One Month	Three Month	Annual Income
1	\$2,181.00	\$6,544.00	\$26,174.00
2	\$2,852.00	\$8,557.00	\$34,228.00
3	\$3,524.00	\$10,571.00	\$42,282.00
4	\$4,195.00	\$12,584.00	\$50,336.00
5	\$4,866.00	\$14,597.00	\$58,389.00
6	\$5,537.00	\$16,611.00	\$66,443.00

At a minimum, the following verifications are required to apply:

1. Photo ID, Social Security numbers, Alien Status card or Immigration papers, and proof of residency.
2. Proof of income for the previous 3 months prior to application date. (Ex: apply in October-need income for July, August & September)
3. Proof of all earned and unearned income, and self-employment, for the three months prior to the month of application. If you pay child support, provide evidence of support paid for the 3 months prior to application for energy assistance.

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TUESDAY NOVEMBER 15, 2016
5:00-8:00PM

Join us for our grand opening celebration!
The ribbon cutting ceremony will begin at 5 p.m. with a program and tours to follow.
Refreshments will be served.

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How to remember it.

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1010 Newton St. Baldwin, WI 54002 (715) 684-3434

www.oconnellfuneralhomes.com

Exploring Memory Loss

Woodland Hill Movie Theater
441 Stageline Road, Hudson, WI 54016

We are pleased to offer these viewings for those affected by dementia or Alzheimer's disease. Come learn about dementia from a fresh perspective. Nancy Abrahamson, Dementia Specialist with St. Croix County will be available after each film for discussion and sharing opportunities.

Refreshments will be served.

RSVP to Dianna Weum
dweum@preshomes.org
715.716.5203

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Woodland Hill Presents...

6:30 - 8:30 p.m.

October 18
"Alive Inside"

November 3
"I'll Be Me"

November 15
"My Neighbor Phil"

December 1
"Still Alice"

Discussion follows each viewing.

DRIVERS TRAINING & APPRECIATION...

...continued from page 3

covers 19,219 square miles. The drivers are reimbursed IRS (Federal) mileage rate for using their own vehicles. The Center is in need of more volunteer drivers to help with the growing ridership needs of the program. For further information contact

Denise Larson, Region Mobility Manager at larsond@cilww.com or Bobbi Craig, Transportation Coordinator at craigb@cilww.com or by calling 800-228-3287 or if local to Menomonie please call 715-233-1070.



"Stimulate Your Mind" Answers

A.	7	2	2	3	8	9	3	1	7	6	4	3	1	1	9	8	
				C	H	I	C	A	G	O							
B.	6	1	5	1	9	9	3	8	5	7	5	5	5	5	6	9	
								C	H	E	Y	E	N	N	E		
C.	2	4	9	4	9	1	6	5	8	4	3	4	5	3	8	2	
				M	A	D	I	S	O	N							
D.	3	7	7	3	5	1	1	8	4	9	3	3	5	9	1	1	
								N	A	S	H	V	I	L	L	E	
E.	1	3	7	5	2	4	2	4	9	1	2	6	9	1	5	5	
													B	O	I	S	E

Baldwin Care Center, Inc. Campus Includes:



Baldwin Care Center
650 Birch Street . Baldwin, WI 54002
Skilled Nursing Facility

- New facility built in neighborhood/household concept
- Private rooms/private bathrooms with showers
- Neighborhoods feature large den and lounge areas, spacious dining areas and outdoor courtyard areas
- Full time therapy staff onsite providing rehabilitation services
- Transportation services

Birch Haven

640 Elm Street . Baldwin, WI 54002

Assisted Living and Memory Care Unit

- Newly remodeled facility with private rooms and bathrooms
- Staffed 24 hours a day
- Assistance with personal cares
- 3 meals a day
- Monitoring safety system for wandering residents

Birchwood Apartments

1600 Birchwood Drive . Baldwin, WI 54002

Independent Elderly Apartments

- Efficiency one and two bedroom units
- One low monthly rental fee includes many basic services
- Outpatient therapy services available
- Additional supportive services available as needed
- Wireless call system

For more information, please contact:

Eileen LaFavor, Administrator or Admissions Staff at (715) 684-3231

Elder & Disability Benefit Specialist Recommendation & Request...

To continue to provide efficient and prompt service to as many clients as possible, we would like to encourage you to call the Aging & Disability Resource Center of St. Croix County at 1-800-372-2333 to make and appointment before coming into the office to see us. This will prevent you from having to wait if we are unavailable and it will help us to assist you in a more confidential, respectful and timely manner.



Thank you -
Liza, Carolyn, Denise & Michael



Boardman Meadows

Boardman Meadows is a beautiful 36-unit apartment building offering affordable, independent living for persons 62+

Units include

- All Utilities (except phone & cable)
- On-site staff
- 24 hour Emergency Response System
- Rent No more than 30% of income
- Laundry Area

715-246-5510

Contact: Deanna Schmidt, Housing Manager

Mon - Wed - Friday 9am to 4pm

Sat & Sun -Closed

Boardman Meadows
460 West 8th Street
New Richmond, WI 54017



Medications... how do I properly dispose of old medications?

St. Croix County residents now have a safe and secure disposal option for old or unneeded prescription drugs and over-the-counter medications.



These items can be dropped off in secure bins located at ten local police departments and at the County Sheriff's Department.

Residents should place unwanted medications into plastic zip-top bags. Accepted items include prescription and over-the-counter medications, vitamins, medicated liquids, inhalers, sprays and pet medications. Liquids, creams, gels, etc. can remain in their original container; remove name or label and place in a zip-top plastic bag. The program will not accept sharps, oxygen tanks, nebulizers, radioactive cancer medications, or mercury thermometers. This program is anonymous and there is no cost to drop off medications. For additional information, contact the St. Croix County Sheriff's Department at 715-381-4320 or go to www.sccwi.us/safemeddrop for program information.

COMMUNITY CALENDAR...

...continued from page 2

make an appointment. You no longer need to get to a state workforce site, they are coming out to the local libraries to meet people now!

Book Club: Wednesday, Nov. 30 at 11 a.m. The Woodville Community Library, 124 South Main Street, Woodville, is seeking for more people to join their Monthly Book Club.

Monday Wood Carving: Join the wood carving group - start a new hobby or gain some knowledge from the experts. YMCA in Hudson, 2211 Vine St., Hudson, WI 54016 from 7 p.m. - 8 p.m.

Job Club: Every Tuesday from 10 a.m. - 11 a.m.

Network with other job seekers while learning tips to maximize your job results. Contact St. Croix Valley Job Center, 186 County Road U, Suite 250, River Falls, WI 54022.

Nutrition in the News: Wednesdays from 10:15 a.m. - 11 a.m. Join us as Linda Stefonek, presents ideas on adding variety to your menu plan. Learn about and sample nutrient rich foods and how to prepare them. Take home the [recipes](#) to share with family and friends! The Centre, 428 South Star Ave, New Richmond, WI. Call 715-246-2252 for more information.

Blood Pressure Clinic: Every Thursday from 12:30 p.m. - 4:30 p.m. at Westfields

Hospital, 535 Hospital Road, New Richmond, WI.

Seniors Coffee and Cookies: Every Friday at 10 a.m. If you have been waiting to see if this program is worth your time-it is! The seniors that have been coming for over a month now are truly enjoying conversation with coffee, hot chocolate, tea or whatever we can come up with. Favorite games are Bananagrams, Left Right Center, 500, Chess to name just a few and people stay until afternoon if their schedule allows. This is a community program created to just offer a place for our seniors to gather and spend time together. Come in and check it out for yourself. Hazel Mackin Library, 311 West Warren St., Roberts, WI.



Expert wound care, faster healing

Our physicians and staff are experts in wound healing techniques, healing 81% of our patients within 14 weeks. Receive the highest quality chronic wound treatment close to home.

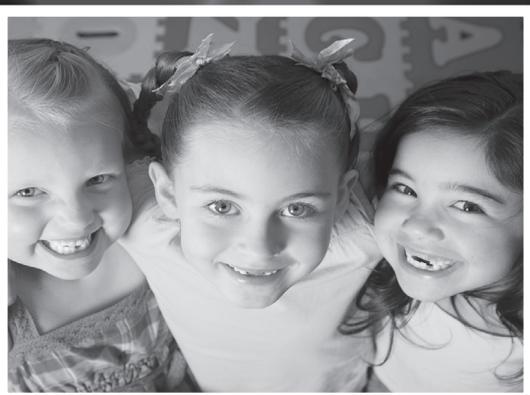


Wound Healing Center

amerymedicalcenter.org
715-268-0175

Data results from 2015 Healogics business analytics and iHeal wound outcomes database.

Committed to the Community.



Park View Community Campus's primary expectation is to continuously improve the care we provide and to exhibit leadership in setting standards for excellent healthcare.

We are a campus environment, housing four facilities:



PARK VIEW HOME
Senior Care Center



PARK PLACE
Independent Living Apartments



PARK PLACE NORTH
Assisted Living



KIDS VIEW
Childrens Learning Center



PARK VIEW COMMUNITY CAMPUS
Experience a tradition of caring

Park View Community Campus
220 N. Lockwood St.
Woodville, WI 54028
715-698-2451
www.parkview-cc.com



- ◆ Full-sized 1 or 2 bedroom Villas
- ◆ 24 hour on-site tenant caregivers
- ◆ Monthly weight and vitals checks
- ◆ Activities and social events
- ◆ In-house emergency call system
- ◆ All utilities included (except phone and cable)
- ◆ Spacious common areas and attractive patios
- ◆ On-site laundry facilities

We look forward to meeting you!

(715) 778-5535

www.svhcs.org
5820 Westland Drive, Spring Valley, WI



2 Bedroom Apartment Available

FOR YOUR BENEFIT NEWS~HOW TO CHOOSE AN ATTORNEY...

continued from page 5

- o If so, how much?
- Is the attorney a member of any local or state professional associations or committees relating specifically to Elder Law issues? (e.g. the “Elder Law” section of the State Bar of Wisconsin).
- Is the attorney a member of the National Academy of Elder Law Attorneys (NAELA)?
- Has the attorney handled Medicaid Planning issues in the past?
 - o If so, how often?
- Is the attorney familiar with the current state of the law related to the issues facing the prospective client? (e.g. Medicaid Planning, Divestment, Estate Recovery, Spousal Impoverishment, Long-Term Care Planning, etc.)

Questions a Client Should Ask Him/Herself Before Hiring an Attorney

- Is the attorney’s experience and background compatible with the prospective client’s personal needs?
 - o Did the attorney appear knowledgeable about the subject matter of the current legal needs?
- Did the attorney or his or her staff answer the prospective client’s questions clearly and directly?
- Was the prospective client comfortable with the attorney and/or his or her staff?
- Did the attorney and/or his or her staff clearly explain billing amounts and procedures?
- If there is a written fee agreement, does the prospective client understand it and is he or she comfortable with it?

RESOURCES TO HELP LOCATE AN ATTORNEY

Attorneys specialize in a wide range of different legal issues. While one attorney may be unfamiliar with issues affecting a prospective client, another may focus his or her entire practice on the same area of the law. Fortunately, there are many existing resources to help locate an attorney who is competent to handle the legal issues specific to a prospective client. Some of those resources include:

- **State Bar of Wisconsin Lawyer Referral and Information Service (LRIS)**
 - o (800) 362-9082
 - o <http://www.wisbar.org/forPublic/INeedaLawyer/Pages/Lawyer-Referral-Request.aspx>
 - o LRIS is a service provided by the State Bar of Wisconsin that assists prospective clients in finding an attorney to represent them, given their specific legal needs.
 - o Attorneys referred through LRIS agree to charge no more than \$20.00 for the first consultation, up to 30 minutes.
- **State Bar of Wisconsin Modest Means Program**
 - o <http://www.wisbar.org/forPublic/INeedaLawyer/Pages/Modest-Means.aspx>
 - o The Modest Means Program is run by the LRIS and provides legal services to individuals whose income is too high for free services, but too low to pay an attorney’s full, standard rate.
 - o Prospective clients must complete an application and documentation and the Modest Means Program will attempt to match him or her with an attorney who has agreed to take the case at a reduced rate. Application can be found here: <http://www.wisbar.org/forPublic/INeedaLawyer/Documents/ModestMeanIntake.pdf>

• National Academy of Elder Law Attorneys (NAELA)

- o www.naela.org
- o NAELA is a professional association of attorneys who are dedicated to improving the quality of legal services provided to people as they age.
- o NAELA can help locate an attorney who specializes in Elder Law issues, including Medicaid planning.
- **Martindale-Hubbell**
 - o <http://www.martindale.com/Find-Lawyers-and-Law-Firms.aspx>
 - o Martindale-Hubbell, in existence since 1868, operates an expansive online database of attorneys, law firms, and more. The database also includes both peer and client ratings for attorneys.
 - o Prospective clients can search for attorneys based on name, law firm affiliation, location, practice area, and more.
- **Avvo**
 - o <http://www.avvo.com/find-a-lawyer>
 - o Avvo, founded in 2007, is another online database that includes comprehensive tools for locating attorneys and law firms as well as finding answers to a variety of legal questions.
 - o Avvo’s attorney database also includes ratings and reviews of individual attorneys and allows prospective clients to search by state, city, and practice area.
- **Friends, Family, and Personal Referrals**
 - o Friends, family, and business colleagues have often either hired attorneys themselves or know someone who has. Discussing others’ personal experiences can be extremely helpful in locating the right attorney.
- **Local Low-Cost or Pro Bono Services**
 - o Some local areas may provide low-cost or free legal services for low-income individuals.
 - o Elder Benefit Specialists and/or courthouse staff may be able to provide information on whether such programs exist in a given county or municipality.

FOR RENT

BALDWIN

Ann Crider Villa
1 Bedroom apartments
For those 62 & older

CENTURIA

Jacqueline Lawrence Villa
1 Bedroom Apartments
For those 62 & older

DEER PARK

William “Al” Johnson Manor
1 Bedroom Apartments
For those 62 & older

ELLSWORTH

Lee Dreyfus Manor
Efficiency & 1 Bedroom Apartments
For those 62 & older or disabled

EAU CLAIRE

Ruth Gullerud Villa
1 or 2 Bedroom Apartments
For those living with physical disabilities

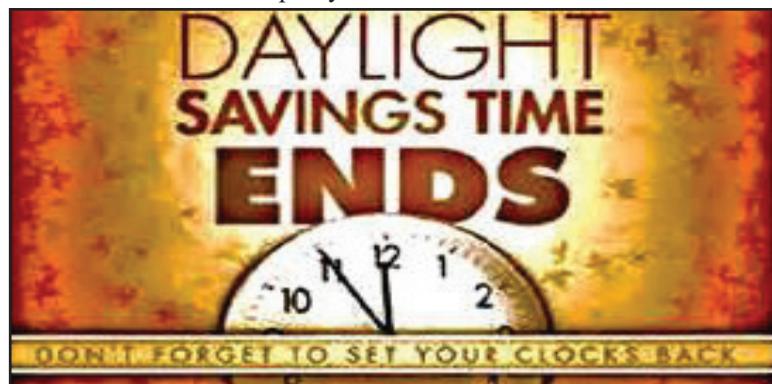
MENOMONIE

Warren Knowles Manor
Gaylord Nelson Manor
1 & 2 Bedroom accessible apartments
For those living with physical disabilities

Water, sewer & garbage pickup included. Pets welcome with additional security deposit. Rent is based on 30% of adjusted income.



For information or an application contact
IMPACT SEVEN, INC.
800-685-9353 or 715-924-4307
impact@impactseven.org



Oh My!
Surprisingly nice apartments at an affordable price!

Spacious, secure & convenient
1 & 2 Bedroom apartments, Town homes for families,
2 person income under \$52,600 will qualify.

River Falls Housing Authority
This institution is an equal opportunity provider and employer

Call for more information
715-425-7640 or visit www.rfhousing.org