

ADRC NEWS

Ageing & Disability Resource Center
of St. Croix County

Volume 27

Number 12

DECEMBER 2016

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Holiday Memories...

The traditions, sights, smells, and tastes of the holiday season bring with them countless memories from times gone by. There is value in recording and sharing these memories for oneself and future generations. The ADRC is pleased to announce the winners of our annual Holiday Memories Essay Contest. Congratulations!

Take a Lot, Take Two!

Sue Pierson, River Falls

Christmas caroling! That's not so unusual, but tramping in the snow on Christmas morning, that's really something! Let me tell you about it.

In the post-depression years, late 1930s and early 1940s, many of us still didn't have enough money for sumptuous holiday celebrations. Light and decorations were not so gaudy, gifts were few and more simple. In our home, we hung no stocking and were not greeted by piles of gifts under our tree.

Special programs, with bags of treats, took place at both our school and church. Santa Claus appeared on main street with yet another offering of goodies. Oranges were in our bags. Some of us had those only at Christmas.

Since we had no dime store in town, local druggist Fred Ekstam and his wife Esther loaded a large table with toys and games. Most of us admired these things, but did not expect to receive any of them. Even so, all the festivities provided magic time for us.

As teenagers, our local church youth group came up with the idea of caroling on the morning of December 25. What a great idea! First thing in the morning we bundled up, walked through the snow and sang our hearts out. Older church members met us at their doorsteps, offering us those little hard Christmas candies as treats. When we gingerly took just one piece, Charlie Garton said, "Take a lot, take two!"



Holiday Memories Essays...continue on page 5



The ADRC of St. Croix County office & Senior Nutrition Sites will be

CLOSED

on Fri., Dec. 23rd & Mon., Dec. 26th in observation of the Christmas Holiday. Also, Mon., Jan. 2 for the New Year's Holiday.

May your holidays be bright and beautiful, and your coming year with peace and joy.

Aging & Disability Resource Center Staff

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

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715-381-4360 or 800-372-2333
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 DECEMBER 2016

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

Senior Potluck – Friday, Dec. 2 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.

Job Center – Wednesday, Dec. 7 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!

Technology Night: Thursday, Dec. 8 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.

Wheelchair Clinics: Tuesday, Dec. 13 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!

Job Center – Thursday, Dec. 16 at the Baldwin Public Library,

HOLIDAY OPEN HOUSE

Wednesday, December 7

Bingo at 10 a.m. • Lunch at 11:30 a.m.

Door Prize Drawings

New Richmond Senior Center
156 E 1st St
New Richmond

RSVP by calling 715-888-1205 by
Monday, December 5 to reserve a meal.

Transportation shuttle available from old Pamida
Parking lot at 9:30 a.m. & 9:45 a.m. for small fee.

Lunch:
Turkey ala King
w/ Vegetables over a
Homemade Biscuit
Coleslaw
Cobbler



*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

Glenwood Senior Center, one of our best years yet...

Throughout the year we were blessed with 5 wonderful musicians for entertainment before our delicious home cooked lunch: John Terkelsen, Sandy Hoff, Audrey & Ken Joslin (*aka Santa and Mrs. Claus*) and we had Rudy Rudesill sing for us 3 times!

We've had a couple of amazing fundraisers - Linda's jewelry sales and the silent auction at the St Croix County Fair!

Best of all...By the time 2016 is over we will

have relished in 30 fieldtrips! Fieldtrips are so entertaining! We see and do things we would not have done had we not went on these trips. Plus, those weekend days that we would spend alone we are getting out and socializing! It doesn't matter we go we always have an enjoyable day. I'm so lucky to have this terrific group of travelers here in Glenwood.

The planning for 2017 has already begun! Keep

your eye on the monthly newsletter to see where our bus is traveling. Due to special requests be prepared to see multi-day excursions on the calendar! Stay tuned.

Thank you to all of you, we only exist because you continue to support the Senior Center. I can't say Thank You enough!

Thank you. Jami

...**MORE PHOTOS ARE ON PAGE 20**



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Heirloom Court Apartments: Apartments for Seniors 62+
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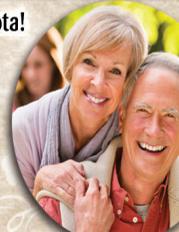
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Spotlight on Social Security

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

Social Security & Veterans Affairs partnership means faster disability decisions for Veterans



Today, the Social Security Administration announces the launch of a new Health IT initiative with the Department of Veterans Affairs (VA) that enables all Social Security disability case processing sites to receive medical records electronically from all VA facilities. Veterans will receive a faster decision on their Social Security disability claim, speeding them and their dependents through this new process. Both agencies will save time and money with an automatic request through the eHealth Exchange.

“President Obama has said, ‘we must maintain the sacred covenant we share with our veterans by ensuring they have the care and benefits they deserve,’ and I could not agree more,” said Carolyn W. Colvin, Acting Commissioner of Social Security. “We are committed to providing our veterans with the world class service they so richly deserve and improving the speed and efficiency of our disability program.”

The new Health IT program was tested successfully at Social Security locations around the country. On Veteran’s Day, November 11, the eHealth Exchange will go live, nationally, to all Social Security disability case processing sites.

Social Security requests nearly 15 million medical records annually from healthcare providers and organizations to make medical decisions on about three million disability claims. Medical documentation is essential to make a disability determination. Historically, the agency obtained medical records through a manual process (mail, fax, secure

mail). This new national initiative puts in place an automated process to obtain medical records electronically without human intervention.

“VA is currently improving quality of life by enabling Veterans to share their health information with federal partners and integrating their data into a safe and secure health-related consumer application,” said Dr. David Shulkin, Under Secretary for Health of the Department of Veterans Affairs. “Currently, when eligible Veterans apply for Social Security Disability Insurance benefits the average wait time for Social Security to receive paper records from VA can take months; this partnership allows Social Security and VA to share the Veteran’s health information electronically in minutes. The Social Security and VA partnership allows VA to continue to be a leader in interoperability efforts among federal partners while improving overall quality of life for our Veteran patients.”

This partnership adds the VA to Social Security’s more than 50 other Health IT partners, including the Department of Defense, in approximately 7,000 facilities across the United States providing electronic health records. Social Security’s goal is to continue expanding the number of healthcare organizations and federal agencies providing electronic health records within a safe and secure environment.

To learn more about Health IT, please visit www.socialsecurity.gov/disabilityssi/hit.

Social Security offers two other programs to expedite disability claims filed by veterans. Wounded Warriors and veterans with a VA disability compensation rating of 100% Permanent & Total have their Social Security disability claims treated as high priority and receive expedited decisions. For more information about these programs, please visit www.socialsecurity.gov/people/veterans.

To get more Social Security news, follow the Press Office on Twitter [@SSAPress](https://twitter.com/SSAPress).

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HOLIDAY MEMORIES...

continued from page 1

The climax of our trip was breakfast in the church kitchen. We cranked up the heart on our sturdy old black cook stove, cooked bacon and eggs and served ourselves. What a happy beginning on our special day. It was indeed a satisfying Merry Christmas for a group of happy singer!



My Memorable Christmas

By Edna Forrest,
Wheeler, WI

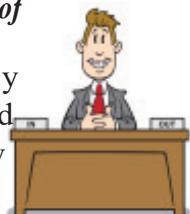
My memorable Christmas was when I was real young and we had an old fashioned Christmas because my mom and dad didn't have much. My dad worked on the railroad, her made our toys out of wood or my mom made our clothes because there were eight kids. My dad's first family of eight lived with us and they helped my mom with the younger kids. We appreciated what we got and it meant more to us, because it was done for us by them not like nowadays. A lot of kids don't always think they have enough. I sat up against our Christmas tree with the bubbler ornaments and burnt the my back of my neck. I didn't listen to my mother and I should have because I ended up with a scar on the back of my neck.

My dad died at the age of 58 when I was 7 years old. My mother passed when she was 84 in 2001. I knew my dad pretty well, but my 5 year-old brother didn't remember him. So, I appreciated having them both for as long as I did. I have lots of good memories of them, this one is one of them.

ADRC Manager's Report

From the Desk of Brad Beckman

Merry Christmas and Happy New Year!



We just finished up with election and it is time to work together to solve problems as we move forward. It's also time to reflect and look back with all the accomplishments of the ADRC/Aging programs and services we provide to St. Croix residents. Some of the successful events throughout the year - Annual Volunteer Appreciation luncheon, we could not provide the services without the volunteers; Countywide Senior Picnic at Roberts; St. Croix County Fair and Outstanding Older Adult Recognition in Glenwood City; Countywide Card Tournaments in the Spring held at the all local Senior Centers; Halloween Monster Mash and Bingo, tried something new this year, worked out very well with the cover all jackpot winner taking home \$74.00; 10th Annual Caregiving Conference at WITC in New Richmond was sold out with 254 participants.

The Benefit Specialists are currently wrapping up Medicare Part D open enrollment period with many consumers of St. Croix County.

Yes, 2016 was very busy but we are looking forward to 2017 and its challenges!

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.

Food Options in St. Croix County

Here are Food Saving Programs offered in St Croix County. Feel free to contact us at the ADRC if you would like more information about either program.

Commodity Supplemental Food Program (CSFP)

CSFP works to improve the health of low income adults age 60+ years by supplementing their diets with nutritious foods.

Who is eligible? Any St. Croix County Resident that is age 60 or older and has a gross monthly income that is less or equal to CSFP income guidelines below:

Household Size	Monthly Income
One	\$1,276
Two	\$1,726
Three	\$2,177
Four	\$2,628
For each additional member add \$451 (For April 1, 2009-June 30, 2010)	

How Does CSFP work? CSFP provides a monthly supplemental food package that will typically include: canned fruit & vegetables, dry or canned milk, cheese, canned meat, peanut butter or dried beans, cereal and grains, rice, instant potatoes or pasta.

How to Apply for CSFP: Fill out pre-registration forms at designated host sites. Take proof of address and knowledge of your gross monthly income (you do not need to provide proof of income). After you are signed up you will be able to pick up your commodities once per month at designated site or send a proxy on your behalf to pick up the commodities.

Once registered, a participant will automatically be enrolled for one year.

Must Pre-register at West CAP's administrative office located at 525 Second Street, Glenwood City WI prior to first distribution/food pick up day.

Distribution sites/days:

3rd Monday, 2 p.m., Croix View Apartments

3rd Tuesday, 10 a.m. – 2 p.m., West CAP

4th Wednesday, 10 a.m. – 1 p.m., Woodville Senior Center

For further information contact:

Melissa J. Wyss, Food Access & Resources, West CAP, Inc.
7-715-977-1191

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). "USDA is an equal opportunity provider and employer."

Fare For All Save up to 50% on your monthly groceries

"Fare For All" is a wholesale, cooperative food purchasing program that allows people to order and buy food at reduced cost while encouraging participants to volunteer in local communities. You must order packages ahead of time. There are no income restrictions and the program is open to everyone.

FARE FOR ALL PACKAGES:

Produce Pack \$10 – Often contains potatoes, onions, carrots, along with additional varieties of fresh fruits and vegetables.

Mini Meat Pack \$11 – Includes a variety of 3-4 frozen meat items, such as: turkey, beef, chicken or fish. This pack is most often pork free.

Combo Pack \$20 – Save an extra \$1 by combining Produce Pack and the Mini Meat Pack.

Mega Meat Pack \$25 – Includes a variety of 7-8 frozen meat items, such as: beef, chicken, fish, pork or turkey.

Holiday Pack \$30 – Available in November and December, holiday packs contain most of the fixings for a holiday meal, including turkey in November and a ham in December.

*All package contents subject to change. Note: Some distribution sites may charge a minimal transportation fee per package of food ordered. Contact your local distribution site for details.

Package Information:

- ◆ The 4 packs described are available to pick up once a month. Order 1, 2, 3 or more.

For location information, call Fare For All at 763-450-3880 or 1-800-582-4291 or www.fareforall.org. Pay with check, credit/debit card or EBT.

Ruby's Pantry

Cost is \$20 per person. Bring 2 large boxes, clothes basket, or a cooler. No need to be resident of New Richmond and there are no income guidelines.

Location:

Army National Guard

1245 Wall Street

New Richmond, WI 54017

3rd Thursday of month

Distribution 5 p.m. – 7 p.m.

For more information contact Mona at 715-246-4357 or Kathy at 715-248-3675

For more locations: <https://www.rubyspantry.org/food-distributions/find-a-distribution-near-you/>

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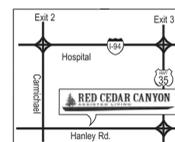
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SUPPORT GROUPS

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 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

This is our favorite time of the year for our crafts. We try to make gifts to give to our loved ones, make and send Christmas cards to the VA hospital. It is the time of year for giving. Thank you all who have given to our program.

It doesn't take much to give. If you are interested in giving some of your time to spend the day with us, you will feel very satisfied. We enjoy coffee, talking, playing games, movies, crafts and even some exercising. Call Tara Murdzek Caregiver Support Coordinator at 800-372-2333.

Have a very Merry Christmas.

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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Baldwin, WI

800-359-0174 715-684-5020

CAREGIVER SUPPORT

Submitted By Tara Murdzek, Caregiver Support Coordinator

Reducing holiday stress

Here come the Holidays! Family gatherings, parties, teas, concerts, shopping, presents, decorations, greeting cards and the list goes on. Many people look forward to the hustle and bustle, reconnecting with family and friends and the snowy magic of the holiday season. Others, however, look to this season as a time of stress, chaos and sadness.

People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family for fear the changes in physical health, behavior and personality may make others uncomfortable.

If you are someone who is experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal. Here are some ideas to help reduce stress this holiday.

- ❖ **Adjust your expectations.** You may not be able to do everything you've always done. Talk with your loved ones and choose a few traditions that are the most important. For those with dementia, traditions from the past are more likely to have meaning than newer ideas.
- ❖ **Ask for help in meeting your goal.** Involve other family members or friends in cooking, baking, decorating, shopping or sending cards. Not only does this reduce your stress, but it provides you and your loved one with good socialization. Write down tasks that need completing so you can be specific when people offer to help. And remember that some things can be left undone!
- ❖ **Prepare family and friends before getting together.** Let them know how their loved one has changed due to their disease or condition. Give them ideas on how best to communicate with them and what they can expect.
- ❖ **Involve your loved one in the preparations.** They may be able to assist in preparing food, wrapping gifts or decorating. Even just watching can help make them feel a part of the festivities and give you some time to spend together.
- ❖ **Offer suggestions about gifts.** Give friends and family ideas of useful gifts they can purchase for their loved one such as music cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wishes, too! Gift certificates for dining, laundry or cleaning services are some ideas.
- ❖ **Keep the needs of your loved one in mind.** For those dealing with memory loss, remember that distant memory stays intact the longest and plan activities accordingly,

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.

Check out our program and new locations for the Memory Cafes in Baldwin and New Richmond. These gatherings involve beverages and eats, socialization, support, education, information and bucket loads of laughter and some tips. They are free and open to anyone wondering about memory, living with memory issues, diagnosed with it, or caring for someone. Participants love meeting new friends who understand what they are living with. It's an opportunity that has existed in Europe and Australia for many years. We are glad to have them in Wisconsin.



Please contact the Dementia Care Specialist ahead of time to be sure there are no special outings planned in place of the meeting and to have you named added to the reminder card mailing list. You can either call 715-381-4411 or email nancy.abrahamson@co.saint-croix.wi.us

YMCA	NEW LOCATION	The Westwind	NEW LOCATION
840 Carmichael Rd Hudson 1st Thursday 9:30 a.m. – 11 a.m.	Next Door Café 206 N Knowles Ave New Richmond 2nd Wednesday 1 p.m. – 2:30 p.m.	709 N Main Street River Falls Last Tuesday 10 a.m. – 11:30 a.m.	The Eatery Western WI Health 1100 Bergslien Street Baldwin 3rd Thursday 9:30 a.m. – 11 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

DEMENTIA CARE

Submitted by: Nancy Abrahamson, Dementia Care Specialist



About Dementia Friendly Communities

Today someone is diagnosed with Alzheimer's Disease every 6 seconds

We all know or have known people with Alzheimer's disease or one of the other types of dementia. I know we feel sad for those diagnosed and for their caregivers. I also know many of us are afraid of what dementia means and pray we don't get it. But I also know if we did we would hope and pray that people would continue to love and accept us, spend time with us, and remember to respect and interact with us adjusting communication for the changes caused by the disease. None of us want to be defined simply by a disease state—no matter what it is. We are not heart disease or diabetes and we are not dementia.

Deep down I firmly believe that we want a better world for everyone including those encountering Alzheimer's or Lewy body or frontal temporal lobe or one of the 70+ other kinds. So this is the community challenge. Here are the things one can do:

1. Learn about the disease.
2. In 2017 serve on a workgroup to help create a dementia friendly community.,
3. Talk to the businesses you support and ask them to train their staff.
4. Plan and schedule an informational session in your church, civic or coffee group.
5. Become a volunteer with the Language Enriched and Exercise Program with Socialization once a week.
6. Volunteer to post signs about Memory Café or other opportunities to learn about dementia in your community.
7. Offer to help a caregiver by sitting with the care receiver, running errands, preparing a meal, bringing in music (especially if you have an instrument), taking the care receiver for a drive or coffee.
8. Become a volunteer business trainer.

Dementia Care...continued on page 14



Evergreen Village
611 Harriman Ave S.

IMMEDIATE OPENINGS!

1 & 2 Bedroom apartments available in Amery for those ages 50 & over. Call for details –

Amery Housing Authority

715-268-6640

www.ameryhousingauthority.org



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(651) 430-3320 or (800) 732-1422.
HealthPartners Family of Care

● 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:

- Dec. 1 – Senior Center Board meeting at 10:30 a.m.
- Dec. 4 – Christmas Cookie Baking
- Dec. 8 – Blood Pressure Checks at 10:30 a.m.
- Dec. 11 – Lefse Making at 10 a.m.
- Dec. 14 – Christmas Dinner at 12 p.m.
– Christmas Light Tour
- Dec. 20 – White Elephant Christmas Party at 10:30 a.m. (if you attend, please bring a “White Elephant” gift or two)
- Dec. 26 – CLOSED for Christmas Holiday
- Dec. 29 – Bingo at 10:30 a.m. by Our House Senior Living
- Jan. 2 – CLOSED for New Year’s Holiday
- 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:

- Dec. 5 – Darlene Peterson
- Dec. 6 – Brad Coplan
- Dec. 8 – Joanne Jacobson
- Dec. 11 – Pat Schumacher
- Dec. 18 – Nancy Hable
- Dec. 29 – Carol Sell

Can you believe it is December already? Where did this last year go? As you can see we have many fun events coming up in December! If you would like to attend one of our events/field trips, please do not hesitate to give us a call & we will get you signed up & answer any questions you may have!

May you all have a safe, happy & blessed holiday season!

The Baldwin Senior Center would like to thank the following:

- ☺ Jill Tiffany for the fresh produce & beautiful bouquets of flowers
- ☺ Virginia “Tiny” Boumeester for the fresh garden squash
- ☺ David Krier for the fresh garden squash also
- ☺ JoAnne Sprain for the delightful turkey glass art dish
- ☺ Howard Mabis for chauffeuring us to Gordman’s & Applebee’s
- ☺ Our House Senior Living for calling Bingo & the wonderful prizes.

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:

- Dec. 6 – Cards in morning
 - Dec. 9 – Christmas Party (invite only)
 - Dec. 13 – Senior Center Board meeting at 9 a.m.
 - Dec. 26 – CLOSED for Christmas Holiday
 - Jan. 2 – CLOSED for New Year 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:

- | | |
|------------------------|--------------------------|
| Dec. 1 – Mona Flanum | Dec. 16 – Harlan Vehrs |
| Dec. 2 - Joan Frank | Dec. 24 – Josie Ludovico |
| Dec. 13 – Waneta Olson | Dec. 25 – Val Hansen |

I am sorry that I missed a birthday in November, belated wishes to Betty Schmidt on the 26th. Hope she had a wonderful day.

Three of us (Pat, Sandy and I) had a great day shopping and enjoying some wonderful food in October, we hope to do that again before the Christmas Holiday.

We honored our Veterans on November 10th. We treated 10 of these dedicated men to lunch. We were especially honored to have Arvid Flanum with us. Arvid devoted 36 years of his life to the military and retired as Brigadier General. Congratulations and thank you for all the years of service. To all our Veterans, also.



We were pleased to have three guests with us this past week (Mary, Sue and Joyce) and we do hope they will come again.

We are thinking of Lois C. as she is not able to get here for lunch. Her health keeps here in her home so we send her our best and occasionally a lunch to remember us by. Also we wish Arlene Moats an enjoyable stay in her new home.

As the year comes to a close I am reminded of all the year longs blessings we have here in our small town. Great food for lunch with friends and family, volunteers that help us so much, donations of garden produce, friends with talent that help us keep our center looking inviting and much appreciated are all the kind words of encouragement that keep us going. God Bless Each and every one of you.

May you have a most wonderful Christmas holiday and a New Year of good health and happiness.

The ***Aging & DISABILITY RESOURCE CENTER*** is
the best source of information for active older adults and
individuals with a disability in St. Croix County
I'd like to receive the ADRC New at home!
Please add my name to the mailing list.

Name _____
Address _____
City _____ State _____ Zip _____

Mail to: ADRC of St. Croix County
1752 Dorset Lane, New Richmond, WI 54017
Donation enclosed will help offset the cost of postage \$ _____

● 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:

- Dec. 3 – Trip to Gusthaus – Christkindlmarkt in Stillwater
Dec. 6 – Senior Center Board meeting at 9 a.m.
Dec. 11 – Ole & Lena's Family Christmas, The Rumor Mill and Irving Park Christmas Lights
Dec. 12 – Blood Pressure and Blood Sugar with Kevin and Char
Dec. 20 – Christmas Celebration – Music, treats, Mr. and Mrs. Claus will join us at 10 a.m.!
- Dec. 26 – CLOSED for Christmas Holiday
Dec. 27 – Footcare with Brenda Cogbill, appointments available by calling 715-265-7242
Dec. 31 – New Year's Field Trip! Dinner and a Movie
Jan. 2 – CLOSED for New Year Holiday
Daily at 8am The Cloudy Boy's Coffee Group
Daily at 9am The Sunshine Girl's Coffee Group
Bingo Monday through Thursday 10:00 a.m. \$.10 per card and a total of 15 games played

Birthdays:

- | | |
|-------------------------|-----------------------------|
| Dec. 1 – Daisy Jennings | Dec. 15 – Linda Wood |
| Dec. 2 – Dolly Donovan | Dec. 19 – Linda Meyer |
| Dec. 4 – Marge Quale | Dec. 23 – Art Jancoski |
| Dec. 8 – Bob Moe | Dec. 26 – Arlene Jeske |
| Dec. 15 – Rosemary Hill | Dec. 26 – Lorraine Schouten |

Please join us for our Christmas Party on Tuesday, December 20 from 10 a.m. - 11:30 a.m. Santa and Mrs. Claus, Audrey & Ken Joslin, will be here to help us celebrate the holiday season by playing Christmas music, telling Christmas Stories and of course we will have Holiday treats and Presents! The menu for the day will be Parmesan Chicken Breast, Whipped Sweet Potatoes, Peas & Pearl Onions and Banana. Please call to reserve your meal by Thursday, December 15.

November was another fun filled month! We returned to an old favorite the 45th Parallel then we headed to Not Just a Café for Lunch then to Barley Johns Brewery to see what they had to offer us! We were closed for voting SO we did a road trip – first we stopped at Bass Lake Cheese Store, then to Aamodt's Apple Farm and then spent the rest of the day strolling the streets of Stillwater. The last for the month was to Chippewa Falls to River Bend Winery and Distillery and Lunch at the Fill-Inn Station.

December will bring yet more fun adventures – Gusthaus in Stillwater for a Christkindlmarkt: a German outdoor Christmas Market (gifts, crafts, Bonfire and Hot spiced Wine). Ole & Lena's Family Christmas then supper at The Rumor Mill in Chippewa Falls then to see the Christmas Lights in Irving Park. Our last for the year will be on New Year's Eve, we are planning Dinner and a Movie. What better way to end the year then with our friends from the Senior Center?!

Please remember that if either Glenwood City Schools or Baldwin-Woodville Schools are closed we are CLOSED due to weather! If schools are delayed 2 hours we will be OPEN☺

The Glenwood City Senior Center is open Monday through Thursday 8 a.m. to 1 p.m. We play Bingo daily Monday through 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:

- Dec. 2 – Christmas Ornament making and tree decorating at 9 a.m.
Dec. 6 – American History Discussion group 1 p.m. – 2 p.m.
Dec. 7 – Knitting & Crochet group at 9 a.m.
Dec. 8 – Hand and Foot card game at 9 a.m.
– Piano playing by Kathryn Long
Dec. 9 – Birthday Party
Dec. 12 – Hudson High School Holiday Concert at 4:15 p.m.
Dec. 13 – American History Discussion group 1 p.m. – 2 p.m.
Dec. 15 – Blood Pressure with DeeAnn from 9:30 a.m. – 11 a.m.
– Foot Care (call for appt.)
Dec. 16 – Christmas Party with Santa Claus at 10:30 a.m.
Dec. 19 – Christmas Light Tour of Hudson at 6 p.m.
Dec. 23 – CLOSED for Christmas Holiday
Dec. 26 – CLOSED for Christmas Holiday
Jan. 2 – CLOSED for New Year Holiday
Mondays – Men's Coffee Group meeting at 8 a.m.
– Seniorcise 9 a.m. – 9:45 a.m. (NO class on Dec. 5)
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:

- | | |
|----------------------------|----------------------------|
| Dec. 1 – Karen Axdal | Dec. 22 – Charles Henkel |
| Dec. 3 – Dutch Spielman | Dec. 26 – Gloria Fisk |
| Dec. 6 – Bonnie Federation | Dec. 26 – Phil Bourget |
| Dec. 10 – Bob White | Dec. 26 – Bernie Gregerson |
| Dec. 15 – Carol Holton | Dec. 29 – Carol Caruso |
| Dec. 17 – Jim Bot | Dec. 30 – Allen Fisk |
| Dec. 19 – Erva Lundgaard | Dec. 31 – Maxine Brost |
| Dec. 21 – Roger Rebholz | |

Happy Holidays!

Seniorcise has started at the Hudson Senior Center! This will be every Monday at 9a.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.

December 2: Come join the Hudson Senior Center prepare for the Holiday! Ornament making and Christmas tree decorating. Make your very own ornament and help decorate our tree! Then stick around for lunch. Decorating will start at 9am.

December 7: Do you Knit maybe crochet? Would you like to learn? Come join us at 9 a.m. for great conversation, coffee and of course knitting & crocheting. Our first project 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 Senior Center or call Melissa at 715-386-8709.

Hudson Senior Center...continues on page 16

NUTRITION PROGRAM MENUS

Hudson Area Nutrition Program December 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)
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.				
5 Chopped Sirloin Baked Potato w/ sour cream Grilled Onion Mixed Greens Chef's Dessert	6 Chicken ala King Rice Pilaf Tossed Salad Chef's Dessert	7 Swedish Meatballs Mashed Potatoes Peas & Mushroom Fresh Fruit Chef's Dessert	1 Fried Chicken Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	2 Fish Fry Tater Barrels Broccoli Spear Tossed Salad Chef's Dessert
12 Roast Chicken Mashed Potatoes Kernel Corn Coleslaw Chef's Dessert	13 Braised Spare Ribs Caraway Potatoes Sauerkraut Tossed Salad Chef's Dessert	14 Chicken Subgum White Rice Crisp Noodles Tossed Salad Chef's Dessert	15 Baked Ham Au Gratin Potatoes Broccoli Spears Tossed Salad Chef's Dessert	16 
19 Spaghetti/Meat sauce Italian Green Beans Tossed Salad Garlic Toast Chef's Dessert	20 Baked Chicken Mashed Potatoes Dressing & Vegetable Coleslaw Chef's Dessert	21 Old Thyme Hotdish Broccoli Spear Tossed Salad Garlic Toast Chef's Dessert	22 Roast Pork Mashed Potatoes/Dressing Peas & Carrots Coleslaw Chef's Dessert	23 CLOSED for Christmas Holiday
27 CLOSED for Christmas Holiday	28 Spaghetti w/ meat sauce Zucchini Tossed Salad Garlic Toast	29 BBQ Ribs Oven Brown Potatoes Kernel Corn Coleslaw Chef's Dessert	30 Baked Ham Au Gratin Potatoes Broccoli Spears Tossed Salad Chef's Dessert	31 Fish Fry Tater Barrels Asparagus Tossed Salad Chef's Dessert

River Falls Nutrition Program December 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
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.				
5 Turkey Casserole Green Beans Chef's Choice Fruit Dinner Roll Brownie	6 Country Ham Au Gratin Potatoes Corn Garlic Cheddar Biscuit Chef's Choice Fruit Dessert	7 Salisbury Steak Mashed Potatoes & Gravy Carrots Fruit Dinner Roll Dessert	1 Crmy Mushroom Chkn Baked Potato Carrots Rosy Applesauce Dinner Roll Dessert	2 Lemon Baked Cod Paprika Potatoes Coleslaw Chef's Choice Fruit Breadstick Dessert
12 Swedish Meatballs Buttered Noodles Carrots Chef's Choice Fruit Dinner Roll Dessert	13 Cheeseburger on Bun Potato Salad Coleslaw Chef's Choice Fruit Dessert	14 Pot Roast Mashed Potatoes & Gravy Mixed Vegetables Bread Slice Mandarin Orange Cake	8 Beef Stir Fry Buttered Noodles Oriental Blend Vegetable Fruit Bread Slice Dessert	9 Shrimp Scampi Fettuccini Noodles Carrots Banana Bread Slice Chocolate Pudding
19 Marinara Chkn w/chs Buttered Noodles Wax Beans Breadstick Dessert	20 Smothered Chopped Stk Mashed Potatoes Corn Chef's Choice Fruit Sliced Bread Dessert	21 Glazed Ham Baked Sweet Potato Peas Dinner Roll Fruit Crisp 	15 Smothered Steak Mashed Potatoes & Gravy Squash Fruit Garlic Cheddar Biscuit Dessert	16 Open Face Philly Sandwich Green Bean Casserole Chips Chef's Choice Fruit Dessert
26 CLOSED for Christmas Holiday	27 Spaghetti & Meatballs Green Beans Chef's Choice Fruit Breadstick Dessert	28 Open Face Turkey Mashed Potatoes & Gravy Capri Blend Veggies Creamy Fruit Fluff Dessert	22 Oven Fried Chicken Baked Potato Carrots Pineapple Bread Slice Dessert	23 CLOSED for Christmas Holiday
			29 Ham Loaf Rice Pilaf Corn Spiced Apples Dinner Roll Dessert	30 Beer Battered Fish Baked Potato Carrots Fruit Bread Slice Dessert

St. Croix County Area Nutrition Program December 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
Happy Holidays 			1 Country Style Ribs Au Gratin Potatoes Diced Beets Bread and Butter Fruited Jell-O
5 Sirloin Tips in Gravy Mashed Potatoes and Gravy Corn Bread and Butter Fruit Medley	6 Honey Dijon Chicken Brown Rice Green Beans Bread and Butter Dessert	7 Turkey ala King with Vegetables over a Homemade Biscuit Coleslaw Cobbler	8 Lasagna Italian Blend Vegetables Garlic Bread Cottage Cheese and Fruit
12 Hearty Beef Stew with Biscuit Caesar Salad Dessert Bar	13 Cook's Choice Menu	14  Christmas Celebration Meal	15 Potato Crusted Fish Potato Dumplings in Butter Sauce Cooked Carrots Bread and Butter Rosy Pears
19 Swedish Meatballs over Buttered Noodles Cheesy Cauliflower Bread and Butter Peach Delight Dessert	20 Parmesan Baked Chicken Whipped Sweet Potatoes Peas and Pearl Onions Bread and Butter Banana	21 Black Bean Casserole Garden Salad with Dressing Bread and Butter Cake	22 Baked Pork Chops Creamed Potatoes Red Cabbage Bread and Butter Cookie
26 **CLOSED FOR CHRISTMAS**	27 Cheeseburger with Fixings Spinach Salad Cook's Choice Pie	28 Salmon and Pasta Alfredo Bake Broccoli French Bread Fruit Medley	29 Ham and Swiss Sandwich Hearty Potato Soup Coconut Cream Pudding

Portion control over the Holidays

Submitted by Brandy Zeuli, Outreach Coordinator

The holidays are a time to enjoy friends, family and food. It is also a prime time of overeating and over indulging! On average, Americans gain approximately one to two pounds during the holiday season. While that doesn't seem to be an extreme amount, research shows it tends to stick and accumulate over the years. Keeping in mind, the correct portion sizes can be one helpful tool.

-  A baseball or your fist is about equal to **one cup** of fruit, pasta, rice, ice cream or cereal.
-  Your thumb (tip to base) or a domino is about equal to **one ounce** of cheese.
-  Your palm (minus fingers) or a deck of cards is about equal to **three ounces** of meat, fish or poultry
-  Your cupped hand is about equal to **two ounces** of nuts or pretzels.
-  One dice is about equal to **one teaspoon** of butter or margarine
-  A golf ball is about equal to **two tablespoons** of peanut butter, jam or salad dressing

Source: Positive Promotions, eatright.org

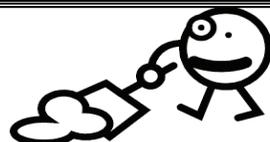
The Recipe Box



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.

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 have a supply of food to eat in the event that meals are not delivered due to inclement weather. Any questions? Call the ADRC.



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. You will receive an automated phone call, informing you of the closure.

● 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:

Dec. 6 – Shopping after lunch
Dec. 7 – Christmas Open House
Dec. 13 – Senior Center Board meeting at 10 a.m.
Dec. 14 – Christmas Celebration & Party. Entertainment by Maureen & John Brunner at 12 p.m.
Dec. 19 – Foot Care with Nancee – call for appointment; \$20 charge for services
Dec. 20 – Bingo at 10:30 a.m. sponsored by Our House
Dec. 20 – Shopping after lunch
Dec. 21 – Monthly Birthday Party
Dec. 26 – CLOSED for Christmas Holiday
Jan. 2 – CLOSED for New Year Holiday
Daily: Bingo at 10:30 am
:Cards at noon

Birthdays:

Dec. 1 – Gerald Boldt	Dec. 14 – Pat Mayer
Dec. 1 – Mona Flanum	Dec. 15 – Steve O'Connell
Dec. 3 – Cecil Brighton	Dec. 16 – Harlen Vehrs
Dec. 5 – Steve Young	Dec. 21 – Arlene Oldenberg
Dec. 10 – Helen Salmon	Dec. 29 – Iris Bierbrauer

Hope everyone had a wonderful Thanksgiving! Our Thanksgiving Day Dinner was fantastic! Thank you all for coming and enjoying the meal with us. Our special guests were members of the VFW! We had a really good time.

I would like to Thank ALL of our congregate members for all the help you give me every day. Thank You to Cecil B. for making our Thanksgiving and Christmas centerpieces. And to Sue and Maureen for volunteering their time to help out! Also, Thank You to Our House for sponsoring and bringing in prizes for bingo monthly. I am so very Thankful for you all!! We are always in need of more volunteers! If you or know of anyone willing to volunteer at our center, please call our center at 715-888-1205.

Please join us for Our Christmas Open House at our New Richmond Senior Center on **December 7th** starting at 10 a.m. There will be bingo games and door prize drawings. If you would like to join us for lunch, please call by noon on Monday, Dec. 5th to reserve a meal. Lunch will be served at 11:30 a.m. We will also have transportation available for a small fee. Call 24 hours in advance to schedule a ride. Parking and van shuttle will be available from the old Pamida parking lot at 9:30 and 9:45 a.m.

We are planning on taking a tour of the Christmas lights in New Richmond Dec. 12th at 5:00 p.m. then to Culvers to eat. Call our center for more information

December 14th will be our Christmas Celebration. Maureen and John Brunner will be entertaining us with their wonderful singing and music at noon. Please call by noon on Monday Dec. 12th to reserve a meal. Lunch will be served at 11:30 a.m.

Come join the fun!

The New Richmond Senior Center is located at 156 East First Street in the lower level in the New Richmond Civic Center. Our telephone number is **715-888-1205**. We are open Monday through 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 hours in advance to reserve a meal and by noon on Thursday to reserve a meal for the following Monday. Transportation is available to the Center and on shopping days. Please call for a ride.

Home delivered meals are also available to those who qualify by calling Brandy, ADRC Outreach Coordinator, at 715-381-4364.

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. Please stock up with a few frozen dinners to keep in your freezer in case of a closing.

**Everyone is always welcome to join us for
Good Food, Good Friends, Good times!**

Please join us!!

Merry Christmas and Happy New Year to Everyone!



River Falls Senior Center

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



Activities:

Dec. 2 – Foot Care; cost \$20 – call for appt.
Dec. 5 – Executive Board Meeting at 9:45 a.m.
Dec. 12 – Senior Center Christmas Party at 5 p.m.
Dec. 16 – Foot Care; cost \$20 – call for appt.
Dec. 23 – CLOSED for Christmas Holiday
Dec. 26 – CLOSED for Christmas Holiday
Dec. 27 – Massage Therapist at 9:45 a.m.
– General Meeting followed by bingo at 1 p.m.
Jan. 2 – CLOSED for New Year Holiday
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:

Dec. 4 – Martha Olson
Dec. 17 – Bryan Shuster
Dec. 18 – Betty Bergmark
Dec. 23 – Ann Cavin

Please note the days that the River Falls Senior Center will be CLOSED this month. If you wish to dine when we are closed, the meal cost is \$7.25 to Wellhaven.

The Senior Center Christmas Party will be held on Monday, December 12 at 5 p.m. and hosted by Wellhaven. There will be a delicious dinner with entertainment and drawings. Cost is \$9.00 for Senior Center members and \$10 for non-members. Call the Senior Center at 715-425-9932 for tickets.

The 2017 Senior Center \$5.00 membership dues are now being accepted.

Our trip scheduled for Washington DC has a few seats left. The trip is scheduled for April 26 to May 4, 2017. Cost will be \$835.00 per person for double occupancy. Call for more details.

River Falls Senior Center...continues on page 16

Roberts Senior Center

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

PHOTO
COMING
SOON!

PHOTO
COMING
SOON!

Activities:

Dec. 7 – Bingo at 10 a.m.
Dec. 19 – Blood Pressure Checks
Dec. 26 – CLOSED for Christmas Holiday
Jan. 2 – CLOSED for New Years Holiday
Mondays – Mexican Train Dominoes at 10 a.m.
Wednesdays – Cards at 10 a.m.

It has been a busy Fall. Our Octoberfest Community Dinner was a success. A BIG thank you to all who attended and to all of the wonderful volunteers who helped to put this event on. Special thanks to our local Boy Scout Troop for their help also.

We were lucky enough to be entertained by the St. Croix Center 4K students and their teachers on Halloween. The children were all so cute in their costumes and very well mannered. We had a story about a “square pumpkin” read to us and we helped the little ghosts and goblins to make a “square pumpkin” craft. Thank you Helen Conley and all the teachers for arranging this event for us.

A belated birthday wish to our friend Lois Hall. Lois turned 99 on October 21. She is a wonderful participant here at the Center. We all marvel at her. She really is like the “energizer bunny”, she just doesn't stop being a wonderful person.

Roberts Senior Center...continues on page 16

SENIOR CENTER NEWS



Somerset Senior Center

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



Activities:

- Dec. 2 – Dining Out
- Dec. 5 – Shopping in New Richmond
- Dec. 8 – Cookie Decorate & Take
- Dec. 13 – Senior Center Board meeting at 9 a.m.
 - Blood Pressure checks
 - Birthday Celebrations
 - Shopping in Somerset
- Dec. 14 – Holiday Meal
- Dec. 20 – Shopping in New Richmond
 - Intergenerational Activity with St. Anne’s 4th graders
- Dec. 22 – Christmas Party and Gift Exchange
- Dec. 26 – CLOSED for Christmas Holiday
- Dec. 27 – Shopping in Somerset
- Wednesdays – Cards from 10 a.m. – 11:30 a.m.

Birthdays:

- Dec. 22 – Chuck Henkel

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.



Woodville Senior Center

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



Activities:

- Dec. 1 – Senior Center Board meeting at 9 a.m.
- Dec. 3 – “Little House Christmas” outing – leaving at 1 p.m.
- Dec. 6 – Field Trip to view Christmas Lights – leaving at 6 p.m.
- Dec. 13 – Foot Care with Dave Morrison, RN – call 715-698-2152
- Dec. 14 – Christmas Dinner with Piano Music and Sing-A-Long 12 noon
- Dec. 21 – Senior Commodity Distribution Pickup- Noon
- Dec. 26 – CLOSED for Christmas Holiday
- Dec. 27 – Free Blood Pressure Check 9:30 a.m.
- Jan. 2 – CLOSED for New Years Holiday
- Mondays – Dominoes (Mexican Train) at 9:30 a.m.
- Tuesdays – Bingo at 10 a.m.
- Thursdays – Bingo at 10 a.m.

Birthdays:

- Dec. 2 – Bud Mathison
- Dec. 5 – Darlene Peterson
- Dec. 7 – Bonnie Van Someren
- Dec. 14 – Roger Johnson
- Dec. 17 – Lurene Bahnsen
- Dec. 19 – Cindy Kuhr
- Dec. 25 – Donna Wilson
- Dec. 27 – Chris Wangen

Our November outing was to the **Maiden Rock Winery and Cidery** for a tour which included apple, cider and wine sampling. We actually didn’t “tour” but were given a very informative and interesting talk about the orchard, which consists of 4,500 apple trees! There was also a nice gift shop to enjoy. We then moved on to Twin Bluffs in Nelson for our lunch with a stop after at the Nelson Creamery for dessert. The group recommends the field trip. It was a fun outing and we made the most of it!



Left to right: Ralph Bader, Larry Knegendorf, John Terkelsen, Roger Johnson, Steve Aaby, and Art Jensen.



Community Meals

Gethsemane Lutheran Church
 1350 Florence Street
 Baldwin, WI 54002
 715-684-2984

Every 1st Tuesday from 5 p.m. – 6:30 p.m.

St. Bridget’s Catholic Church
 211 E Division Street
 River Falls, WI 54022
 715-425-1870

Every 2nd and 4th Tuesday from 5 p.m. – 6 p.m.

United Methodist Church
 209 E. 2nd Street
 New Richmond, WI 54017

Every 3rd Tuesday from 5 p.m. – 6:30 p.m.

First Baptist Church
 309 Vine Street
 Hudson, WI 54016
 715-386-9589

Every Wednesday from 5:30 p.m. – 6:30 p.m.

Bethel Lutheran Church
 920 3rd Street
 Hudson, WI 54016
 715-386-8821

Every 1st & 3rd Thursday from 5 p.m. – 6:30 p.m.

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



HONORING OUR VETS – On Nov. 10, we honored our Veterans at our site with a short program led by Lucille Lund with recognition of each veteran in attendance: John Terkelsen, Roger Johnson, Steve Aaby, Art Jensen, Larry Knegendorf, and Ralph Bader. Jim Wickboldt was missing that day as he was delivering goodie baskets through the Hospice Program to local Veterans and our driver Bob Nelson has a previous commitment.

Woodville Senior Cener...continues on page 17



TIPS TO STIMULATE YOUR MIND

According to the Alzheimer's Association, research has found that keeping the brain active seems to increase its vitality and may build its reserves of brain cells and connections. You could even generate new brain cells! What a great way gift to give yourself this holiday season – "maintain that brain!"

Holiday Word Find

How many new words can you create from the letters in the words:

C H R I S T M A S T R E E

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Holiday Trivia

1. Not counting Rudolph, how many reindeer pull Santa's sleigh?
2. In Sweden, a common Christmas decoration is the Julbukk, a small figurine of a goat. Of what material is it usually made?
3. What is the Irish custom of "feeding the wren" or "hunting the wren" on December 26?
4. In Tchaikovsky's ballet "The Nutcracker", who is the nutcracker's main enemy?
5. At Christmas, it is traditional to exchange kisses beneath a sprig of which plant?
6. In the Ukraine, what does it mean if you find a spider web in the house on Christmas morning?
7. The poinsettia is a traditional Christmas flower. Where did it originally grow?
8. What did the German immigrant Louis Prang contribute to United State Christmas customs in the 19th century?
9. In Lithuania, if Kaledu Senelis, or Grandfather Christmas, appears to the children on Christmas Eve to hand out presents, what must the recipients do?
10. In its first week in the house, how much water does a "real" cut evergreen consume?

Source: Internet

ANSWERS FOUND ON PAGE 16

DEMENTIA CARE...

continued from page 7

9. Encourage your local ambulance, law enforcement or fire department to be trained.
10. Tell your doctor about the ADRC dementia services imploring him/her to give out the phone number to help those with Alzheimer's.
11. Tell your story to your local newspaper to help others understand caregiving and living with the diagnosis of a type of dementia.
12. Be open if you or a family member are diagnosed. It's nothing to be ashamed of.

We don't have time to wait. The incidence is increasing dramatically and we need to be prepared. This disease will nearly double by 2025. Currently we have been partnering with Presbyterian Homes, Woodland Hill; Comfort Keepers, and WITC-New Richmond to show a series of movies on dementia. It has provided an opportunity to help those attending learn about dementia for the first time and to become aware of how to be dementia friendly. They remark on how much they have learned. Some of them are caring for a parent or spouse and were not given any information with the diagnosis. As a result, myth and misconceptions perpetuate.

I hope you will be inspired to work with me and the 1100 in our county experiencing this disease along with friends, family and neighbors included in the circle of care. The St Croix Valley Foundation is supporting this with coalition work I mentioned in my previous article.

Please call me if you want more information, have questions, wish to help or know of someone who would benefit from connecting with me. In the months to come we will be promoting a series of articles in local newspapers, church newsletters, and other informational pieces.

WE WANT A WORLD WITHOUT ALZHEIMER'S DISEASE! GET INVOLVED NOW! DON'T WAIT!

Council on Aging & Disabilities Members

- | | | |
|---------------------------|----------------|-------------------|
| Dave Ostness, Chair | George Zaske | Alfred Schrank |
| Jim Schrieber, Vice Chair | Laurie Pelnar | Mary Ellen Brue |
| Ron Kiesler | Patricia Jonas | Paulette Anderson |
| | Virginia Drath | Jerry Adams |

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

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www.cchudson.org

2650 65th Ave., Osceola, WI • 715-294-1100
www.cchosceola.org

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Located inside Nilssen's Foods
715-565-3465

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Attorney Jennifer A. O'Neill, CELA*
900 Crest View Dr. • Ste. 220
Hudson
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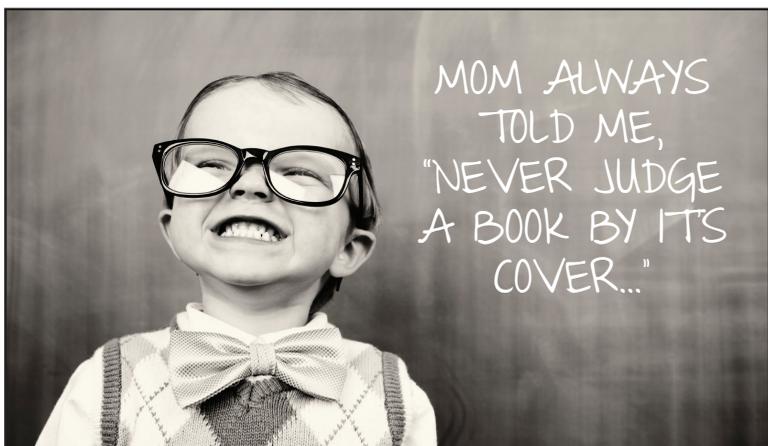
Blessed is the season which engages the whole world in a conspiracy of love.
~Hamilton Wright Mabi

continued from page 7

- ❖ avoiding new games or activities. Some victims of stroke have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. Perhaps an afternoon of looking at old slides or photos and reminiscing would be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.
- ❖ **Be good to yourself.** Be aware that the holidays can be stressful and prioritize time for you to get away. A lunch out with friends, trip to the beauty parlor or movie theater, or going to a concert are simple things that can leave you feeling rejuvenated and better able to have a happy holiday.

May everyone enjoy a stress-free holiday season filled with love, joy and good memories!

Written by: Jane Mahoney, Older Americans Act Consultant, GWAAR



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RIVER FALLS

640 North Main St. • River Falls, WI

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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HUDSON SR CENTER...

continued from page 9

December 12: The Hudson Senior Center will be going to the Hudson High School Holiday Choir concert. We be providing transportation. We will be meeting at the Senior Center @ 4:15 p.m. If this is something that interests you, please RSVP by Dec. 5th. Transportation is \$2 and Concert tickets are \$7.

December 16: The Hudson Senior Center is having a Christmas party and Santa Claus will be coming to town! Join the Hudson Senior Center for a great meal and a picture with Santa. Santa will be here at 10:30 a.m. and lunch will be served at 11:30 a.m. Please come by the Senior Center or call Melissa to RSVP by December 15th (715-386-8709).

December 19: Need to get into the Holiday spirit? Join us on a tour of all the Christmas lights in Hudson. We will leave the Senior Center at 6 p.m. and the cost is \$2. RSVP by Dec 16th.

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).

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.

ROBERTS SENIOR CENTER...

continued from page 12

A heartfelt thank you to the family of Marilyn Delander for their generous donation to the seniors in Marilyn's memory. It is greatly appreciated.

We hope you all had a good Thanksgiving. The weather has been a blessing!

We hope to have a Christmas Concert from our 4K children this year. We just enjoy those children so much.

On behalf of all the seniors here and myself we want to wish you all a Merry Christmas and the happiest of holiday seasons. May next year bring you all you wish for.

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, please call the Aging & Disability Resource Center in New Richmond 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 bus trips and other activities.



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CARDINAL CAPITAL MGMT

BADLWIN SR CENTER...

continued from page 8

☺ Martha Mabis for another fun Glass Art Class

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.

RF SENIOR CENTER...

continued from page 12

Be sure to find us on Facebook for up to date information. 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 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@presscenter.com. For information on Home-Delivered Meals please call the ADRC of St. Croix County at 1-800-372-2333.



Holiday Trivia Answers

1. 8 (Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen)
2. Straw
3. Going door to door to collect money for charity
4. The Mouse King
5. Mistletoe
6. Good Luck
7. Mexico
8. Sending printed Christmas cards
9. Perform a song or poem before receiving the gift
10. 1 gallon

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WOODVILLE SR CENTER...

continued from page 9

The Vets shared where they served and some interesting stories. We sang a few selections of patriotic favorites also led by Lucille along with piano accompanist Janis Helgeson. Thank you, Veterans, for serving our Country!

“A Little House Christmas” at the Mabel Tainter Theater in Menomonie, Saturday, Dec. 3, 2:30 performance. Tickets are \$12 seniors. Tickets have been ordered, but if you are still interested call the Center as we may have extras. We will leave from the Minit Mart parking lot at 1 p.m. After the play, we will dine at Perkins Restaurant in Menomonie.

Christmas Lights Tour – On Tues., Dec. 6, we will take a drive to New Richmond to view their Christmas Lights. We will be leaving at 6 p.m. If you wish to join us, call the Center at 715-698-2152.

CHRISTMAS DINNER & MUSIC on Wed., Dec. 14 at 12 noon. Brian Ewing along with daughter Emma, will provide piano music as we

dine, playing favorite Christmas songs and Hymns. After we have had our fill of Christmas Dinner, they will lead us in a short sing-a-long. Call now to make your reservation, and **WEAR YOUR CHRISTMAS COLORS!**

DINE WITH FRIENDS! Lunch is served Monday through 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 Senior Center 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.

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Peter H. Kilde *Executive Director*



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
December 14, 2016
January 11, February 8, March 8, April 12, May 10, 2017
 - **St. Croix County Government Center**
1101 Carmichael Road
Hudson
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.

St Croix County Sharps Collection Program



Used needles, lancets and other sharps can be disposed of in this container until it is filled to the line indicated and not overfilled. The filled container should be capped and returned to any of the facilities listed on the back. New containers are available upon request.

The purpose of this program is to provide proper sharps collection containers to the residents of St Croix County who need them. In Wisconsin, it is against the law to dispose of sharps with your household garbage. Properly disposing of sharps helps protect the environment by reducing the amount of biohazardous waste that is disposed of in landfills and the environment. This program also reduces the risk of injury and exposure to infectious agents by waste handlers and the public.

There is no charge to you for this service. The education, containers, and disposal expenses are being provided by local Lions Clubs, St Croix County Public Health Department, St Croix County Recycling Program and area hospital and health care facilities.

For more information about this program contact: Sue Lindberg
St Croix County Public Health
715-246-8263 or
sue.lindberg@co.saint-croix.wi.us

Sharps Container Pick-up & Drop-off Locations:

Baldwin:
Western Wisconsin Health
1100 Bergslien Street
Baldwin, WI 54002-2600
715-684-1111
Containers can be brought to the front lobby for disposal information.

Glenwood City:
Glenhaven
612 E Oak Street
715-265-4555
Visit front desk for information on container disposal.

Hammond:
American Heritage Care Center
425 Davis Street
715-796-2218
Visit front desk for information on container disposal.

Hudson:
Hudson Hospital - ER
405 Stagehine Road
715-531-6000
Containers can be dropped off in the Emergency Room.

New Richmond:
Westfields Hospital
535 Hospital Road
715-243-2600

River Falls:
River Falls Area Hospital – ER
1629 E Division Street
715-425-6155

Woodville:
Park View Home 220
Lockwood Street
715-698-2451
Visit front desk for information on container disposal.

Many local pharmacies will also dispose of sharps containers. Check with your pharmacist for more options.

Please contact hospitals and care centers for drop-off times and locations.

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Blue Sticker means better service

When you visit the Aging and Disability Center, you may notice a new blue sticker in the office window. This sticker lets you know that the office is now equipped with a portable Hearing Look system. This technology was provided by the State of Wisconsin Bureau of the Aging and Disability Resources, in order that ADRC's could offer better accommodation for people with hearing difficulties.

The idea of a Hearing Loop system (also called Hearing Induction Loop) dates back to the 1930s. The technology was further developed in the 1970s and is now provided in Europe in many public places, including auditoriums, cathedrals and public offices. The movement to install Hearing Loop systems into public places in the U.S. has been growing

How it works

The induction loop carries a signal to a small component found in many hearing aids, called a Telecoil. This component amplifies sound directly to the listener. This can greatly reduce background noise and allows individuals to hear a speaker more clearly, than with a hearing aid alone. Telecoils have become more common in U.S. hearing aids; therefore the induction loop technology has become more convenient in recent years. The Telecoil component can also be installed into other listening devices (besides hearing aids) that are compatible with the hearing loop system

If you have hearing aids that are equipped with a Telecoil, they should be able to pick up the voice of an ADRC staff member using the new portable Hearing Loop system, which has a range of about 4 – 5 feet. If you do not have a hearing aid or yours is not equipped with a Telecoil, we have another small listening device that can also help many people. This device simply requires the listener to wear headphones.

If you have hearing loss or impairment, an ADRC staff member can use the portable Hearing Loop system when you talk with them. This technology is available in the office and can also be taken by staff on home visits. We are excited to provide this accommodaton.



The Recipe Box



Recipe Name:	Italian Sausage Soup	Season:	Winter
Author:	Carol McConaughy	Town:	Hudson
Ingredients:	Directions:		
1 lb ground Italian sausage	Brown sausage in large saucepan over medium-high heat. Add onions & carrots – sauté for 3 minutes. Stir in mushrooms & garlic – sauté for 3 mins. Add broth & tomatoes – bring to boil. Stir in pasta & simmer until cooked @ 10 mins or according to package directions. Add spinach and cook 1 min or until wilted. Place pieces of cheese in each serving bowl, then ladle soup to melt. Garnish with parmesan cheese.		
2 cups onions, chopped			
1 cup carrots diced			
2 cups button mushrooms, sliced			
2 T garlic, minced or garlic powder			
4 cups chicken broth			
1 can chopped Italian style stewed tomatoes			
1 cup mafalda pasta			
2 cups fresh spinach, torn or chopped			
Provolone or fresh mozzarella, sliced			
¼ cup shredded parmesan for garnish			

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.

8 years

Howard Mabis, Baldwin Van Driver

24 years

Dena Hudson, Woodville Van Driver

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.

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+

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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/safemedsdrop for program information.

DECEMBER 2016 COMMUNITY CALENDAR...

...continued from page 2

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 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, Dec. 28 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.

ADRC NEWS

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.



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PARK PLACE
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PARK PLACE NORTH
Assisted Living



KIDS VIEW
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MORE HIGHLIGHTS OF GC SENIOR CENTER...

continued from page 3

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

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William "Al" Johnson Manor
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