



AGING & DISABILITY RESOURCE CENTER NEWS

Volume 27

Number 2

FEBRUARY 2016

What's Inside:

Community Calendar.....pg 2

For Your Benefit News.....pg 3

Spotlight on Social Security..pg 4

AARP Tax Help Info.....pg 5

Support Groups.....pg 6

DayAway Club.....pg 6

Caregiver Support.....pg 7

Dementia Care.....pg 7

Sr Center News.....pgs 8,9,12 & 13

Nutrition Program Menus..pg 10-11

Tips to Stimulate Your Brain.p 14

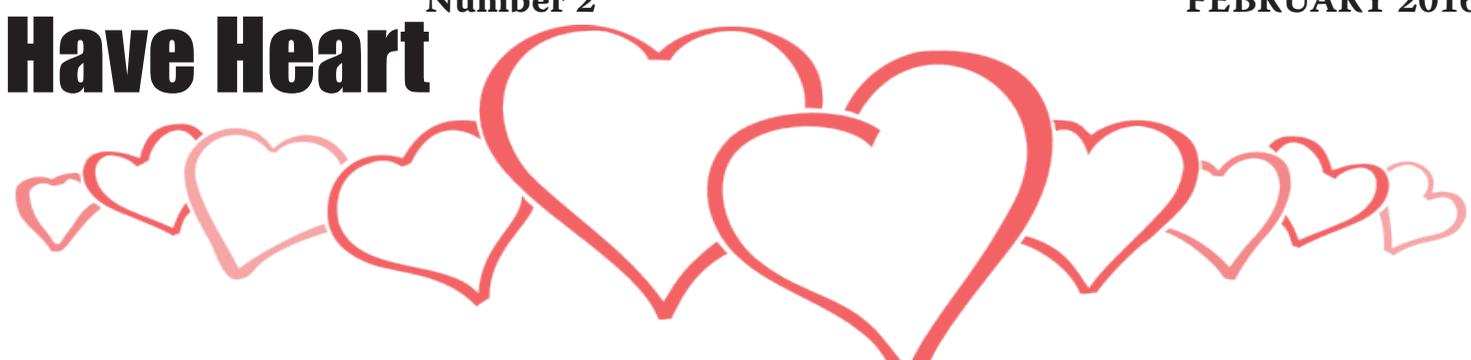
Other info:

ADRC Contact List.....pg 2

Donation Form.....pg 2

Request ADRC Form.....pg 8

Have Heart



Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference? We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community. Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
- Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early.
- Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.

Support Go Red For Women by participating in

National Wear Red Day® on **Friday, February 5, 2016** and donating to help fund research during American Health Month.

Why Go Red? Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action. That's why this year we are asking that you wear red on **National Wear Red Day®** and **Donate to Go Red For Woman**. By doing so you help support educational programs to increase women's awareness and critical research to discover scientific knowledge about cardiovascular health.

And don't forget to make your heart health a priority. Schedule your Well-Woman Visit, a prevention check-up to review a woman's overall health so her doctor can measure blood pressure, check cholesterol and look for signs of heart disease, stroke and other illnesses. Then encourage others through your social channels to do the same using the hashtags, #GoRedWearRed and #WellWomenVisit.

We couldn't make positive changes without the support and donations by individuals like you.



“There is more hunger for love and appreciation in this world than for bread.”

~ Mother Therese

The ADRC of St. Croix County office and Senior Nutrition Sites will be CLOSED on Monday, February 15 for President's Day.

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

NON-PROFIT ORGANIZATION
U. S. POSTAGE PAID
GLENWOOD CITY, WI 54013
PERMIT NO. 17

Contact ADRC News at the address above for address changes.
For advertising inquiries, email: admins@mygatewaynews.com

AGING & DISABILITY RESOURCE CENTER OF ST. CROIX COUNTY

1752 Dorset Lane • New Richmond • WI

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

Marian Mottaz, Disability Benefit Specialist

Denise Gillen, Kelly Weber, Cia Westphal,

Information & Assistance Specialists

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

COMMUNITY CALENDAR OF EVENTS FEBRUARY 2016

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

Job Center – Wednesday, Feb. 3 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!

Hudson Hot Air Affair – Friday, Feb. 5-7. Hudson Hot Air Affair will celebrate 27 years of hot air ballooning at the annual mid-winter event. The event will highlight the best of winter fun! Come enjoy wonderful family friendly events such as an evening parade, hot air balloon launches, geocaching, shopping, smooshboarding, arts and crafts, hot air balloon mon glow and great food, just to name a few. For more information call 715-386-8411.

Wheelchair Clinics: Tuesday, Feb. 9 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, Feb. 11 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.

Senior Potluck – Friday, Feb. 12 from 11:45 a.m. – 1:30 p.m. Come and join us for a great potluck lunch – Knee Pain and Arthritis by Dr. Nicholas Weiss. 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, Feb. 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 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, Feb. 24 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.

Community Calendar...
continues on page 19

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.

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 bus 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 715-425-9932
 - Roberts 715-749-3755
 - Somerset 715-247-5354
 - Woodville 715-698-2152

All Breed

Dog Grooming & Cats Too!!

Call one of our locations today to schedule your pets next appointment!

New Richmond

1656 Dorset Lane

715-246-6027

Somerset

1584 32nd Street

715-247-3647



ROCK VALLEY DOG GROOMING

Between Amery & Clear Lake

715-263-2241

• FOR YOUR INFORMATION •



Housing and care facilities

There are many housing choices for older adults, including living in one's own home or apartment, independent-living apartments, or various assisted living arrangements.

Housing with services caters to different levels of need, from meals and light house-keeping to assistance with bathing and dressing. Some factors to consider include whether one wishes to live in a building limited to older people, a private apartment, or simply a private bedroom. Some people prefer a place with only a few residents, while others prefer the social life of a large complex with many residents. When exploring these choices, it is helpful to visit different kinds of facilities before making a decision.

In Wisconsin, assisted living homes include Community Based Residential Facilities (CBRF) and Residential Care Apartment Complexes (RCAC). Adult Family Homes are private homes where one to four older residents receive care. Nursing homes provide medical care for short or long term care. Most older people still choose to stay in their own homes and get help when they need it.

The Information & Assistance Specialist at the ADRC of St. Croix County can explain the housing options in your area.

Source: <https://www.dhs.wisconsin.gov/aging/services>

Wisconsin Senior Employment Program (WISE)

The Wisconsin Senior Employment Program (Senior Community Services Employment Program) is an employment training program for low-income, unemployed individuals aged 55 years and older. The program provides subsidized, part-time work experience for a limited time through community service to obtain the skills necessary for permanent employment. Participants in the program learn new skills and talents, or enhance existing ones, through valuable work experience and other training to become competitive in today's workforce.

The Senior Employment Program is funded under Title V of the Older Americans Act. It is administered by the Wisconsin Department of Health Services through area agencies on aging and various other non-profit organizations.

What Do Most Individuals Want?

- Receive an income.
- Obtain benefits.
- Develop new skills.
- Feel useful and needed.
- Make new friends and stay in touch with the world.
- Provide structure to one's life.
- Have a sense of achievement and accomplishment.
- Know that you are a valuable asset to the community and yourself.

Older Workers are Good for Business

The assets of older workers are increasingly being recognized by employers. Those assets include a strong work ethic, high productivity, extensive life and work experience, low absenteeism and turnover rates. Many Wisconsin employers are hiring older workers as part of their recruitment efforts to utilize the skills, experience and talents they possess.

Who is Eligible?

Individuals applying for the Wisconsin Senior Employment Program (WISE) must meet specific requirements in order to be eligible:

- A legal resident of Wisconsin.
- 55 years of age and older.
- Unemployed.
- A limited income at no more than 125% of the federal poverty level.

What is Offered?

Wisconsin Senior Employment Program participants receive an assessment to determine individual needs for training, supportive services, and potential for employment. Eligible participants are closely matched with their personal goals and

WISE...continues on page 4

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

O'Neill Elder Law

Attorney Jennifer A. O'Neill, CELA*
 900 Crest View Dr. • Ste. 220
 Hudson
 715-808-0610
 www.oneillelderlaw.com

Estate Planning • Elder Law
 Licensed in WI & MN

*Certified as an Elder Law Attorney by the National Elder Law Foundation

LAWSON MANOR

Assisted Living in Luck, WI

United Pioneer Home is proud to announce the opening of Lawson Manor, the 16-bed assisted living facility. We offer spacious, private rooms with large private bathrooms. 24-hour care staff on-site. Registered Nurse on Call, medication management, meal service, Cable TV and Internet.

Call today for more information and a tour.
LAWSON MANOR
 623 South Second Street Luck, WI 54853
715-472-2164

Amery Memory Care • Amery, WI

Offering Assisted Living & Specializing in Dementia Care

For a private tour and FREE evaluation
 Call Terri Jensen Tompkins at 715-797-6027

Amery Memory Care
"a happier life for everyone"

Amery Memory Care accepts private & public pay
 For a virtual tour, go to amerymemorycare.com

Heirloom Court Senior Apts.

100 Heirloom Avenue - Hudson, Wisconsin

Apartments available immediately at Hudson's premier affordable senior-only apartment community

Rent includes: Heat, water, trash and snow removal • Rent is based on 30% of gross adjusted monthly income • Brand new apartments • Approved pets welcome
 Controlled access entry system • Spacious apartments • And much more!

Call 800-466-7722 • TTY/TDD 800-627-3529 Accessible Space, Inc.

Spotlight on Social Security



...Your Social Security benefit statement

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

It's that time of year again: time to start preparing to file your taxes. If you receive Social Security benefits, one of the documents you will need when filing your federal income tax return is your Social Security Benefit Statement (Form SSA-1099).

Your Social Security benefits may be taxable. This includes monthly retirement, survivor, and disability benefits. About one-third of people receiving Social Security benefits must pay taxes on some of these benefits, depending on the amount of their taxable income. This usually happens only if you have other substantial income — such as wages, self-employment, interest, dividends, and other taxable income that must be reported on your tax return — in addition to your Social Security benefits. You will never have to pay taxes on more than 85 percent of your Social Security benefits, based on Internal Revenue Service (IRS) rules.

To find out if you must pay taxes on your benefits, you will need your Social Security Benefit Statement (Form SSA-1099). You should automatically receive your 1099 form each January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to

the IRS on your tax return. The 1099 form is not available for people who receive Supplemental Security Income (SSI), as SSI payments are not taxable.

Whether you file your taxes early or wait until the deadline, Social Security makes it easy to obtain a replacement 1099 form if you didn't receive one or misplaced yours. You can get an instant replacement quickly and easily by using your secure online *my Social Security* account. If you don't already have an account, you can create one in minutes. Follow the link to the *my Social Security* page, and go to "Sign In" or "Create an Account." Once you are logged in, select the "Replacement Documents" tab to obtain your replacement 1099 form. If you create a *my Social Security* account, you can also use it to keep track of your earnings each year, manage your benefits, and more.

You can also obtain a replacement 1099 form by calling us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m., or by contacting your local Social Security office. If you live outside of the United States, please contact your nearest U.S. Embassy or Consulate.

With a *my Social Security* account, gathering your Social Security information for tax season has never been easier. Open your own personal *my Social Security* account today at www.socialsecurity.gov/myaccount.

WISE... *continued from page 3*

placed in a position in community service (not-for-profit or government agencies) for approximately 20 hours per week. Participants receive the Wisconsin minimum wage of \$7.25 per hour. Other job-related training may consist of upgrading existing skills, developing new skills, limited educational opportunities, job counseling and assistance in finding and keeping a job.

To gain work experience, Wisconsin Senior Employment Program participants are often placed in schools, hospitals, senior centers, nutrition programs, conservation programs, day care centers, and many other sites. These sites translate into positions such as nurse and teacher's aides, library clerks, clerical workers, adult and child day care assistants, campground recreational coordinators, maintenance workers, and many more occupations.

How Do I Apply?

To determine whether you are eligible for the Wisconsin Senior Employment Program (WISE), call the agency in your county and ask to speak with the "WISE Program Coordinator," who will do a brief "Question and Answer" evaluation over the phone to determine whether you qualify. WISE Program Contact for Jackson, La Crosse, Monroe, Pierce, St. Croix, Trempealeau and Vernon Counties

Workforce Connections, Inc
Dolores Marusarz, Employment Coordinator
2615 East Ave. South, Suite 103
La Crosse, WI 54601
Tele: (608) 789-5645 Fax: (608) 796-0178
Email: marusarzd@workforceconnections.org

Easy Funeral Trust & Expense Planning

BENEFITS OF AN IRREVOCABLE FUNERAL TRUST

- Medicaid exempt with no five-year look back.
- Funds cannot be attached by creditors.
- Portable to any funeral home.
- Excess funds are paid to the Estate of the Insured.



For more information, please contact:

715-243-6148

John Harrington
jharrington@fn-cb.com



New Richmond • Somerset • Hudson • Dresser



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.

YMCA—Hudson	The Centre	Peace Lutheran Church	The Westwind
2211 Vine Street Hudson	428 Starr Ave New Richmond	2084 County Rd N Baldwin	709 N Main Street River Falls
1st Thursday	2nd Wednesday	4th Thursday	Last Tuesday
9:30 a.m. — 11 a.m.	1 p.m. — 2:30 p.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

Your first step home begins with us!

Our Medicare/Medicaid center offers short-term rehabilitation after a brief hospital stay.

- ✓ 24 Hour Nursing Care
- ✓ Physical Therapy
- ✓ Occupational Therapy
- ✓ Speech Therapy
- ✓ Recreation & Activities
- ✓ Short Term Respite Stays



PRESCOTT
NURSING & REHABILITATION

1505 Orrin Rd • Prescott, WI
Call or Visit (715) 262-5661

Somerset Drug



Established 2008

At Econofoods
Prescriptions, Fine Jewelry,
Cards & Gifts, Se Habla Español
FREE Local Delivery!

107 Parent St.
PO BOX 250
Somerset, WI 54025

Ph. 715-247-3535
Fax: 715-247-3636
somersetdrug@somtel.net

CROIX VIEW APARTMENTS

Affordable 1 & 2 bedroom, non-smoking apartments in a beautiful neighborhood setting for income eligible residents.

City of Hudson
Housing Authority

1015 2nd St., Hudson, WI 54016

For information call:
715-386-5301



An Equal Housing Opportunity provider

Village Pharmacy
Glenwood City Health Mart
PHARMACY

Located inside Ormson's Super Valu

224 W. Oak St
Glenwood City, WI
715-565-3465

Find us online at www.villagepharmwi.com

ADRC Manager's Report



From the Desk of Brad Beckman

Hope everyone had Happy New Year. It is hard to believe it's 2016.

In the month of February we observe Ground Hog's Day, President's Day and National Heart Health Month.

Don't forget the new Voter Identification requirement in Wisconsin for all voters is an important issue. Be sure you, your family and friends are prepared with the right documents before the election this Spring.

We are entering into our 2nd year of the Dementia Care Initiative for St. Croix County. Our Dementia Care Specialist has been providing trainings for business and agencies to making friendly Dementia communities throughout St. Croix County. The Memory Cafés are in full swing – details of when and where can be found in the newsletter or the web page. In collaboration with the St. Croix Valley Foundation, the Remember Project the three one act plays that were seen by many throughout St. Croix County were a success.

It's tax time - so in February there will AARP tax assistance available so please review the schedule in newsletter or the ADRC webpage.

Also as we wrap up 2015, we will provide the annual program statistics in the March issue of the ADRC News.

As we look forward to 2016, the new St. Croix Aging and Disability Guide will be available in print and on the ADRC website.

If you have any 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.

Hygiene and Infection Tip

Proper hand washing can be a matter of life and death. The Center for Disease Control (CDC) says infectious disease is the #3 killer in the United States. Frequent and effective hand washing with soap and water or the newer alcohol-based disposable hand sanitizers is effective. Infectious rates dropped by more than 30% when there was good hand washing. Using sanitizers is best only one or two time before good old soap and water. Sing the first verse of "Yankee Doodle Went to Town" while washing your hands.

AARP Tax Assistance

It's that time of year again! AARP volunteers will offer tax assistance to older adults throughout St. Croix County.

Assistance is offered on a first come, first served basis.

Hudson Government Center - @ 1101 Carmichael Road, 381-4360

9 a.m. - 3 p.m. on **Mondays in Room 1216** – Feb. 8, 22, 29; Mar. 7, 14, 21, 28; April 4
9 a.m. - 3 p.m. on **Thursdays TO BE DETERMINED**

Baldwin Senior Center - Municipal Board Room @ 400 Cedar St., 684-2979

9 a.m. - 1 p.m. on **Wednesdays, Feb. 24 and March 23**

River Falls Senior Center - Main Room @119 Union St., 425-9932

9 a.m. - 1 p.m. on **Monday, Feb 15; Wednesdays, March 2 & 30**

Norseman Manor - 240 Church St., Woodville, 698-2487

1 p.m. - 3 p.m. on **Wednesday, March 16**

WITC - New Richmond - 1019 S. Knowles Ave, New Richmond; 246-6561

9 a.m. - 3 p.m. on **Wednesdays, Feb. 10 & 17; April 6**

Please contact the Aging and Disability Resource Center of St. Croix County if you're in need of transportation 715-381-4360 or 1-800-372-2333

Please bring the following with you when you come:

- Current year's tax forms and preparation booklet;
- Copy of last year's income tax return(s);
- W-2 forms from each employer;
- Unemployment compensation statements;
- SSA-1099 form if you were paid Social Security benefits;
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets;
- 1099-misc. showing any miscellaneous income;
- 1099-R form if you received a pension or annuity;
- All forms indicating federal income tax paid;
- Dependent care provider information (name, employer, ID, SS#);
- All receipts or canceled checks if itemizing deductions;
- Social Security numbers for all dependents.

The St. Croix County Government Center now has added security and a screening station upon entrancing the building. Please be prepared to go through a metal detector and having belongs screened. Please allow for extra time.

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

HUDSON County Market PHARMACY

Hours

M—F 8am to 8pm
Sat. 9am to 5pm
Sun. 9am to 1pm

715-381-5923

2310 Crest View Drive
Hudson, WI 54016

CountyMarketHudson.com
HUDSONRX@JERRY'SFOODS.COM

Privacy • Freedom • Comfort • Safety



- Spacious 1 and 2 Bedroom Floorplans
- 3 Meals Provided Daily
- 24-Hour Nursing Staff
- Wireless Pendant Call System
- Activities Program
- Fitness Center with Therapeutic Exercise Classes
- Weekly Housekeeping and Bed Linen Services
- Assistance with Transportation Needs
- Theatre/Chapel
- Beauty/Barber Shop
- All Utilities Included
- Underground parking

RED CEDAR CANYON
ASSISTED LIVING

3001 HANLEY ROAD • HUDSON, WI 54016

www.redcedarcanyoncare.com

Call 715-381-7333 to schedule a personal tour.



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.

TOPIC:

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.

TOPIC:

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

Government Center, Hudson. For those caring for someone with a chronic disease.

TOPIC:

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

Other Support Groups
...continues on page 16

DAYAWAY CLUB

Submitted by Stephanie Koski, DayAway Manager

Feels warm when we can see the sun shining. Still feeding the birds out our window. We saw a beautiful cardinal and of course the squirrels enjoy the food too. We had a wonderful holiday season and celebration. We made Christmas cards for the veterans. Made Christmas gifts for family.

Our program is growing and we welcome all. Come spend the day with us and see what we do. We have coffee and treats along with a lot of talking and laughs. We also play games do crafts watch movies and even have a delicious lunch.

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 it 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 – Community Commons, 421 S Green St, New Richmond

Thursdays – Crossing Point Building, 220 Vine Street, Hudson

Come home to...

HANLEY PLACE SENIOR APARTMENTS

Independent Living for Seniors (50+) and/or Disabled



Studio, 1BR & 2BR Apts
Community Lounge
Heat Included
Garages available

Special!! - 1 month FREE with a 12-month lease!

Income Guidelines Apply

Call: 715-386-0110

www.hanleyplace.com
2221 Hanley Road Hudson, WI 54016

Int-rim
HEALTH CARE®

HOMECARE AND HOSPICE

CARE. COMFORT. CHOICE

594 OUTPOST CIRCLE SUITE G

HUDSON, WI 54016

715-377-9617

Medicare/Medicaid Certified

We except most Insurances

Providing Services in Polk, St. Croix, Barron, Pierce and Dunn Counties

United Way

Adoray
HOME HEALTH & HOSPICE

Compassion • Respect • Expertise

♥ Home Health

♥ Hospice

♥ Rehabilitative Services

Serving St. Croix, Pierce,
Western Dunn, and Polk
Counties.

Medicare and Medicaid Certified

2231 Hwy 12—Suite 201
Baldwin, WI

800-359-0174 715-684-5020

CAREGIVER SUPPORT

Submitted By Tara Murdzek, Caregiver Support Coordinator

Choose Joy

As a caregiver our worlds are different than what we anticipated they would be. The demand of meeting another person's daily needs is great. Stress levels are high. Somehow within what may feel like a hectic and chaotic life we can still take time to create and appreciate moments of joy. Jolene Brackey wrote an entire book on Creating Moments of Joy for someone with Alzheimer's disease. But this important message is not just for those caring for someone with Alzheimer's disease. It is an initiative that we must take with people we love every day. Creating moments of joy can be as simple as turning on music and singing, holding someone's hands, sharing a compliment or laughing at something silly. Moments of joy can be created. Watch for opportunities. A quick smile or nod of recognition is worth more than any amount of money. Keep your expectations low and your appreciation high. Our lives are made up of moments. Make each moment count. Happiness depends on external factors. Joy, on the other hand, is a lens to see the world through. The difference between joy and happiness is that joy is a choice one makes. Choose joy.

Kathleen Manny

*Co-Chair/The Family Caregivers Coalition in Sheboygan County
Community Services Specialist/Aging & Disability Resource Center*

Medicare Alphabet Soup

MEDICARE A, B, C, D???

DONUT HOLE???

CONFUSED YET?



If you are newly eligible for Medicare, the Benefit Specialists from the Aging & Disability Resource Center of St. Croix County will help you understand the A, B, C, and Ds of Medicare, plus Supplemental Insurance, and Advantage Plans so you can decide which coverage is best for you. You'll also learn about public benefits and the Wisconsin Senior Care Program.

Informational Sessions

Thursday, February 18

9 a.m. – 11 a.m. Hudson Hospital & Clinic Spruce Room 405 Stageline Road Hudson, WI 54016 Call 800-429-0383 to register

Thursday, February 18

1 p.m. – 3 p.m. River Falls Hospital Classroom A & B 1629 East Division St River Falls, WI 54022

Tuesday, February 23

9 a.m. – 11 a.m. Westfields Hospital & Clinic Mississippi Rm of Drury Conference Center 535 Hospital Road New Richmond, WI 54017

Thursday, February 23

1 p.m. – 3 p.m. Baldwin Area Medical Center Mattison Room 730 10th Ave Baldwin, WI 54002

DEMENTIA CARE

Submitted by: Nancy Abrahamson, Dementia Care Specialist

Have a Heart...

Guide to having a conversation with someone who might have dementia

This is national heart month and I'm going to address how to use true compassion in talking with people about their memory issues—using the tenderness of heart to relate to others. One of the most frequent questions from family and caregivers is how to approach someone who is starting to show significant memory problems. It's a great place to start so I'm going to give some background on the disease process and then tips on how to approach those difficult or awkward conversations.

Dementia starts to develop long before most of us recognize there is a real problem. First of all, when you see the early signs of short term memory loss which I have talked about in previous columns it is a good idea to make sure the doctor runs appropriate tests to rule out anything treatable. There are also many things which create the memory/functional problems that may be easily remedied with medications, diet, exercise etc. Second, remember that the brain kind of "tricks" the individual because their short term memory prevents them from remembering/recognizing there is a problem. Or even if they do remember, they feel certain things are going just as well as they have for most of their life. So they are not being resistant or lazy but they are simply unable to comprehend to changes.

So **approach is everything**. When the approach 'second-guesses' them or challenges them, they become irritated or angry.

1. If they "open the door" by stating they are forgetting some things ask them to talk about the specifics. When is it happening; what kinds of things are difficult? How long have they noticed the problem?
2. Reassure them that some memory loss is normal but because they are concerned the best thing to do is to have a medical evaluation.
3. Reassure them that several things can cause thinking or memory issues that are treatable and they are:
 - a. Medication and interactions
 - b. Tumors and lesions
 - c. Chemical imbalances
 - d. Infections
 - e. Depression

DCS...Have a Heart...continued on page 15

Grandstrand Funeral Home
Complete Funeral and Cremation Service
Osceola, WI 715-294-3111 St. Croix Falls, WI 715-483-3141

CULLEN CREA FUNERAL HOME
Offering Personalized Care, Compassion and Peace of Mind
Robert Crea, Director 715-246-2667

Need Help with HEALTH or MEDICARE Plans?
Call Today!
ALI RUD FINANCIAL SERVICES Since 2004
800.398.1971 104 W. Main Street Mondovi, WI 54755
715.926.6003 arud@sagepointadvisor.com
All Rud is not connected with the Federal Medicare program. This is an advertisement for insurance. I understand that by contacting the number listed, I will be speaking to a licensed insurance agent. #MS-12012

Hospice, a program of care that focuses on living each day and making it the best it can be.

LAKEVIEW HOSPICE
www.lakeviewhealth.org
(651) 430-3320 or (800) 732-1422. HealthPartners Family of Care

SENIOR CENTER NEWS • SENIOR CENTER NEWS • SENIOR CENTER NEWS



Baldwin Senior Center

John Doornink, Senior Center Board President
 Cindy Ramberg, Nutrition Program Manager
 400 Cedar St • Baldwin • 715-684-2979
 bsrctr@baldwin-telecom.net

PHOTO
 COMING
 SOON!

Activities:

- Feb. 4 – Senior Center Board meeting at 10:30 a.m.
 - Free Hearing Screenings at 12:30 p.m. – please call to sign up!!
- Feb. 11 – Presentation on Emotional Wellness by Kesha Marson, Amery Behavioral Health
 - Blood Pressure Checks
- Feb. 15 – CLOSED for President’s Day
- Feb. 18 – Musical Entertainment by Sue West from 11 a.m. – 1 p.m.
- 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:

- Feb. 2 – Rachel VanSomeren
- Feb. 10 – Bonnie Moe
- Feb. 18 – Paul Chapin
- Feb. 22 – Jeanne Johnson
- Feb. 23 – Pastor Paul Loverstrand
- Feb. 28 – Donna Gerhardt

Hope you are all staying warm in this blistering cold! We here at the Senior Center are enjoying music, guest speakers & daily camaraderie among friends! Feel free to come in & enjoy a home cooked meal with us or check out our monthly calendar for events & entertainment! We love welcoming new faces & making new friends!

I would like to extend another “Thank you” to all of the AMAZING volunteers we have here in Baldwin! From your Decorating for Christmas, Donating your time & talents for Lefse making, Cookie baking, to providing a fun filled day of games & prizes for our New Year’s Party! The Baldwin Senior Center would not be as successful without your talent & skills!!

Reminder for **SNOW DAYS**: 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 Senior Center will open as usual. The Baldwin/Woodville Schools post their closing and late starts on various local TV, Radio & Internet sites. You may also call the BW School Closing Hotline at 715-684-2200.

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.



Deer Park Senior Center

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

Activities:

- Feb. 10 - Senior Center Board at 9 a.m.
- Feb. 11 – Valentine’s Day Party
- Feb. 15 – CLOSED for President’s Day
- Daily - Men’s coffee round table news at 11:15 a.m.
- Daily - great food, great friends, great coffee, and all the news we need to know and then some.

Birthdays:

- Feb. 5 – Art Christenson
- Feb. 13 – Joyle Anderson
- Feb. 14 – Glen Shilts
- Feb. 16 – Arliss Cody
- Feb. 29 – Pat Shilts (Pat actually has a birthday this year!)

Ash Wednesday is Feb. 10th, which tells me we on our way to Easter and that hopefully means spring. February, along with President’s Day, is the month we observe Heart month. We need to be good to our heart and follow all the advice that we are given by The American Heart Association.

Thanks to everyone that attended our New Year’s Day pot luck. We had a great time and the food was wonderful. Thank you all.

I did a little research and discovered the flower for February is the Violet which is not only beautiful but signifies loyalty and faithfulness. The birthstone is Amethyst which is also beautiful and is said to keep the wearer clear headed and quick witted (maybe we better all get ourselves an amethyst). It is also the stone of royalty representing power.

I always like to share some tips from the happiness book. Share you successes, make each day count, listen with your heart, keep a positive attitude, sing through your storm, forget your age (you may need some Tylenol) and enjoy life, spend special time with family, enjoy the seasons of your life, be amazed with sunrises and sunsets. Learn from mistakes and keep on going, squeeze life with love and thanksgiving, tell those you love how special they are, be an extraordinary person in an ordinary world, look forward to the new day with a real zest for living. A perfectly good day can be ruined by negative thoughts: reject them.

Many thanks to everyone that helps us in anyway, just know that you are loved and appreciated. HAPPY NEW YEAR AND HAPPY VALENTINES DAY.

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

•United Way •
St. Croix Valley



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 • SENIOR CENTER NEWS • 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:**

- Feb. 8 – Blood pressure/blood sugar check at 11 a.m.
- Feb. 10 – Senior Center Board meeting at 10 a.m.
- Feb. 15 – CLOSED President's Day
- Feb. 16 – CLOSED for Elections
- Feb. 17 – Valentine's Celebration
- Feb. 29 – Footcare with Brenda Cogbill, appointments are available by calling the Senior Center 715.265.7242

Daily

- 8 a.m. - Cloudy Boy's Coffee Group
- 9 a.m. - Sunshine Girl's Coffee Group
- 10 a.m. - Bingo (\$.10/game and a total of 15 games played)

Birthdays:

- Feb. 5 – Paula Standaert
- Feb. 6 – Dorothy Lovgren
- Feb. 7 – Rosalie Nelson
- Feb. 9 – Wayne Nero

Thank you to Lois Kilde for your donation of coffee!! Also thank you to everyone who brings in treats every day for us all to munch on☺

Thank you to Cheri Rott for your Nutrition education and to Kesha Marson for "Emotional Wellness" It was so interesting and informative!

We enjoyed having Rudy Rudesill out for a little music at our Winter Bash – We had a great turn out! Thanks for everyone who came out to enjoy the show!

We also had a little cabin fever so we had to plan a last minute field trip! We stayed close to home and toured the 45th Parallel Distillery and couldn't resist a few of their tasty samples! We then had a wonderful lunch at Ready Randy's!! We had a great winter afternoon with good friends – What more could anyone ask for ☺

If the weather cooperates we will be planning a trip to see the Ice Sculptures near Maiden Rock again this year in February. Call us for details 715.265.7242.

Please join us for our Valentine's Day Celebration on February 17th. It's always fun to see who will be the next King and Queen of the Center!

Please remember that if either Glenwood City Schools or Baldwin-Woodville Schools are closed due to weather we are CLOSED! 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 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



**Love doesn't make the world go 'round.
 Love is what makes the ride worthwhile.**

~ Franklin P. Jones

**Hudson Senior Center**

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

Activities:

- Feb. 5 – Open House
- Feb. 11 – Piano playing by Kathy
- Feb. 12 – Birthday Party
- Feb. 15 – CLOSED for President's Day
- Feb. 18 - Blood Pressure check 9:30am with DeeAnn
- Feb. 26 – Tie One On Day
- Mondays – Men's Coffee Group meeting at 8 a.m.
- Tuesdays - Shopping after lunch (call 24 hours ahead to reserve ride)
- Wednesdays - Men's Coffee Group meeting at 8 a.m.
- Thursdays - Shopping after lunch (call 24 hours ahead to reserve ride)
- Fridays - Men's Coffee Group meeting at 8 a.m.
- Fridays – Piano music by Judi

Daily

Bingo at 9:30 a.m. (except Tuesdays – 10 a.m.)

Birthdays:

- Feb. 3 – Donna Coulter
- Feb. 3 – Marcia Paskeuric
- Feb. 8 – Mark Hafner
- Feb. 13 – Carolyn Sperry
- Feb. 15 – Marilyn Martin
- Feb. 16 – David McDonald
- Feb. 16 – Marlys McGaver
- Feb. 16 – Bob Enloe
- Feb. 18 – Patty Hering
- Feb. 26 – Linda
- Feb. 27 – Carol Oswald
- Feb. 28 – Doris Puterka

Love is in the Air at your Hudson Senior Center!

This month at the Senior Center we are having an open house. All new participants will receive a free lunch coupon on their next visit. We will have bingo, music and lunch. Come one, come all and bring a friend!

Later in February will be having "Tie One on Day!" Join us and wear your favorite scarf or tie and you will be entered in a drawing for a special prize.

Do you like to read? How about a book club? The Hudson Senior Center is thinking about starting a book club! It's a great way to be social, meet new people and talk about fantastic books. Come by the Center and sign-up before it's too late.

WINTER WEATHER: Please remember during these cold and snowy months that if the Hudson School district is CLOSED due to weather, then the Hudson Senior Center is closed also and there will be no Home-Delivered Meals. If the school has a delay or half day of school we will still be open.

The Hudson Senior Center is located at 1320 Wisconsin Street at the Christian Community Home Campus, in the Marie Blakeman Building. We are open Mondays through Fridays from 9 a.m. to 1 p.m. All seniors 60+ can dine for a requested donation of \$4.00. If you are under 60 years old 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. Please come and join us for an affordable and nutritious home-cooked lunch that is served at 11:30 a.m.

Have a great Valentine's Day!

NUTRITION PROGRAM MENU

Hudson Area Nutrition Program February 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)
1 Salisbury Steak Mashed Potatoes Buttered Carrots Tossed Salad Dessert	2 Chicken ala King Rice Pilaf Tossed Salad Dessert	3 Tortellini w/ Meat Sauté Zucchini Garlic Toast Tossed Salad Chef's Dessert	4 Chopped Sirloin Grilled Onion Baked Potato Mixed Greens Chef's Dessert	5 Fried Shrimp Tater Barrels Carrot Vichy Coleslaw Chef's Dessert
8 BBQ Chicken Baked Potato Corn on the Cob Tossed Salad Chef's Dessert	9 Ring Bologna Baked Beans American Fries Tossed Salad Dessert	10 Italian Sausage w/ Peppers Linguini/Tomato Sauce Italian Salad Cheese Bread Chef's Dessert	11 BBQ Ribs Oven Browned Potatoes Buttered Corn Tossed Salad Chef's Dessert	12 Mac & Cheese Tomato/Bacon Vegetable Tossed Salad Garlic Toast Chef's Dessert
15 CLOSED for President's Day	16 BBQ Beef Oven Browned Potatoes Buttered Corn Tossed Salad Chef's Dessert	17 Roast Pork Loin Mashed Potatoes Red Cabbage Tossed Salad Chef's Dessert	18 Chicken Pot Pie Melon Wedge Chef's Dessert	19 Baked Cod New Potato Broccoli Tossed Salad Chef's Dessert
22 Chopped Sirloin American Fries Grilled Onion Coleslaw Chef's Dessert	23 Fried Chicken Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	24 Baked Ham Au Gratin Potatoes Whole Green Beans/Tom Cottage Cheese/Pineapple Chef's Dessert	25 BBQ Ribs Oven Browned Potatoes Buttered Corn Tossed Salad Chef's Dessert	26 Spaghetti w/ Meatballs Italian Green Beans Tossed Salad Garlic Toast New York Cheesecake
29 Salisbury Steak Mashed Potatoes Buttered Carrots Tossed Salad Dessert	<p>Suggested Donation: \$4.00 per meal</p> <p>Please pay as much as you can afford, as we rely on donations from participants to keep the program going.</p>			

River Falls Nutrition Program February 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
1 Sweet & Sour Chicken Parslied Noodles Stir Fry Vegetables Bread Slice Dessert	2 Beef Stew Baked Potato Carrots Chef's Choice of Fruit Dessert	3 Roast Turkey Mashed Potatoes & Gravy Island Blend Vegetables Dessert	4 Spaghetti & Meatballs Green Beans Fruit Garlic Breadstick Dessert	5 Tuna Noodle Casserole Stewed Tomatoes Sunny Pears Breadstick Dessert
8 Turkey Cheddar Casserole Green Beans Apricot Halves Garlic Cheddar Biscuit Dessert	9 Beef Stroganoff Buttered Noodles Cabbage and Carrots Dinner Roll Dessert	10 Cream Chipped Beef Mashed Potatoes Green & Gold Beans Dinner Roll Dessert	11 Stir Fry Pork Vegetable Fried Rice Oriental Blend Vegetable Pineapple Orange Cup Dessert	12 Potato Crunch Pollock Scalloped Potatoes Tomato Cucumber Salad Bread Slice Dessert
15 CLOSED for President's Day	16 Cheeseburger French Fries Carrots Fruit Cup Dessert	17 Open Face Turkey Mashed Potatoes & Gravy Caprice Blend Vegetable Dessert	18 Oven Fried Chicken Mashed Potatoes & Gravy Squash Bread Slice Dessert	19 Chicken Cordon Bleu Rice Pilaf Island Blend Vegetable Bread Slice Dessert
22 Glazed Ham Baked Sweet Potato Cauliflower Dinner Roll Dessert	23 Broccoli Cheese Casserole 5 Way Blend Vegetable Fruit Bread Slice Dessert	24 Pot Roast Mashed Potatoes & Gravy Carrots Bread Slice Dessert	25 Marinara Chicken & Cheese Mashed Potatoes & Gravy Green Beans Breadstick Dessert	26 Lemon Pepper Tilapia Scalloped Potatoes Beet & Onion Salad Bread Slice Dessert
29 Creamy Mushroom Chicken Mashed Sweet Potatoes Peas Dinner Roll Dessert	<p>Suggested Donation: \$4.00 per meal</p> <p>Please pay as much as you can afford, as we rely on donations from participants to keep the program going.</p>			

St. Croix County Area Nutrition Program February 2016 Menu

Serving Mondays through Thursdays at the following locations:

Baldwin – 684-2979 **Deer Park** – 269-5301 **Glenwood City** – 265-7242 **New Richmond** – 243-7493 **Somerset** – 247-5354
Woodville – 698-2152 **Roberts** – 749-3755 serving Mondays & Wednesdays

Monday	Tuesday	Wednesday	Thursday
1 Swiss Steak Mashed Potatoes & Gravy Cream Corn Bread and Butter Fruit Cup	2 Kielbasa and Sauerkraut Boiled Potatoes Squash Bread and Butter Pineapple	3 Hearty Beef Stew Cook's Choice Sandwich Cobble	4 <i>*New Menu Item*</i> Sweet and Sour Chicken with Vegetables over Brown Rice Spinach Salad Cook's Choice Pie
8 Stuffed Manicotti in Marinara Sauce Green Bean Almandine Garlic Bread Dessert	9 Rosemary Pork Roast Mashed Potatoes and Gravy Cooked Carrots Bread and Butter Applesauce	10 Pecan Crusted Tilapia Roasted Roots 7 Layer Salad Bread and Butter Banana	11 Cook's Choice Menu
15 <i>*Closed for President's Day*</i>	16 Baked Chicken Strips Creamed Potatoes Peas and Pearl Onions Bread and Butter Cookie	17 Valentine's Day Celebration Cook's Menu	18 Potato and Corn Chowder Cook's Choice Sandwich Creamy Fruit Dessert
22 Hot Pork Sandwich Mashed Potatoes and Gravy Rutabagas Chilled Apricots	23 Baked Cod Wild Rice Blend Cheesy Vegetable Medley Bread and Butter Cake	24 Chicken Parmigianino over Pasta Asparagus French Bread Jell-O	25 Country Style Ribs Potatoes Asian Coleslaw Bread and Butter Sherbet

29
Ham and Scalloped Potatoes
Corn and Broccoli Bake
Bread and Butter
Peaches and Pears

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.



What did the stamp day to the envelope on Valentine's Day
I'm stuck on you

February is Heart Health Month

Submitted by Brandy Zeuli, Outreach Coordinator

Know Your Numbers

High health test numbers can indicate that you are at risk for developing heart disease and other illnesses and conditions. Have health tests on time and know your numbers so you can talk to your doctor if any of them become a concern.

Health Test Goals

Cholesterol:

- Total : Less than 200 mg/dL
- LDL: Less than 100 mg/dL*
- HDL: Above 40 mg/dL for men
 Above 50 mg/dL for women
- Triglycerides: Less than 150 mg/dL

Blood Pressure: Less than 120/80

Fasting Glucose: Less than 100 mg/dL

Body Mass Index (BMI): Between 18.5 and 25.0

Waist Size: Less than 40 inches for men
 Less than 35 inches for women

*Your LDL goal depends on your risk for heart disease and stroke. Ask your doctor to determine your risk.

Source: www.positivepromotions.com



Broccoli Cheddar Rice

- 1 T soft, tub margarine
- 1 large onion, chopped
- 1 16 oz frozen broccoli cuts
- 1/3 cup non fat milk
- 1 can Campbell's Healthy Request Condensed Cheddar Cheese Soup
- 1 1/2 cups cooked brown rice
- 3 T grated parmesan cheese
- 1 clove garlic, chopped

Directions

1. Heat oven to 350 degrees.
2. Heat the margarine in a large skillet over medium heat. Add onion and cook until tender and crisp stirring occasionally.
3. Stir broccoli and garlic into skillet and cook until broccoli is tender-crisp, stirring occasionally. Stir in milk, soup and rice.

Cook and stir until soup mixture is hot and bubbly. Stir in cheese and spoon the broccoli mixture into an 11x8x2-inch baking dish.

4. Bake for 20 minutes or until broccoli mixture is hot and bubbly.

Source: www.campbellskitchen.com



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 • SENIOR CENTER NEWS • SENIOR CENTER NEWS



New Richmond Senior Center

Laura Rebhan, Senior Center Board President
Patty Shatswell, Nutrition Program Manager
421 South Green Ave • New Richmond
715-243-7493

PHOTO
COMING
SOON!

Activities:

- Feb. 11 – Valentine's Day Celebration
- Feb. 15 – CLOSED for President's Day
- Feb. 22 – Foot Care with Nancee. Cost is \$20 – call for appt,
- Feb. 24 – Birthday Party

Daily – Bingo at 10:30 a.m.
– Cards at 12:30 p.m.

Every other Tuesday – Shopping

Birthdays:

- Feb. 13 – LaVerne Olson
- Feb. 16 – Nancy Olson
- Feb. 28 – Allen Emerson

We want to thank Vivian for all her years of service to the New Richmond Senior Center. We hope that she enjoys her retirement.

As we move into the winter months, please remember that if the New Richmond Schools are closed due to weather, the New Richmond Senior Center will also close. Remember to have extra food in your cupboards for the snowy days when we are not able to deliver meals or provide on-site dining. If you would like to receive an automated phone call for closure, please call the Senior Center and sign up.

The New Richmond Senior Center is open Monday through Friday. Come join us for good food, good company and a good time. Meals are served at noon for a suggested donation of \$4.00 meal for those over the age of 60. Please make your meal reservations 24 hours in advance. Looking forward to seeing you here!

Come play bingo and cards along with good company and good food!



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:

- Feb. 15 – CLOSED for President's Day
- Feb. 17 – Valentine Party - Come and be our sweetheart(s) for the day.
- Blood pressure checks – TBD call for date and time
- Foot Care – TBD call for date and schedule an appointment. The cost is \$20.00 and is performed by a nurse.
- Mondays – Mexican Train Dominoes
- Wednesdays – 31 Card Game

Hello everyone. Happy February to you all. It has been a busy past couple of months and a lot has happened. First the Senior Center sends our sympathy to Tony Koshenina and his family on the death of his wife, Alice. Alice was a wonderful addition to our Center and the Roberts community. She is greatly missed.

I would like to thank the people here at the Center for all of their support and sympathy when my father died. It was and is greatly appreciated.

Thank you to all who came for our anniversary party. It was a fun day and Marge Wolske made a great cake that was enjoyed by all.

Our little group ventured up to Deer Park Senior Center there for their Thanksgiving and Christmas dinners. We had a great time! The food was delicious and the company wonderful. Thank you so much Janice Thompson and everyone there at the Center for making us so welcome.

Weather canceled our plans for our Christmas outing but we are going to reschedule this month.

Our local librarian, Crissa Coleman, came and spoke to us. The library is starting "Seniors Coffee and Cookies" on Fridays at 10 a.m. I hope all seniors in the community take advantage of this. We have a great library and the more it is used the better.

The Roberts Senior Center is open on Mondays and Wednesday from 10 a.m. to 2 p.m. with lunch being served at noon. We are located at the Roberts Park Building, 317 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 bus trips and other activities.



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:

- Feb. 1 – Executive meeting at 9:45 a.m.
- Feb. 5 – Foot Care; Cost \$20 – call for appt.
- Feb. 15 – CLOSED for President's Day
– AARP Tax Assistance 9 a.m. – 1 p.m.
- Feb. 19 – Foot Care; Cost \$20 – call for appt.
- Feb. 20 – Baby Boomer Comedy Show at the Mabel Tainter Theatre in Menomonie at 7:30 p.m. Cost \$25/person includes transportation. Call the Senior Center to reserve your spot
- Feb. 23 – General meeting at 1 p.m. Bingo afterwards
- Tuesdays - Exercise at 9 a.m.
- Wednesdays - Euchre at 1 p.m.
- Thursdays - Exercise at 9 a.m.
- Fridays - Bridge & 500 at 1 p.m.

Birthdays:

- Feb. 14 – Dianna Ristow
- Feb. 17 – Marjorie Sagstetter
- Feb. 17 – Mary Murphy
- Feb. 21 – Elaine Wright
- Feb. 24 – Helen Puhrman

Mark your calendars:

We have trips planned for March.

March 19 – Ring of Kerry, Irish Musicians at the Mabel Tainter Theatre in Menomonie at 7:30 p.m. The cost will be \$30/person and includes transportation.

March 26 – 39 Steps (comedy) at Spring Valley Theatre.

If you are interested in any of these trips please call the Senior center at 715-425-9932

Senior Center trips planned for 2016 include:

New Orleans (April 9-17) cost of \$799.00 for double occupancy. **Final payment due February 2nd.**

Mount Rushmore, the Badlands & Black Hills of South Dakota (June 26 to July 2) cost of \$620.00 for double occupancy.

Beautiful Maine (September 24 to October 2) cost of \$855.00 for double occupancy. ****If interest please call Marie Deja @ 715-425-9932.**

The Senior Center \$5.00 dues for 2016 are due. Please stop by the office for payment. The dues help defray some of the costs for printing scores sheets and general use of the facility. The Senior Center is housed in Wellhaven, but is not part of Wellhaven.

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. Delicious meals are served from 11:30 a.m. - 12 p.m. Any Senior age 60+ is welcome for a suggested donation of \$4.00 a meal. For information on Home-Delivered Meals please call the ADRC of St. Croix County at 1-800-372-2333.

SENIOR CENTER NEWS • SENIOR CENTER NEWS • SENIOR CENTER NEWS



Somerset Senior Center

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



Activities:
 Feb. 2 – Shopping in New Richmond
 Feb. 5 – Dining Out
 Feb. 9 – Senior Center Board Meeting at 9 a.m.
 – Blood Pressure
 – Birthday Celebrations
 – Shopping in Somerset
 Feb. 12 – Community Meal (cost is \$6.50, call 715-247-5354 to reserve meal)
 Feb. 15 – CLOSED for President’s Day
 Feb. 16 – CLOSED for Election
 Feb. 23 – Shopping in Somerset
 Thursdays – Cards from 10 a.m. – 11:30 a.m.

Birthdays:
 Feb. 2 – Jim Chandler

Message from Karen:
 Welcome to the New Year! Start your New Year’s resolution by joining us for lunch at the Senior Center. The Somerset Senior Center would like to invite all seniors 60+ to come for lunch. 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
 Lyn Larson, Nutrition Program Manager
 102 Main St • Woodville • 715-698-2152



Activities:
 Feb. 2 – Lunch & Learn “Eat Smart, Live Strong- Reach Your Goals” at 12 p.m.
 Feb. 4 – Senior Center Board meeting at 9 a.m.
 Feb. 9 – Lunch & Learn “Eat Smart, Live Strong- Challenges & Solutions” at 12 p.m.
 Feb. 11 – Sweetheart Lasagna Luncheon: RSVP by Feb. 9
 Feb. 15 – CLOSED for President’s Day
 Feb. 16 – Lunch & Learn “Eat Smart, Live Strong- Colorful & Classic Favorites” at 12 p.m.
 Feb. 17 – Senior Commodities Pick Up at 11:30-11:55a
 Feb. 23 – Free Blood Pressure Check 9:30a
 Feb. 23 – Lunch & Learn “Eat Smart, Live Strong-Eat Smart, Spend Less” at 12 p.m.
 Tuesdays: Bingo at 10 a.m.
 Thursdays: Bingo at 10 a.m.

Birthdays
 Feb. 1 - Joyce Knippenberg
 Feb. 2 - Ray Nelson
 Feb. 7 - Carol Peterson
 Feb. 12 - Corrine Stockman
 Feb. 15 - Sue DeJong
 Feb. 16 - Larry Knegendorf
 Feb. 18 - Clarice Fern

Tussen Takk! (*A Thousand Thanks!*)
 We are grateful for all the Volunteers and Community Support we receive throughout the year.
 Fall in Love with the Woodville Senior Center! On Thursday, February 11th, the Woodville Senior Center Board is hosting an open house from 9 a.m. – 11 a.m. with Coffee and Treats. Bingo will start at 10 a.m. (10 cents for 2 cards!) Reserve your spot for our Special Sweetheart Lasagna Luncheon at Noon. “*Sweetheart of a Meal Deal!*”: First-time diners, age 60 plus, that join us for lunch this day, will receive a coupon good for a free lunch on their *next* visit to the Woodville Senior Center! RSVP by Feb. 9th at 12 p.m. to reserve your lunch.

Lunch & Learn Series: “Eat Smart, Live Strong” by Mary Lestrud, UWEX Nutrition Coordinator. Join us for a fun discussion on easy ways to make smart food choices and exercise more. Mary will be here Tuesdays in February giving us simple tools to Eat Smart & Live Strong! Call the day before to reserve your lunch spot for this interesting presentation.

Lunch is served Monday through Thursday at noon. We are located at the corner of Main and River Streets in the lower level of the Pioneer Building. The ramp entrance is on the backside of building, next to Olson’s Meats. Please call 24 hours in advance to reserve your affordable and delicious home-style lunch. Seniors 60+ and their spouses may dine for a suggested donation of just \$4.00 per meal! Transportation is available for those in need of a ride for a nominal charge. The friends are great and the food is fabulous, come see what you have been missing!

REMINDER: If the Baldwin-Woodville School District Closes due to the weather, the Senior Center will be closed too, with no homebound delivery either. Please plan ahead and have a couple of frozen dinners in case of such a closing. The B-W School Closing Hotline Number is 715-684-2200.

••• ATTENTION •••

It’s that time of year again...when we ask participants in our program to complete a **Participant Intake Form**. Often participants ask, “If I already filled in this form last year, do I have to fill it in again?” Even if your information hasn’t changed, the answer is “Yes”. ***We are required to request and update this information on an annual basis to ensure proper funding and to sustain quality programming. This important information is kept confidential.*** New forms are available from your Nutrition Program Manager.

THANK YOU!

Aging and Disability Resource Center
of St. Croix County

Date: _____
Nutrition Program Site: _____

2016 PARTICIPANT REGISTRATION FORM

THANK YOU for participating in Aging programming. We appreciate the opportunity to serve you. We are **required** to request and update the following information on an **annual basis** to ensure proper funding and to sustain quality programming. ***This information is kept confidential.***

Name (First, MI, Last): _____ Date of Birth: _____ Age: _____
 Address: _____ Phone: _____
 City: _____ State: _____ Zip: _____ Gender: Male _____ Female _____

Marital Status: Married Divorced Lives Alone Assisted Living
 Separated Widowed With Others Group Home
 Single – Never Married Unknown Nursing Home Other

If you are single, is your yearly income below \$960.83 a month (\$11,770 annually)? Yes No
 If you are married, is your combined yearly income below \$1,327.50 a month (\$15,930 annually)? Yes No

Veteran Status: Veteran Veteran’s Survivor

Ethnicity:
 Hispanic or Latino American Indian/Alaskan Native Native Hawaiian/Pacific Islander
 Not Hispanic or Latino Asian White
 Unknown Black/African American Other

Person(s), Outside Your Household, to Contact in an Emergency:
 Name: _____ Relationship: _____
 Phone: (home) _____ (work) _____ (other) _____
 Primary Physician: _____ Physician Phone: _____

The information you are being asked to provide is needed to determine if you are eligible to receive Older Americans Act Services and to comply with federal reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be shared with another agency without your permission. This information will not be sold to anyone. You have the right to review your electronic record and request changes to assure accuracy. You will not be denied most services if you refuse to provide this information. If you have questions regarding this, please ask the ADRC staff.

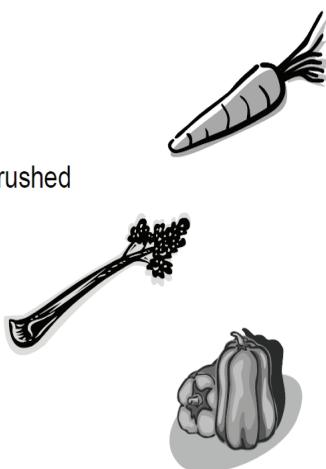
(CONTINUED ON BACK)



*Love at first sight is easy to understand;
it's when two people have been looking at each other for a lifetime that it becomes a miracle.*
~Amy Bloom

FRESH Valentine VEGETABLE SOUP

- 1 can chicken broth
- 3 T chicken base
- 2 quarts water
- 1/4 tsp pepper
- 1/8 tsp salt
- 1 inch chunk ginger, peeled and crushed
- 2 bay leaves
- 8 large cloves garlic, crushed
- 2 stalks celery, thinly sliced
- 1/2 Bermuda onion, thinly sliced
- 1 large red pepper, chopped
- 12 baby carrots, thinly sliced
- 1 leek, thinly sliced
- 5 mushrooms, thinly sliced
- 1 scallion, sliced in one-inch pieces



Put everything into a soup pot and simmer gently for 1-2 hours adding water as needed. This makes a light, refreshing dish or first course. For a more substantial meal, you can add a few pierogies or raviolis 10-15 minutes before serving by first bringing soup to a boil. Or this can be served over fresh noodles. Season to taste, and remove from heat. Source: www.cooks.com

*You may not "carrot" all for me, the way I care for you.
You may "turnip" your nose, when I plead with you
If your "heart" should "beet" with mind, forever "lettuce" hope
There is no reason in the world why we two "cantaloupe"*



TIPS TO STIMULATE YOUR MIND

An IMPOSSIBLE Brain Teaser

This brain teaser is really not impossible, but it is tricky! Carefully read the directions in each line to make changes in the previous set of letters. Write the new letters in the blank after each instruction. The first two are completed for you.



1. Start with IMPOSSIBLE. IMPOSSIBLE
2. Change the second vowel from the left to E. IMPESSIBLE
3. If *occurrence* is spelled correctly, change the 2nd consonant to H. If it is not spelled correctly, change the last consonant to T. _____
4. Omit the letters, in order, that spell MESS. _____
5. Insert CABBAGE after the 1st vowel. _____
6. Change the 2nd I to A. _____
7. Move the first vowel so that is directly to the right of the 4th consonant. _____
8. If *mischievous* is spelled correctly, omit the first two letters. If it is spelled incorrectly, omit the double consonants. _____
9. Change the G to V. _____
10. Switch the places of the 2nd consonant and the 3rd consonant. _____
11. If *occasionally* is spelled correctly, omit the 2nd letter. If is spelled incorrectly, add IN after the first letter. _____
12. Switch the order of the 1st and 2nd letters. _____
13. If your letters now form a correctly-spelled word, write them in the blank below. If not, review the directions to find any possible errors. _____

Solving this brain teaser is not IMPOSSIBLE. It is _____!
ANSWERS ON PAGE 18

© 2012 www.spelling-words-well.com All Rights Reserved.

**Indianhead Home Health
Indianhead Home Services**

Committed to providing quality home care in St. Croix County.

We provide skilled nursing, medication management, home health aide, assistance with daily living activities, personal cares, housekeeping, meal prep, grocery shopping, and limited transportation.

We accept Medicaid, Medicare, Private Insurance and Private Pay.

For more information and to arrange for services **Call**
1-866-387-5614

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

Oak Ridge Place

Independent & Assisted Senior Living

6060 Oxboro Ave. North
Stillwater, MN 55082

651-439-8034
www.oakridgeplace.net

"Proudly serving our community's healthcare needs since 1880!"

Village Pharmacy Health Mart
PHARMACY
840 Main Street ~ Baldwin, WI
715-684-2674

- All Insurances accepted
- Free Baldwin Delivery
- Durable Medical Equipment
- Free Mailing -with exceptions

Find us online at www.villagepharmwi.com

RIVER VALLEY AUDIOLOGY
Hearing Healthcare serving Western Wisconsin

- Quality Products
- Newest Technology
- Affordable Pricing

River Center Professional Bldg.
215 N. Second St. Suite 101
River Falls, WI 54022
www.rivervalleyaudiology.com

David Beutel, MA Audiologist
715-245-0525

Sweethearts: Intimacy and dementia in marriage

Nancy Abrahamson, Dementia Care Specialist

Successfully getting a dementia diagnosis is a real accomplishment in our county. And, if you do, there isn't discussion about the disease or how it progresses; and none about what to do about intimacy and sexuality. Over the years caregivers have broached this subject because of the relationship we have developed. I am always willing to hear any caregiver concerns—effective listening skills without judgment.

Why do spouses do the caregiving with little help and without sharing with their adult children how serious things are? The role of marriage in sustaining a caregiver's commitment is crucial. The population over age 70 vowed to love each other "in sickness and in health 'til death do us part." Thus, no matter what the challenge (alcoholism, paralysis, poverty, abuse, or dementia) – they stick together.

In a 1989 study by Motenko, how caregivers understood their role greatly influenced their sense of burden. Regardless of the duration or severity of patient symptoms, because they felt martially close caregiving gave them meaning and purpose. They expressed affection by providing that care. Along with marital closeness came the expression and enjoyment of sexuality. This physical intimacy and commitment was the essence of being married. Yet, when dementia comes into the picture, emotional and sexual intimacy start to disappear even though care and concern remain. Cognitive changes move a partner from being a partner to being a peer



in age but not thinking. The inability for a person with dementia to be intentional about initiating discussion or sexual behavior declines. Random acts of affection and care become less frequent to non-existent. Alternately occasionally the disinhibition caused by dementia creates a persistent initiation of sexual activity without the ability to complete it. This frustrates the caregiver and causes hurt feelings, fatigue, or frustration. There are times the caregiver is too exhausted to appreciate or have the energy for much beyond running the household or providing personal care to their partner. Sometimes the disease creates delusions that a partner is having affairs which interferes with marital intimacy.

However, as we reflect on Valentine's Day and day-to-day caregiving, touch remains the best way to show we care, can create a sense of calm, and even influences our health. So kissing, holding hands, light massage, combing hair, applying lotion and even feeding can achieve pleasure and intimacy without being overtly sexual.

Professionals need to be trained and comfortable in having these conversations with caregivers to help them adjust to changing needs and

responses for their loved one with dementia. The PLISSIT model is an easy to use method for these discussions.

Being married 60 some years is a great accomplishment and those relationships needs to continue to be supported and nurtured in the midst of the challenges not just of dementia, but of other chronic illnesses that interfere with normal intimate relationships of couples. While it is not easy for couple of this age group to discuss the issues, they often desire help so we as professionals can be the catalyst for that. Caring comes in many forms.

Happy Valentine's Day to all!

DCS...HAVE A HEART

continued from page 7

- f. Overuse of alcohol
- g. Changes in thyroid function
- h. Poor nutrition and hydration
- i. Social isolation

4. Encourage them by saying you will work with them throughout the testing and after. Let them know there are things they can do to help the brain including exercises, medication, and becoming involved in activities sponsored by the Aging and Disability Resource Center (these are all free and open to the public).

5. Contact me (dementia care specialist) to find out what diagnostic testing should be done and then how to plan following the testing. For both the person with the potential diagnosis and the caregiver, I an offer guidance for living an active live.

6. Continue to focus on the strengths that the individual still has. We all need confidence boosters and reassurance from those who care.

Remember a diagnosis of Alzheimer's or related disease doesn't mean you lose everything just like a diagnosis of diabetes doesn't immediately remove all function. The disease is generally slow and incremental in the changes it causes. [Source: Journal of Psychosocial Nursing 1992, Vol 30, No. 11. Helen D. Davies, MS, RNCS; Antonette Zeiss, PhD; and Jared R. Tinklenberg, MD]

For specific information or a consultation contact Nancy Abrahamson, Dementia Care Specialist, 715-381-4411 or 1-800-372-2333 or email at nancy.abrahamson@co.saint-croix.wi.us



Sophie's MANOR
ASSISTED LIVING, INC.
300 Michigan Ave Centuria, WI 54824

- *Remodeled Building
- *Affordable and High Quality Care
- *Highly trained caring staff are available 24/7
- *Medication Management
- *Delicious Homemade Meals
- *Scheduled Activities

For More Info Please Call 715-640-3330 or www.sophiesmanor.com

ATTENTION FREE PRESCRIPTION MAILING

**Seniors -
Spring Valley Drug will mail your
medications right to your door!**

Mail deliveries can be made daily

**Check out our
prescription prices.
We are very competitive
without the big store hassles!
Senior Citizen
10% Price Discounts
Everyday!**

(Excludes Sale Items, Food & Film Processing)

OUR PRESCRIPTION DEPT. IS OPEN:
MONDAY-FRIDAY 9:00 A.M. TO 5:30 P.M.
SATURDAY: 9 TO 12 NOON SUNDAY:
CLOSED
(Please note: Prescriptions can only be picked up during above hours when pharmacist is on duty.)
Emergency Number Call 778-4289 Ask for Matt.
STORE HOURS: MONDAY-FRIDAY 9:00 A.M. TO 5:30 P.M.
SATURDAY: 8 A.M. TO 4 P.M. SUNDAY 9 A.M. TO 12 NOON

Freeman Drug

Prescription, DME/HME, Compounding Specialists

Leah Gavin & Colleen Horeish

Registered Pharmacists

Phone: 715-425-2255

Toll-free: 1-800-944-0905

Fax: 715-425-2889

After Hours: 425-9422



104 S. Main Street River Falls, WI 54022

Spring Valley Drug & Do It Best Hardware

104 S. McKay Ave. Spring Valley, WI (715) 778-5684

Proprietors - Matt & Mary Huepfel

OTHER SUPPORT GROUPS...

continued from page 6

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.

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.



MOM ALWAYS TOLD ME, "NEVER JUDGE A BOOK BY ITS COVER..."

Get to know what's INSIDE
The Lutheran Home Campus: River Falls,
where our #1 priority is YOU!

By choosing The Lutheran Home Campus for your living & care needs, you are choosing outstanding services & amenities, delicious dining options and a socially enriching lifestyle. But above all you are choosing an out of this world commitment to provide you with the very best care and support available.

Discover The Lutheran Home Campus -
THERE IS MORE THAN MEETS THE EYE!

Our Continuum of Care Campus includes:

WELLHAVEN

SENIOR APARTMENTS

Independent Living • Assisted Living

THE LUTHERAN HOME

SKILLED CARE CENTER

Transitional Care • Long-Term Care
Rehabilitative Therapies • Respite & Day Programs

THE LUTHERAN HOME
ASSOCIATION
RIVER FALLS



Call or Visit Today!
(715) 425-5353
www.tlha.org

640 North Main St. • River Falls, WI

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.

10 years

Liza Gibson, Elder Benefit Specialist

27 years

Janice Thompson, Deer Park 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.



Don't Miss
Another
Moment



Call today to schedule
an appointment!

Hudson Hospital & Clinics

715.338.3179

Baldwin Area Medical Center

715.684.3311

Westfields Hospital

715.243.2600

Hearing Is Believing

with AGX[®] Invisible Hearing Aids

HudsonHearing.com
AudigyCertified[™]

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,
Marian & Michael

WELCOME HOME

Lovely St. Croix Co Locations
for Seniors & Disabled Adults

Updated 1br - Rent based on income
Heat paid + electric allowance

877-495-3008

715-688-2272



CARDINAL CAPITAL MGMT

2016 GROUNDHOG'S DAY

Groundhog Day is celebrated in the U.S. each year on February 2nd. On this day in mid-winter, the groundhog awakens from a long winter's nap, and goes outside of his den to see if he sees his shadow. This tradition is big, on an otherwise cold and dreary mid-winter's day.

According to legend, if the groundhog sees his shadow (a sunny morning), there will be six more weeks of winter. He then returns to his den and goes back to sleep. If however, he does not see his shadow (cloudy days), he plays around outside of his hole for a while. If he does not see his shadow, spring is just around the corner.

The Groundhog's Day tradition travelled long ways. It comes from German roots. German immigrants brought the tradition with them from Germany. As they settled in hills of Pennsylvania, they began the tradition of using the Groundhog to predict the arrival of Spring. The tradition is based upon Candlemas, the day that is the midpoint between Winter and Spring. A famous Candlemas poems goes:

If Candlemas be fair and bright,
Winter has another flight.



If Candlemas brings clouds and rain,
Winter will not come again.

Punxsutawney, Pennsylvania is the site of the annual Ground Hog event. Our little rodent friend (yes, Groundhogs are classified as rodents) is called Punxsutawney Phil. He has been making this annual winter prediction since 1887. There are a few other "predictors" around the country, but they all pale in comparison to Phil's ability to predict the remainder of winter.

For the Record Phil sees his shadow about 9 out of 10 times.

Source: <http://www.holidayinsights.com/other/ghog.htm>

~ Valentines Day ~ Did you know?

There are many opinions as to who was the original Valentine, with the most popular theory that it was a clergyman who was executed for secretly marrying couples in ancient Rome. In any event, in 496 A.D., Pope Gelasius set aside February 14 to honor St. Valentine. Through the centuries, the Christian holiday became a time to exchange love messages and St. Valentine became a patron saint of lovers. In the 1840s, Esther Howland, a native of Massachusetts, is given credit for sending the first Valentine cards. The spirit of love continues as valentines are sent with sentimental verses and children exchange valentine cards at school.

Strong, Secure Families - Sustainable Communities

Serving Barron, Chippewa, Dunn, Pepin, Pierce, Polk and St. Croix Counties.

Peter H. Kilde *Executive Director*



WEST CAP
West Central Wisconsin
Community Action Agency, Inc.

EFFECTIVE 8/11/2015

The Wisconsin Home Energy Assistance Program (WHEAP) for St. Croix County will be administered by West CAP at 525 Second Street, Glenwood City, WI 54013 for Federal Fiscal Year 2016.

WHEAP provides eligible households heating assistance, non-heat electric assistance, emergency services, and furnace assistance. The regular WHEAP season runs from October 1, 2015 through May 15, 2016, with Weatherization extending to September 30, 2016. 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 – 4:30 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

Tues., Oct. 13, 2015	Wed., Dec. 16, 2015	Wed., Feb. 3, 2016	Wed., Mar. 16, 2016
Wed., Oct. 28, 2015	Wed., Jan. 6, 2016	Wed., Feb. 17, 2016	Wed., April 13, 2016
Wed., Nov. 11, 2015	Wed., Jan. 20, 2016	Wed., Mar. 2, 2016	Wed., May 11, 2016
Wed., Dec. 2, 2015			
 - St. Croix County UW-Extension**, 1960 8th Avenue, Suite 140, Baldwin

Tues., Dec. 15, 2015	Thurs., Jan. 7, 2016	Wed., Feb. 10, 2016	Wed., Mar. 9, 2016
----------------------	----------------------	---------------------	--------------------
 - St. Croix County Government Center**, 1101 Carmichael Road, Hudson

Thurs., Oct. 1, 2015	Thurs., Dec. 10, 2015	Thurs., Feb. 11, 2016	Thurs., April 14, 2016
Thurs., Nov. 5, 2015	Thurs., Jan. 14, 2016	Thurs., Mar. 10, 2016	

GROSS INCOME GUIDELINES FOR THE 2015-2016 WHEAP SEASON 60 PERCENT OF STATE MEDIAN INCOME

Size of Family	One Month	Three Month	Annual Income
1	\$2,133	\$6,400	\$25,601
2	\$2,790	\$8,370	\$33,478
3	\$3,446	\$10,339	\$41,355
4	\$4,103	\$12,308	\$49,232
5	\$4,759	\$14,277	\$57,109
6	\$5,416	\$16,247	\$63,844

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

- Photo ID, Social Security numbers, Alien Status card or Immigration papers, and proof of residency.
- Proof of income for the previous 3 months prior to application date. (Ex: apply in October-need income for July, August & September)
- 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.

525 Second Street, Box 308, Glenwood City, WI 54013
Phone: 715.265.4271 Fax: 715.265.7031
www.westcap.org

Member: **Community Action**
PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Pioneer Apartments

1-BR APARTMENTS AVAILABLE

62+ Sec. 8 housing- rent assisted

612 2nd St. in Luck, WI



Management Office at:

United Pioneer Home

623 S. 2nd St., Luck, WI

715-472-2164

Mon-Fri 8 a.m to 4 p.m.

Kinnic Health & Rehab: Your Best Choice from HOSPITAL to HOME.

Specializing In Post-Acute Rehab
(From Hospital to Home), including:

- 24 Hour Skilled Nursing Care
 - Stroke Recovery
- Post-Surgical Care • Wound Care
- Respiratory Care • Cardiac Care
- IV Therapy • Physical Therapy
 - Occupational Therapy
 - Speech Therapy

Conveniently Located Next To River Falls Area Hospital & Clinic Serving River Falls & The Surrounding Communities

Stop by and tour our modern amenities, private and semi-private suites, and therapy gym.

KINNIC
HEALTH AND REHAB

SERVING YOU FROM OUR HEART

1663 E. Division Street, River Falls, WI 54022
715-426-6000, www.kinnichealthandrehab.com

 **Free Legal Clinic** 

3rd Wednesday of every month
 6 p.m. - 7:30 p.m.
 St. Croix County Government Center
 County Board Room
 1101 Carmichael Road
 Hudson, WI 54016

Volunteer Attorneys will be on hand to answer general questions and provided basic information about your legal questions.

**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.



Come Make Our House Your Home

31 locations throughout Wisconsin & Minnesota!

OUR HOUSE
 SENIOR LIVING

Assisted & Memory Care
 Senior Apartments • Respite Program
 Personalized Wellness
 Rehabilitation • Hospice Care

www.ourhousesl.com

Assisted Care • 902 S. Wasson Lane • River Falls, WI 54022 • 715-426-0151
 Memory Care • 1310 Circle Pine Dr. • New Richmond, WI 54017 • 715-246-7655

*Life is about choices. How to live it. How to celebrate it.
 How to remember it.*

*Let us help remember your loved one
 in the right way...your way!*



The staff at O'Connell Family Funeral Homes are committed to making your loved one's service as unique and special as they are.



- Established, experienced team of funeral professionals
- Area's only on-site crematory
- No charge for pre-arrangements
- Professionally licensed in both WI and MN
- Dedicated to personalized and meaningful services
- Provide continued grief care and support

~ We are here to answer your questions and care for your family ~

520 S. 11th St. Hudson, WI 54016 (715) 386-3725
 1010 Newton St. Baldwin, WI 54002 (715) 684-3434

www.oconnellfuneralhomes.com



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			

An IMPOSSIBLE Brain Teaser
 Answers

3. IMHESIBLE
4. IHIBLE
5. ICABBAGEHIBLE
6. ICABBAGEHABLE
7. CABBAGIEHABLE
8. CAAGIEHABLE
9. CAAVIEHABLE
10. CAAHIEVABLE
11. CAHIEVABLE
12. ACHIEVABLE



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

Bakken Young
 Funeral & Cremation Services
 Living, Loving, Remembering
 Locations: New Richmond, River Falls,
 Hudson, Baldwin

...continued from page 2

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.

Foot and Nail Care Clinic



Baldwin Area Medical Center has specialty trained Registered Nurses who specialize in preventive foot care. We are able to provide many foot and nail care services, including:

- Basic nail care (simple trim, to advanced treatment of thick or hardened nails).
- Management of corns and calluses.
- Recommendations for proper foot care, including lotions and padding of painful areas related to hammer toes or bunions.

Date: Thursday, February 18, 2016

*Services are provided on the third Thursday of each month.

Time: 8:00 am – 4:00 pm

Where: BAMC Wound Care Clinic

Fee: \$40.00

Pre-registration is required.

Please call 715-684-8670 or register online at healthybaldwin.org



healthybaldwin.org

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

WHAT WOUND?

**Don't just conceal it.
 Let us heal it.**

Bandages take care of most simple cuts and scrapes. But for more serious wounds that won't heal in 30 days, you need the Wound Healing Center in Amery. Our combination of nationally accredited care, expertise and technology means we can heal almost any wound - even those that won't respond to conventional treatment.

**For more information, call (715) 268-0175.
 230 Deronda Street, Amery, WI
 Covered by most insurances.**

WOUND HEALING CENTER

 Amery Hospital & Clinic
 West Campus

© 2012 Healogics, Inc.
 All Rights Reserved



- ◆ 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

GREAT SENIOR HOUSING AND CARE WITHOUT GREAT COST

Convenient locations with **SUPER** care!



SIMPLE:
We make assisted living, memory care, and respite care easy to understand

AFFORDABLE:
Lower rates than competitor

SERVICE WITH PASSION:
Great leaders and dedicated staff



For more information call: 1-800-920-4725

WISCONSIN LOCATIONS:

- Baldwin • Chippewa Falls • Frederic • Hudson
- Menomonie • River Falls • St. Croix Falls

WWW.COHSENIORLIVING.COM

Have you heard? The Countywide Senior Card Tournaments are starting!!!



Euchre, 500 & Cribbage

Begin March 23rd

Contact your local Senior Center for more details.

2016 Card Tournament Schedule

Date	Time	Place	Maximum # of Players
March 23	9:30 – 11 am	Glenwood City	10/team
March 30	9:30 – 11 am	Deer Park	10/team
April 6	9:30 – 11 am	Woodville	10/team
April 13	9:30 – 11 am	New Richmond	10/team
April 20	9:30 – 11 am	Ham/Roberts	10/team
April 27	9:30 – 11 am	Somerset	8/team
May 4	9:30 – 11 am	Baldwin	10/team
May 11	9:30 – 11 am	Hudson	6/team
May 18	9:30 – 11 am	Amery	12/team



Meals must be called in to your local Nutrition Program Manager the Monday before the day of play.

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.
Income under \$44,750 to qualify.



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



Rassbach's

The area's most complete source for home furniture



Huge selection of Power Assist Lift
Chairs in stock!

(715) 235-0466

E3612 US Hwy 12
Menomonie, WI

Open- Mon thru Wed, Fri & Sat 10am to 5:30 pm
Thursdays 10 am to 8pm