ADRC Aging & Disability Resource Center of St. Croix County

NEWS

Volume 27 Number 4 APRIL 2016

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April is National Autism Awareness Month

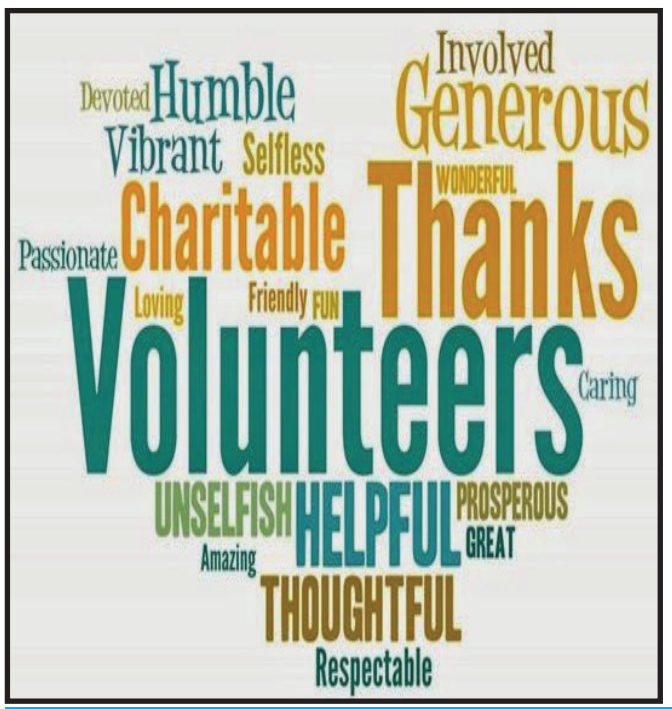
Nearly a quarter century ago, the Autism Society launched a nationwide effort to promote autism awareness, inclusion and self-determination for all, and assure that each person with ASD is provided the opportunity to achieve the highest possible quality of life. This year we want to go beyond simply promoting autism awareness to encouraging friends and collaborators to become partners in movement toward acceptance and appreciation.

Let's embrace a new perspective. For over 50 years we have worked in communities (both large and small) to ensure our actions, through our services and programming, supported all individuals living with autism. Let's expand this work to focus on the rest of us – ensuring acceptance and inclusion in schools and communities that results in true appreciation of the unique aspects of all people. We want to get one step closer to a society where those with ASDs are truly valued for their unique talents and gifts.

Join us in celebration for 2016 National Autism Awareness Month!

National Autism Awareness Month represents an excellent opportunity to promote autism awareness, autism acceptance and to draw attention to the tens of thousands facing an autism diagnosis each year.

~Thanks to our Volunteers~



20+ hours Emily Anderson, Paulette Anderson, Ruth Ball, Karen Barger, Gerald Belisle, Robert Beskar, Jerry Bestler, Jane Betz, Chuck Bjorklund, Lois Bosshart, Robert Bosshart, Tammy Bouchard, Emily Bowen, Jake Brahm, Laura Bright, Nancy Brigman, Barb Brunkhorst, Maureen Brunner, Gloria Bunnel, Bob Carlson, Nancy Caya, Tom Collova, Jan Conwell, Charlotte Croes, Velma Crosby, Sue DeJong, Susan Dorner, Holly Duerre, Joe Duerre, Viola Dull, Lee Ellis, Georgia Fern, Michelle Ferrick, Ron Foster, DeWayne Gasman, Donna Geurkink, Dorothy Gleason, Joan Gram, Ardena Harle, Mary Haun, Roshell, Hockendorf, Jim Higgins, Lola Higgins, Charles Hinkel, LaVerne Hoitomt, Lyle Jacobson, Vikki Jameson, Michael S. Johnson, Mary Jones, Crystal Katelhut, Pamela Keil, Don Klein, Jackie Klinger, Bonnie Knutson, Helen Lanis, Amanda Lorenz, Dorothy Lovegren, Josie Ludovico, Janet Lund, Marian Mangan, Roy McQuinn, Linda Meyer, Sue Meyer, Brian Moll, Don Munkwitz, Gail Myers, Rosalie Nelson, Scott Nelson, Richard Newton, Rhonda Nyhus, Jeanette O'Connell, LaVerne Olson, Nancy Olson, Duane Pederson, Carol Peterson, Darlene Peterson, Kathy Peterson, Cory Pope, Harlan Puhman, Lee Quale, Marge Quale, Dee Quinn, Marvin Ramsden, Laura Rebhan, Marilyn Riley, Eloris Rivard, Vi Roquette, Kent Rudesill, Alicia Sanchez, Erica Satre, Al Schrank, Ruth Severson, Wally Shefland, Carole Shuster, Joannie Smith, Marie Terkelsen, Roland Thompson, Verla Thorne, Steve Tilsen, Marlin Wang, Stan Wekkin, Jim Wickboldt, Gay Williamson, and Ka Xiong

THANKS TO OUR VOLUNTEERS... *continued on pg 5*

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715-381-4360 or 800-372-2333
Website: www.sccwi.us/ADRC
email: ADRCinfo@co.saint-croix.wi.us

Brad Beckman, ADRC Administrator

Liza Gibson & Mike Traynor, *Elder Benefit Specialists*
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 Sceardy, *Administrative Assistant*

♦♦♦ADRC KEY SERVICES INCLUDE♦♦♦

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

Notifying the Public of Rights Under Title VI

ADRC of St. Croix County

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

Donation Designation Form

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

Please designate this donation:

In Memory of _____ or
In Honor of _____

And notify_____
Address _____

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

_____ ADRC News
_____ Benefit Specialists
_____ Caregiver Support
_____ Congregate Nutrition
_____ DayAway Club (Respite)
_____ Home-Delivered Meals

_____ Medical Transportation
_____ Site Transportation
_____ Other _____

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

Please send receipt to:
Name _____
Address _____

Please make checks payable to:
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1752 Dorset Lane, New Richmond, WI 54017

Your gift is deductible to the extent provided by law.

Community Calendar of Events APRIL 2016

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

Job Center – Wednesday, April 6 at the Woodville Community Library, 124 South Main Street, Woodville. A Job Center expert come to the library to meet with anyone interested in job searching ideas, how to look online for jobs, how to type up a resume or check the one you have, interviewing tips, etc. Call toll-free to Aracely (emphasis on the "Cel") at 888-258-9966 to make an appointment. You no longer need to get to a state workforce site, they are coming out to the local libraries to meet people now!

Senior Potluck – Friday, April 8 from 11:45 a.m. – 1:30 p.m. Bring a dish to pass, spend some time socializing. Free for all participants. The Centre, 428 South Star Ave, New Richmond, WI. Call 715-246-2252 for more information.

Wheelchair Clinics: Tuesday, April 12 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 Eat, 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, April 14 from 5:30 p.m. – 7:45 p.m. Hazel Mackin Community Library – 311 West Warren Street, Roberts, WI 54023. Call 715-749-3849 to reserve a slot for FREE help with your tech questions. No question is a bad question.

Job Center – Thursday, April 21 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, April 27 at 11 a.m. The Woodville Community Library, 124 South Main Street, Woodville, is seeking for more people to join their Monthly Book Club.

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

Job Club: Every Tuesday from 10 a.m. – 11 a.m. Network with other job seekers while learning tips to maximize your job results. Contact St. Croix Valley Job Center, 186 County Road U, Suite 250, River Falls, WI 54022.

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

Blood Pressure Clinic: Every Thursday from 12:30 p.m. – 4:30 p.m. at Westfields Hospital, 535

Community Calendar...
continues on page 19

☎ WHO TO CALL ☎

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

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

Building confidence and reducing falls.

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ADRC Aging & Disability Resource Center of St. Croix County

FALLS PREVENTION

Stepping On is a well researched falls prevention program. The results were published in the September 2004 issue of the American Geriatrics Society.

STEPPING ON CLASS SCHEDULE:

Roberts Senior Nutrition Site
312 North Park Street
Roberts, WI 54023

Mondays
1 p.m. – 3 p.m.
April 4th – May 16th

Pre-registration required
715-381-4366

WHO CAN BENEFIT

Anyone who:

- Is 65 years or over
- Has had a fall in the past year
- Is Fearful of falling
- Is Living at home
- Does not have dementia

WHAT YOU WILL LEARN

The Stepping On workshop meets for two hours a week for seven weeks.
Topics include:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance.
- How medication can contribute to falls.
- Ways to stay safe when out and about in your community.
- What to look for in safe footwear.
- How to check your home for safety

PRE-REGISTRATION REQUIRED:
Call Senior Nutrition Site at 715-749-3755 or Tara Murdzek, Caregiver Support Coordinator 715-381-4366

2016 Card Tournament Schedule

Date	Time	Place	Maximum # of Players
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

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

••• For Your Benefit News •••

Medicare & Marketplace Health Insurance FAQs

What is Medicare? Medicare is a federal health insurance program for individuals 65 and older. There are four parts to Medicare: A, B, C, and D. Medicare Part A covers hospital inpatient care, and most people obtain Medicare Part A for free. However, if individuals have not worked 40 work quarters or contributed to Medicare for at least ten years, they may have to pay a premium for Medicare Part A. Medicare can sometimes be obtained if an individual is under 65 years of age. This may happen for a few reasons, but mainly if the individual has received Social Security Disability Income for 24 months, or has end-stage renal disease, s/he can enroll in Medicare.

What is Marketplace Health Insurance? The term "Marketplace Health Insurance" is used to describe the assortment of plans offered on the health insurance exchange. To help visualize the concept, think of the Marketplace as an actual marketplace where vendors—insurance agencies—go to set up shop and sell their wares— Qualified Health Plans.

Qualified Health Plans are plans that comply with the standards set out in the Affordable Care Act and have the Marketplace's permission to be sold in conjunction with a subsidy for low- income individuals. Subsidies are federal dollars that are paid to decrease the costs of a consumer's monthly premium and out-of-pocket costs (deductible, coinsurance, copays, etc.).

GWaar Greater Wisconsin Agency on Aging Resources, Inc.

Should I have both Marketplace Health Insurance and Medicare at the same time? No. Marketplace plans, employer plans, and other regular health insurance plans are not meant to supplement Medicare plans. There are separate Medigap plans that act as wrap-around support that Medicare enrollees can purchase if they need more coverage. In addition, the Marketplace subsidies must be paid back if the individual is enrolled in Medicare concurrently with a Marketplace plan.

What happens if I age into Medicare while I have a Marketplace plan? Adults that age into Medicare, upon turning 65, may run into problems if they still have a Marketplace plan when their Medicare Part A coverage begins. **The Marketplace will not automatically disenroll someone who gains coverage under Medicare Part A.**

Individuals who are losing their Marketplace subsidies as result of gaining Medicare Part A coverage, should call the Marketplace and request to be disenrolled from their plan. **Early disenrollment requests must be made**

FYBN~Marketplace FAQ

...continues on page 18

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Contact: Deanna Schmidt, Housing Manager
Mon – Wed – Friday 9am to 4pm
Sat & Sun -Closed

Boardman Meadows
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O'Neill Elder Law

Attorney Jennifer A. O'Neill, CELA*
900 Crest View Dr. • Ste. 220
Hudson
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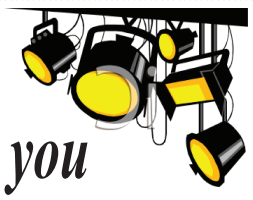
Spotlight on Social Security



...Ex-spouse benefits, taxes, and you

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

Mid-April features both Ex-Spouse Day and tax day. These two observances are extra important if you are an ex-spouse, because Social Security pays benefits to eligible former spouses. And, you may need to claim this income on your tax forms.

If you are age 62, unmarried, and divorced from someone entitled to Social Security retirement or disability benefits, you may be eligible to receive benefits based on his or her record. To be eligible, you must have been married to your ex-spouse for 10 years or more. If you have since remarried, you can't collect benefits on your former spouse's record unless your later marriage ended by annulment, divorce, or death. Also, if you're entitled to benefits on your own record, your benefit amount must be less than you would receive based on your ex-spouse's work. In other words, we'll pay the higher of the two benefits for which you're eligible, but not both.

You can apply for benefits on your ex-spouse's record even if he or she hasn't retired, as long as you divorced at least two years before applying. The same rules apply for a deceased former spouse.

The amount of benefits you get has no effect on the benefits of your ex-spouse and his or her current spouse. Visit *Retirement Planner: If You Are Divorced* at www.socialsecurity.gov/retire2/divspouse.htm to find all the eligibility requirements you must meet to apply as a divorced spouse. Our benefits planner gives you an idea of your monthly benefit amount. If your ex-spouse died after you divorced, you can still quality for widow's benefits. You'll find information about that in a note at the bottom of the website.

Visit www.socialsecurity.gov/retire2/divspouse.htm today to learn whether you're eligible for benefits on your ex-spouse's record. That could mean a considerable amount of monthly income. What you learn may bring a smile to your face … even on tax day!

AARP Driver Safety Program

This class is designed to sharpen driving skills, prevent accidents, and keep older drivers on the road longer and more safely. This course will also update your driving knowledge, help you compensate for normal age-related physical changes, and reduce your traffic violations, crashes, and resulting injuries. It is strictly classroom, no actual driving. Most insurance companies give a discount for completing this class. Fee includes hand-outs.

To register please call New Richmond Community Education at 715-243-7421.

Instructor: Raymond Carpenter, from AARP

Date/Time: Wednesday, April 20, 9 a.m. – 1 p.m.

Fee: $15/AARP members; $20/Non-members payable to AARP at class; please register by calling Community Education, 715-243-7421

Location: Community Commons, Rm 114
421 S. Green Ave, New Richmond

Register by: April 13, 2016

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ADRC Manager's Report

From the Desk of Brad Beckman

April is here and we're looking forward to Spring. We had really nice winter weather wise.

April is the month we recognize the ADRC volunteers who make a difference in the lives of so many individuals throughout St. Croix County. Volunteer assist at the senior nutrition sites, deliver meals and provide rides to medical appointments. On Friday, April 22nd the ADRC will recognize and host a volunteer luncheon to thank and honor individual volunteers and who donated 20 or more hours of service to the ADRC of 2015.

We are also very appreciative of the AARP volunteers that help out during the tax season. It is a very valuable service that they provide to residents of St. Croix County.

Also, we are in the middle of Annual Countywide Card Tournament at the Senior Centers throughout St. Croix County. If you enjoy playing 500, Euchre, or cribbage contact your local Senior Center to join their team.

I would also like to mention the retirement of Marian Mottaz, Disability Benefit Specialist. I would like to thank her for her 25 years of service and dedication for the consumers she served. Marian was a positive, pleasant and very experienced social worker for the County. Good luck Marian, with your new chapter in your life!!

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.

Happy retirement...

I would like to announcement my upcoming retirement. My last day with the Aging and Disability Resource Center of St Croix County will be April 29, 2016. I have worked for St Croix County since 1991. My entire career with the county has been spent working for the Human Service Department first as a Social Worker in Long Term Support and since 2008 as the Disability Benefit Specialist with the ADRC. My passion has always been assisting people with disabilities to stay in their own homes and community and be as independent as possible. It has been a true honor to assist people with disabilities to open doors of opportunities and success.

I have had the privilege of meeting so many wonderful people that have taught me how to be resilient, positive and most of all keep your sense of humor. I have also had the pleasure of working with a very dedicated group of peers and supervisors who believe in their mission.

The Aging and Disability Resource Center has truly been a great place for me to end my career. I am always in awe of the multiple programs, services and the volume of people that the ADRC of St Croix County continues to serve. I will miss being part of the energy that makes the ADRC a great place to work.

Sincerely ~ ~ Marian Mottaz

THANKS TO OUR VOLUNTEERS

continued from page 1

100+ hours Jerry Adams, Susan Cohrs, Leslie Crosby, Marlene Ellingboe, Clarice Fern, Norbert Fisher, Linda Giardina, Sandy Gilbertson, Peg Hoitomt, Marie Jensen, Shaney Johnson, Romelle Kelly, Tony Koshenina, Camilla Langness, Dave McDonald, Terry McDonough, Linda McFarland, May Ramberg, Bonnie Richert, Ann Rudesill, Irene Schmidt, Pat Shilts, Ann Stuntz, Dick Sullwold, Olive Terpstra, and Nancy Waughtal.

200 + hours Dave Durand, Evie Funkhauser, Lynda Geurkink, Marvin Hinkel, Carl McConaughey, Verna Nauer and Shirley Obermueller.

300+ hours Darlene Anderson, Laura Bishop, Francis Dees, Marie Deja, Liz Kreibich, Jean Lindus, and Bonnie Moe.

World Health Day 2016 brings awareness to diabetes and opportunity to discuss Diabetic Eye Disease

By Kevin Damask, staff writer with the Wisconsin Council of the Blind & Visually Impaired

On April 7, the World Health Organization (WHO) is focusing on diabetes as part of World Health Day.

According to WHO, about 347 million people worldwide had diabetes in 2008, and the disease is growing, especially in low and middle-income countries. In 2012, diabetes caused 1.5 million deaths and WHO predicts that diabetes will be the seventh leading cause of death by 2030.

For people with diabetes, the occurrence of eye disease is often more prevalent. Diabetic eye disease is a group of issues caused by diabetes, and all can cause severe vision loss or blindness.

There are three different diabetic eye diseases: diabetic retinopathy, cataract and glaucoma. Jean Kalscheur, Wisconsin Council of the Blind & Visually Impaired Education and Vision Services Director, said managing diabetes every day is vital to prevent vision loss.

"If you have vision loss, consider working with a diabetic educator and a vision rehabilitation specialist to find ways to accurately monitor and manage your diabetes," Kalscheur said.

According to the National Eye Institute and the National Institutes of Health, diabetic retinopathy is the most common diabetic eye disease and the leading cause of blindness among adults in the U.S.

People affected with diabetic retinopathy may notice no changes in their vision in the early stages of the disease. However, as time passes, diabetic retinopathy can grow worse and cause vision loss in both eyes.

A cataract in the eye will cause the clouding of an eye's lens and loss of vision. The disease can't spread from one eye to the other. Dilated eye exams are the only way of detecting cataracts, so it's important to have an eye doctor perform a dilated eye test every year during a routine vision check.

Cataracts can be treated with new eyeglasses, brighter lighting, anti-glare sunglasses or magnifying lenses. If these options don't help, a cataract can be removed through surgery.

Glaucoma, which affects the optic nerve, can cause vision loss and blindness. Glaucoma can develop in either one or both eyes, and is diagnosed through a dilated eye exam.

If not treated, glaucoma can slowly diminish peripheral vision and can cause tunnel vision. Glaucoma may also affect straight-ahead vision, causing loss of total sight.

There are treatments for glaucoma that may save remaining vision, but can't restore sight already lost. Treatment for glaucoma may include medication, conventional surgery, laser surgery, or a combination of these. An early diagnosis is very important, because early treatment can prevent continued vision loss.

There are several ways to prevent the onset of diabetic eye disease; the most important is to have a dilated eye exam every year. People affected by proliferative retinopathy can reduce their risk of blindness by 95 percent with

World Health Day...

continues on page 20

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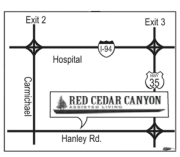
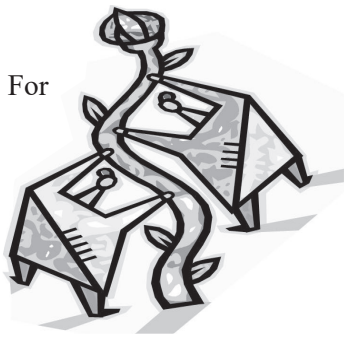


EQUAL HOUSING OPPORTUNITY

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

Other Support Groups ...continues on page 16

DayAway Club

Submitted by Stephanie Koski, DayAway Manager

We have been enjoying coloring pictures. As we color our pictures we keep in mind it allows us to unlock our creative potential. More important, it helps relieve tension and anxiety. It also unlocks memories of childhood and simpler times. Very therapeutic. We have a game called Lucky with dice that we also enjoy simple yet very fun. Come join us for the day of fun and relaxation.

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

United Way

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CAREGIVER SUPPORT

Submitted By Tara Murdzek, Caregiver Support Coordinator

Find support in your Caregiving Role

Talk to someone who provides care for their aging loved one and they will tell you what a difficult and stressful job caregiving can be. The American Medical Association states that the role of caregiving places demands on the caregiver which leaves them at risk for health problems including serious illness and depression. And according to the American Journal of Public Health, middle-aged and older women caring for their spouses are six times more likely to suffer from depression or anxiety disorders than their non-caregiving counterparts. The result of this decline in health by the caregiver not only affects the person giving the care, but it may also compromise the care they are providing their loved one.

Reading information like this can make caregiving sound very bleak and discouraging. But we also know that caregiving can be a very rewarding job. The key difference between a caregiver who is barely hanging on and one who is happy and at ease is having proper support in their role as a caregiver. Healthy and content caregivers receive help with tasks like providing personal cares and housekeeping and they take regular breaks from caregiving. But most importantly, they also have found an emotional support network.

The American Medical Association suggests to physicians that "a referral to a support group should be recommended for all caregivers." Oftentimes, people hear the words "support group" and immediately tune out. They are uncomfortable with the idea of sharing their feelings. Or they think of a support group as a bunch of people sitting around whining about their lives. But support groups are much more than that and the benefits they offer are valuable.

The definition of a support group is a gathering of people in similar situations who provide each other moral support, practical information and coping tips. Here are some of the benefits of attending support group meetings.

- They provide valuable information that will increase your knowledge of caregiving. One of the best resources for caregivers is other caregivers!
- They teach coping skills. The information and advice that the group provides can assist in problem solving the many different challenging situations you may be experiencing.
- They are a place to share common concerns and joys. Others in similar situations can then offer encouragement and support.
- They provide emotional support and are a safe place to identify and express stressful feelings. Having this support can improve your mood and decrease feelings of distress.
- They provide affirmation and advocacy. The group serves as a source of validation and can offer avenues to local resources.

The benefits of attending support group meetings can help you feel less alone, give you new strategies to cope with day-to-day stressors and help you feel affirmed in your work as a caregiver. The result will be a healthier, happier you which in turn means better care for your loved one. By taking time to care for your physical and emotional needs, you will discover you can feel more joy and contentment in your caregiving role.

Caregiver Support... *continued on page 14*

DEMENTIA CARE

Submitted by: Nancy Abrahamson, Dementia Care Specialist

When "no" means "yes"

One of the most rewarding answers to many of us is the word "yes." When we invite a partner, parent or child to do something an enthusiastic acceptance is our favorite response. Like many things related to permanent cognitive impairment (a type of dementia) messages become jumbled.

It's important to understand where the word "no" comes from. It comes from a brain where, literally, "no" may be "yes." Remember that making decisions is not easy, that initiative (the ability to follow-up on desire) is gone and so it planning, and that what someone thinks they are going to do may be lost in the short term memory bank.

So what's the best way to communicate when there's a diagnosis of some type of dementia? Well, it's about the following:

1. Avoid asking if they want to _____. Just say, "Today we are going to_____"
2. Know that when you suggest something and they say "no" they can just as easily mean "yes."
3. Sometimes you just hand them the vacuum cleaner, turn it on and put their hand on the handle.
4. There are times when they might initiate a job that doesn't need doing. LET THEM DO IT ANYWAY!
5. Maybe you have registered them for an adult respite program so you can get a few things done. Don't accept "no" as a reason. Simply get someone else to pick them up and take them. Or, tell them the doctor recommended that kind of "therapy."
6. Maybe they won't go to the doctor—simply state you are going for a ride and will be stopping for pie, or ice cream, or any other option that will sound good to them.

Dementia Care... *continued on page 17*

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

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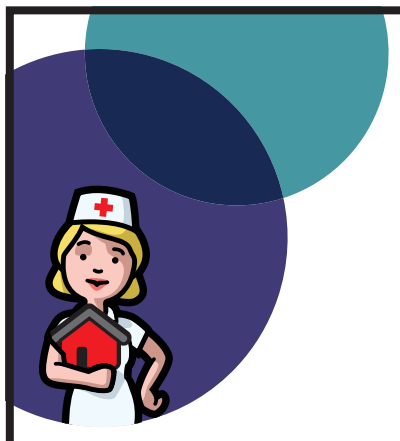


Hospice, a program of care that focuses on living each day and making it the best it can be.

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

• Senior Center News •

Baldwin Senior Center

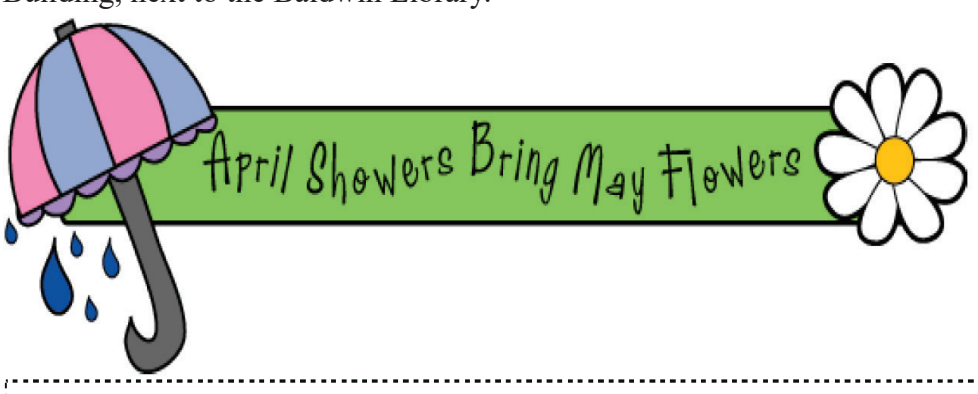
John Doornink, Senior Center Board President
Cindy Ramberg, Nutrition Program Manager
400 Cedar St • Baldwin • 715-684-2979
bsrctr@baldwin-telecom.net

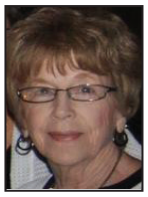
Activities:
April 7 – Senior Center Board meeting
April 14 – Blood Pressure Checks
April 17 – 21 – Volunteer Appreciation Week
Mondays - Dominoes 9:30 a.m.
- Cards at 1 p.m.
Tuesdays - Bingo at 10:30 a.m.
- Painters Club 1 p.m.
Wednesday - Dominoes at 9:30 a.m.
Thursdays - Bingo at 10:30 a.m.
Fridays - Game Day
- Dominoes at 10 a.m.
- Cards at 1p.m.
Daily - Table of Knowledge at 8:30 a.m.

Birthdays:
April 14 – Glen Boldt
April 17 – Lyle Jacobson
April 20 – Jean Lindberg
April 23 – Olive Terpstra

The Baldwin Senior Center would like to thank the following:
- ☺ Maple Leaf Apple Orchard for the generous donation of all the juicy apples
- ☺ Sue West for her musical talent she shares with us from time to time
- ☺ Kesha Marson for her informative speech regarding Emotional Wellness
- ☺ Marian Plummer for her informative speech regarding Dementia
- ☺Our Family Living Bingo

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 hours 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:
April 6 – Annual Card Tournament in Woodville
April 13 – Annual Card Tournament in New Richmond
April 20 – Annual Card Tournament in Roberts
April 27 – Annual Card Tournament in Somerset
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:
April 6 – George Streich
April 18 – Mark Klinger
April 18 – Jerry Lachman
April 20 – Ann Stuntz

With the card tournament well under way, we hope everyone is having a great time, getting good cards, and enjoying the friends not seen for a year and the great food that our cooks work so hard to provide each day. Remember to thank them as they work so hard to do their job to make all those meals.

April is the month we celebrate our volunteers and try to show them just how much they are appreciated. Loving, giving, sharing, and helping is what we are all about and our wonderful volunteers help us do just that. Many thanks to everyone that helped so much while we had a great vacation, we love Arizona and my family that we visited, it was 11 super days.

THANKS TO MY CENTER BOARD for the gift of appreciation, you are special ladies, God Bless you. With the cards on Wednesday, (our center board day) we will have to re-schedule our meeting as we have a new big project underway.

The flower for the month of April is the Sweet Pea, that has 2 meanings, one is good bye and the other is blissful pleasure. The birthstone is diamond, and that needs no explaining.

Have a warm wonderful spring. April is a month that is very special to me.

It is my hope that you all had a most blessed Easter and that the hope of it will stay in our hearts.

See you at the card party.

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 •

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:
April 5 – CLOSED for voting
April 5 – Field Trip to Chippewa Falls to tour Leinie & Loopy's for lunch
April 9 – Field Trip to 45th Parellel Distillery in New Richmond & Ready Randy's for lunch
April 11 – Blood pressure/blood sugar check with Char and Kevin at 11a.m
April 13 – Senior Center Board meeting at 1 p.m.
April 25 – Foot care with Brenda Cogbill, appointments available by calling 715.265.7242
Daily: The Cloudy Boy's Coffee Group at 8 a.m.
: Sunshine Girl's Coffee Group at 9 a.m.
: Bingo at 10 a.m. ($.10/game and a total of 15 games played)

Birthdays:
April 2 - Kathy Hansen
April 5 - Barb Schrank
April 6 - Donna Holmes
April 6 - Patricia Olson
April 12 - Russ Kohler
April 15 - Les Crosby
April 15 - Velma Crosby
April 15 - Nancy Diller
April 19 - Linda Sittlow
April 26 - Thomas Aebly
April 28 - Lee Stoehr
April 30 - Lois Kilde

It's Card Tournament Time! If you'd like to play cards- Euchre, 500 or Cribbage - on a Wednesday give us a call 715.265.7242!

Thank you to everyone who participated in the Community Health Conversation! The Healthier Together –Pierce St. Croix Coalition appreciated your cooperation.

Congratulations to our 2016 King and Queen Don Leier and Jackie Klinger they were crowned at our Valentine's Party in February!

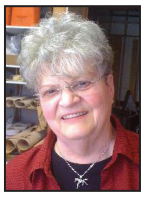
Once again thank you for everyone bringing in those yummy treats! Evelyn Timberlin your homemade cookies are very delicious, also thank you for donating plastic baggies!

Our new blinds look AMAZING! Thank you to The Anne Marie Foundation! Also a big Thank you to Dave Caress, Laverne and Don Leier for hanging them for us ☺ Thank you to Bob Moe for washing our windows they look great!

Thank you to Kristen Wilcoxson & Aysegul Baltaci, Nutrition students from Stout. They provided us with a couple sessions of Nutrition Education which benefited both us and them. Thanks for taking the time to be with us.

We are busy planning fieldtrips. Last month we enjoyed going to the National Eagle Center in Wabasha, MN and the Mabel Tainter Theater in Menomonie. This month we have a trip planned to Chippewa Falls to tour Leinenkugel's and Loopy's for lunch. We just had to plan another trip to Tour of the 45th Parallel in New Richmond and lunch at Ready Randy's for those who missed out on our last trip. Next month we have another trip planned to Mabel Tainter to see Barefoot in the Park. Fieldtrips are always so much fun we have such a great time.

The Glenwood City Senior Center is open Monday through Thursday 8 a.m. to 1 p.m. We play Bingo daily Monday thru Thursday at 10 a.m. Dinner is served at 11:30 a.m. All seniors 60+ can dine for a suggested donation of $4.00 per meal. Home delivered meal service is also available call Brandy at 715-381-4364. Please call 24 hours in advance to reserve your meal. Please call by noon Thursday to reserve for the following Monday our number is 715-265-7242.



Hudson Senior Center

PHOTO COMING SOON!

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

Activities:
April 7 – Foot and Hand card game at 9 a.m.
April 8 – Monthly Birthday Celebration
April 14 – Foot Care with Dave
– Piano playing by Kathryn Long
April 15 – Pizza Party & Movie
April 19 – Foot Care with Nancee
April 21 – Foot and Hand card game at 9 a.m.
– Blood Pressure with DeeAnn from 9:30 a.m. – 11 a.m.
April 28 – Piano playing with Kathryn Long
April 29 – Build your own Sundae

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.
– Piano music with Judi
Daily - Bingo at 9:30 a.m. (except Tuesdays – 10 a.m.)
– Piano playing with Judi Langmack

Birthdays:
April 2 – Robert Kobylarczyki
April 5 – Kathy Colony
April 7 – Bill Feyereisen
April 11 – Nancy Salmi
April 16 – Helvie Tepoel
April 17 – Susan Milner
April 18 – Bonnie Richert
April 18 – Larry Hanson
April 21 – Marilyn Anderson
April 28 – Vivian Johnston

Welcome Spring…Goodbye Winter!

The Hudson Senior Center is still in great need of volunteers. Please call Melissa at 715-386-8709 if you are interested. I also would like to take a moment to express my gratitude to everyone that has stepped up to help. I appreciate all of you!

Do you like to play 500, Cribbage, and Euchre? If so, join in the fun by participating in the Annual Countywide Card Tournament hosted by the Senior Board Coalition and Aging & Disability Resource Center. To join or for more information call the Hudson Senior Center at 715-386-8709.

This month at the Hudson Senior Center we will be having a Pizza Party and a Movie, celebration of April Birthday's and Build Your Own Sundae! Come by the Senior Center to get more information and to sign-up for the fun.

As always we are located at 1320 Wisconsin Street at the Christian Community Home Campus, in the Marie Blakeman Community Center. 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 there is a $6.50 charge for the meal. Transportation is available upon request. Please call the Senior Center at 715-386-8709, 24 hours in advance for your meal or transportation reservation during business hours. Please come and join us for an affordable and nutritious home-cooked lunch that is served at 11:30 a.m.

Nutrition Program Menus

Hudson Area Nutrition Program April 2016 Menu

Serves Mon. through Thurs. *(*Fridays serves congregate only)* at the Hudson Senior Center

1320 Wisconsin Street, Hudson ***Call 715-386-8709 24 hours in advance for a meal***

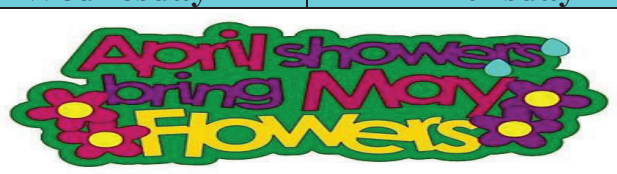
Due to circumstances beyond our control, menu changes may occur from time to time.

Monday	Tuesday	Wednesday	Thursday	Friday (On-Site Dining Only)
Suggested Donation: **$4.00 per meal** Please pay as much as you can afford, as we rely on donations from participants to keep the program going.				**1** Fried Shrimp Tater Barrels Carrot Vichy Coleslaw Chef's Dessert
4 Roast Chicken Mashed Potatoes Kernel Corn Tossed Salad Chef's Dessert	**5** Baked Ham Au Gratin Potatoes Peas w/ mushrooms Tossed Salad Dessert	**6** Braised Beef Tips Hunter Style Buttered Noodles Grilled Tomato Tossed Salad Chef's Dessert	**7** Chicken Subgum White Rice Crisp Noodles Tossed Salad Chef's Dessert	**8** Mac & Cheese Tomato/Bacon Vegetable Tossed Salad Garlic Toast Chef's Dessert
11 Spaghetti/Meat sauce Italian Green Beans Tossed Salad Garlic Toast Dessert	**12** BBQ Beef Oven Browned Potatoes Buttered Corn Tossed Salad Chef's Dessert	**13** Roast Pork Loin Mashed Potatoes Red Cabbage Tossed Salad Chef's Dessert	**14** Baked Chicken Mashed Potatoes Dressing Coleslaw Chef's Dessert	**15** Baked Cod New Potato Broccoli Tossed Salad Chef's Dessert
18 Chopped Sirloin American Fries Grilled Onion Coleslaw Chef's Dessert	**19** Fried Chicken Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	**20** Baked Ham Au Gratin Potatoes Whole Green Beans/Tom Cottage Cheese/Pineapple Chef's Dessert	**22** Braised Spare Ribs Caraway Potatoes Sauerkraut Cottage Cheese Chef's Dessert	**22** Fish Fry Tater Barrels Broccoli Spear Tossed Salad Chef's Dessert
25 Salisbury Steak Mashed Potatoes Buttered Carrots Tossed Salad Dessert	**26** Chicken ala King Rice Pilaf Tossed Salad Dessert	**27** Swedish Meatballs Mashed Potatoes Rutabagas Fresh Fruit Chef's Dessert	**28** Chopped Sirloin Grilled Onion Baked Potato Mixed Greens Chef's Dessert	**29** Fried Shrimp Tater Barrels Carrot Vichy Coleslaw Chef's Dessert

River Falls Nutrition Program April 2016 Menu

119 Union Street - 715-425-9932 Serving Monday – Friday

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

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Donation: **$4.00 per meal** Please pay as much as you can afford, as we rely on donations from participants to keep the program going.				**1** Beef Stroganoff Buttered Noodles Island Blend Vegetables Dinner Roll Warm Apples
4 Smothered Chicken Baked Potato Side Salad Chef Choice Fruit Dinner Roll Dessert	**5** BBQ Chicken Breast Baked Beans Coleslaw Banana Half Bread Slice Dessert	**6** Sliced Beef Roast Mashed Potatoes & Gravy Glazed Carrots Garlic Cheddar Biscuit Cherry Delight	**7** Beef Fajitas Spanish Rice Refried Beans Fruit Salad Dessert	**8** Lentil Soup Ham Salad Sandwich Green Bean Casserole Apricot Halves Dessert
11 Meatloaf Baked Sweet Potato Marinated Cucumbers Peaches Bread Slice Dessert	**12** Glazed Pork Loin Tri-taters Baby Carrots Dinner Roll Dessert	**13** Open Face Turkey Mashed Potatoes & Gravy Tomato Onion Salad Fresh Fruit Cup Bread Slice Dessert	**14** Oven Fried Chicken Mashed Potatoes & Gravy Squash Pineapple Orange Dream Dessert	**15** Tuna Herbed Pita Pocket Potato Salad Coleslaw Fresh Fruit Dessert
18 Chili Stewed Tomatoes Cornbread Strawberry Shortcake	**19** Smothered Steak Mashed Potatoes & Gravy Country Blend Vegetables Breadstick Fruited Jell-O	**20** Ham Loaf Rice Pilaf Green Beans Peaches Dinner Roll Dessert	**21** Teriyaki Grilled Chicken Buttered Noodles Stir Fry Vegetables Pineapple Chunks Dessert	**22** Lemon Baked Cod Scalloped Potatoes Green Beans Fresh Fruit Cup Dessert
25 BBQ Pulled Pork on Buns Potato Salad Carrots Dessert	**26** Tater Tot Casserole Green Beans Pears Bread Slice Dessert	**27** Sweet & Sour Chicken Fried Rice Oriental Vegetables Blueberries Bread Slice Dessert	**28** Cheeseburger on Bun Garden Vegetable Pasta Salad Rosy Applesauce Dessert	**29** Crispy Shrimp Tri-Tater Green Bean Pear Salad Bread Slice Dessert

St. Croix County Area Nutrition Program April 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
4 **Lasagna** Italian Blend Vegetables Garlic Bread Fruit Cup	**5** **Sliced Roast Pork** Mashed Potatoes and Gravy Rutabagas Bread and Butter Baked Apples	**6** **Chili and Crackers** Corn Bread Muffin Fruit Salad Dessert Bar	**7** **Shepherd's Pie with Vegetable** Shredded Carrot Salad Bread and Butter Cook's Choice Pie
11 **Lemon Pepper Baked Cod** Hashbrown Casserole Glazed Carrots Bread and Butter Peaches and Pears	**12** **Pepper Steak Stir Fry over Brown Rice** Broccoli Florets Bread and Butter Sherbet	**13** **Polish Sausage** Sauerkraut Baby Red Potatoes Vegetable Bread and Butter Dessert	**14** **Chicken Fettuccini with Alfredo Sauce** Green Bean Almandine Bread Stick Pineapple
18 **Cook's Choice Menu**	**19** **Oven Baked Chicken** Potatoes Creamed Spinach Bread and Butter Apricots	**20** **Tator Tot Hotdish with Vegetables** Creamy Coleslaw Bread and Butter Dessert	**21** **Ham and Cheese Sandwich** **Cook's Choice Soup** Cake
25 **Salisbury Steak** Mashed Potatoes and Gravy Buttered Peas Bread and Butter Fruit and Pudding Dessert	**26** **Pecan Crusted Tilapia** Wild Rice and Carrots Salad Bread and Butter Cookie	**27** **Barbeque Meatballs** Macaroni and Cheese Vegetable Bread and Butter Dessert	**28** **Oven Baked Pork Chops** Creamed Potatoes Diced Beets Bread and Butter Banana

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.

Healthy Bones: The importance of Calcium and Vitamin D

Submitted by Brandy Zeuli, Outreach Coordinator

To keep your bones strong, your body is constantly breaking down old bone cells and growing new ones, just as it sheds and replaces new skin cells. To fuel bone growth, keep bone density strong, and prevent osteoporosis, you need a good supply of calcium from dairy products and other foods in your diet.

But you also need enough Vitamin D. Without it, you could drink milk all day long and the calcium in it wouldn't do you any good. Vitamin D is key in absorbing calcium from the food you eat. Along with weight-bearing exercise, calcium and vitamin D go together for good bone density—and good health in general.

The best way to get more calcium is to improve your diet. You already know that dairy products such as milk, cheese and yogurt are good sources of calcium. Other foods that are high in calcium include: spinach, kale, okra, collards and salmon.

It's a lot harder to get enough vitamin D from foods. Vitamin D is only in a few foods and often in very small amounts that provide vitamin D include: tuna, mackerel, cheese and egg yolks. Many foods are now fortified with vitamin D, like some dairy products, orange juice, soy milk and cereals.

Getting enough vitamin D from your diet isn't easy. Studies show that only about 20% of our Vitamin D typically comes from the foods we eat. Your body can also make vitamin D on its own. When you walk out into the sunlight with exposed skin, your body naturally produces vitamin D on its own.

How much calcium and vitamin D do you need?

Adult Women & Men	Calcium (Daily)	Vitamin D (Daily)
19-50 years	1,000mg	600 IU
Men 51-70 years	1,000mg	600 IU
Women 51-70 years	1,200mg	600 IU
Adults 71 years and older	1,200mg	800 IU

NOTE: This chart is from the Institute of Medicine of the National Academies and the National Institutes of Health, Office of Dietary Supplements. Talk to your doctor and your child's doctor about how much calcium and vitamin D your family needs.

Calcium and Vitamin D Supplements

Ideally, experts say we should get the nutrients we need from whole foods and a well-balanced diet, rather than from supplements. That way, we are getting the full benefits of the food instead of a single, isolated component.

Talk to your doctor if you are interested in taking a calcium or vitamin D supplement. Together, you can figure out if a supplement is necessary.

Sources: Webmd.com

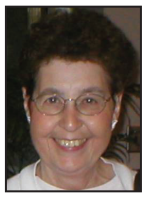
The Recipe Box

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

ADRC
Attn: Renea
1752 Dorset Lane
New Richmond, WI 54017

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

• 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:
April 6 – Annual Countywide Card Tournament in Woodville
April 12 – Shopping after lunch
April 12 – Senior Center Board meeting
April 13 – Annual Countywide Card Tournament in New Richmond
April 18 – Monthly Birthday Party
April 19 – Bingo sponsored by Our House at 10 a.m.
April 21 – Spring Fling Dance from 1 p.m. – 3 p.m.
April 25 - Foot care with Nancee is available – call for appointment. Cost is $20.00
April 26 – Shopping after lunch
April 27 – Annual Countywide Card Tournament in Somerset
Daily: Bingo at 10:30 a.m.
: Cards at 12:30 p.m.

Birthdays:
April 11 – Julia Wold
April 12 – Shirley Holmberg
April 22 – Helen Donahue
April 27 – Karen Behl
April 27 – Barb Vandenberg
April 28 – Norma Johnson

We are gearing up for our Annual Spring Fling on April 21st at 1 p.m. Everyone is invited and welcome to come and enjoy the fun filled afternoon with live music, raffles, prizes and snacks. Watch for more information in the New Richmond News. Thanks to the New Richmond Senior Center Board for sponsoring the event and to the WITC group for volunteering to plan and organize this event! If you would like to join us for lunch at the Senior Center before, please call 715-243-7493, 24 hours in advance to reserve your spot. A $4 donation is suggested for the meal. Hope to see you here for a fun filled time.

We would like to give a huge THANK YOU to John and Maureen Brunner for singing at out St. Patrick's Day Party. We always love hearing your music and everyone had a great time!

Thanks to Sarah, UW Extension Office, for the Eat Smart Nutritional Education classes. They were very informative!!

The New Richmond Senior Center is open Monday through Friday from 9 a.m. – 2 p.m. 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 or to schedule a ride. Transportation is available upon request for a small fee. Home-delivered meals are also available by calling Brandy at 715-381-4364.

Come join us for good food, good company and a good time. Looking forward to seeing you here!

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

Roberts Senior Center

PHOTO COMING SOON!

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

PHOTO COMING SOON!

Activities:
April 4 – Stepping On class from 1 p.m. – 3 p.m.
April 6 – Annual Countywide Card tournament
April 11 – Bingo
– Stepping On class from 1 p.m. – 3 p.m.
April 13 – Annual Countywide Card tournament
April 18 – Blood Pressure Check with Kathy
– Stepping on Class from 1 p.m. – 3 p.m.
April 20 – Annual Countywide Card tournament
April 25 – Stepping On class from 1 p.m. – 3 p.m.
April 27 – Annual Countywide Card tournament
Mondays – Mexican Train Dominoes
Wednesdays – 31 Card Game

Hello from the Roberts Senior Center.

"Stepping on Falls" prevention classes are being held here in Roberts. These will begin on Monday, April 4, 2016 from 1 p.m. to 3 p.m. The class will be held every Monday afternoon from April 4th through Monday, May 16th. The class is limited to 10 people so if you are interested please call 715-749-3755. Class information was in the March ADRC News and in this month's issue. This class is very informative and has many benefits for all of us seniors. We still have openings for the class so please give us a call.

We had a great gathering for our Valentine's Day/Village Employees Thank You party. Twelve people from the village, the fire department and the police department were our guests for lunch. We appreciate all of these people for the help they give us throughout the year.

We had our Merry Patrick Valentines outing last month. Weather and various things prevented us from celebrating at Christmas so we just combined the 3 holidays. Fourteen of us gathered at a local restaurant, "The Barnboard" and had dinner. It was a very enjoyable time. Lots of laughs and conversation. Good food also.

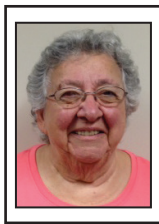
Don't forget to go to Senior Coffee and Cookies at the Roberts Library on Friday mornings starting at 10a.m.

This month we celebrate our volunteers. These people are priceless. I don't know how any of the centers could operate without them. I am grateful for all that help here. More volunteers are always welcome.

We really are in need of people on our Senior Center board. This is a very important part of our Senior Center and really needs to be filled.

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 Brandy at the Aging & Disability Resource Center 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, Senoir Center Board President
Fay Simone, Nutrition Program Manager
119 Union St • River Falls • 715-425-9932
Serving Monday through Friday

Activities:
April 4 – Executive meeting at 9:45 a.m.
April 8 – Foot Care; Cost $20 – call for appt.
April 9 – Leave for New Orleans
April 22– Foot Care; Cost $20 – call for appt.
April 26 – General meeting at 1 p.m. with Bingo afterwards
Tuesdays - Exercise at 9 a.m.
- 500 at 6:30 p.m.
Wednesdays - Euchre at 1 p.m.
Thursdays - Exercise at 9 a.m.
Fridays - Bridge & 500 at 1 p.m.

Birthdays:
April 8 – Helen Traynor
April 8 – Betty Rustad

RF Senior Cener...continues on page 13

• Senior Center News •

Somerset Senior Center

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

Activities:
April 1 – Dining Out
April 5 – CLOSED for Elections
April 8 – Somerset Outreach Dinner at the Senior Center
April 12 – Senior Center Board Meeting at 9 a.m.
– Blood Pressure
– Birthday Celebrations
– Shopping in Somerset
April 19 – Shopping in Somerset
April 26 – Shopping in New Richmond
April 27 – Host Annual Countywide Card Tournament
Wednesdays – Cards from 9 a.m.

Birthdays:
April 12 – Linda Cook
April 19 – Marjorie Phaneuf
April 25 – Dave Durand

Message from Karen;
We encourage all seniors to join us for lunch at the senior center. The Senior Center is open Monday – Thursday from 10 a.m. to 2 p.m. Please call 715-247-5354 at least 24 hours prior to the day you would like to join us.

RF SENIOR CENTER...

continued from page 12

April 14 – Sharlene Cernohous
April 18 – Fern Tomaszewski
April 20 – Esther Anderson
April 23 – Lana Bjrestedt
April 27 – Harlan Puhrman
April 30 – Dale Bjerstedt

There is a new website for seniors. The website is a free, informative, and entertaining resource celebrating seniors. Please take a moment to visit www.seasonedtimes.com and enjoy.

Will be starting up Hand and Shoulder massage on Tuesdays at 9:30 a.m. Please call for more information.

Senior Center trips planned for 2016 include:
• 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 River Falls Senior Center is located within the Wellhaven Senior Apartments, 119 Union Street. The office is open from 10 a.m. - 1 p.m. Monday thru Friday. Please call the Senior Center with any questions, suggestions for news or ideas you have at 715-425-9932 or email rfsc1@pressenter.com. 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.

Woodville Senior Center

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

Activities:
April 6 – Annual Countywide Card Tournament in Woodville
April 7 – Center Board meeting at 9 a.m.
April 12 – Foot Care with Dave Morrison, RN – call for appointment
April 13 – Annual Countywide Card Tournament in New Richmond
April 20 – Annual Countywide Card Tournament in Roberts
April 20 – Senior Commodities pick-up 11:30 a.m. - 11:55 a.m.
April 26 – Free Blood Pressure Check 9:30 a.m.
April 26 – Foot Care with Dave Morrison, RN – call for appointment
April 27 – Annual Countywide Card Tournament in Deer Park
Tuesdays: Bingo at 10 a.m.
Thursdays: Bingo at 10 a.m.

Birthdays
April 1 – Merlee Jensen
April 6 – Fred Peterson
April 13 – Gerald Peterson
April 20 – Pete Bossman
April 26 – Dan Dahlin

April is Volunteer Appreciation Month, we are so grateful to all the Volunteers and Community Support we receive throughout the year.

The Card Tourney is in full swing, a sure sign of spring. Beat Spring Fever-get out of the house and join in on the fun and great food at the Woodville Senior Center! Leave the cooking to us…come on down and dine with some old friends or make some new ones! Join us for great food, fun & festivities at the Woodville Senior Center. Lunch is served Monday through Thursday at noon.

Let the games begin! We are trying to get board game days going on Monday and/or Wednesday mornings from 10:30 a.m.-11:45a.m. before lunch. Check with Lyn or Barb B. for details. Some suggestions have been: Scrabble, Mexican Train, Yahtzee, puzzles.

We are located in the lower level of the Pioneer Building, below the Woodville Post Office on the corner of Main and River Streets. Ramp entrance is located 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. We look forward to seeing you!

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.

1 year
Jami Anderson, Glenwood City 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.

Tips To Stimulate Your Mind

(Source: www.alz.org) According to the Alzheimer's Association, "some of the strongest evidence about maintaining your brain links brain health to **heart health."** Your heart pumps about 20% of your blood to your brain to help "fuel" your brain's cells. The following are ways you can take your "brain health to heart".

Unscramble the words below:

1. ERAEST_____
2. UYNBN_____
3. KCCHSI_____
4. BTKESA_____
5. OSLWEFR_____
6. DYNAC_____
7. RAEDPA_____
8. SARLWLAMHMO_____
9. PGISNR_____
10. HOACCEOLT_____

ANSWERS FOUND ON PAGE 18

The Recipe Box

Recipe Name:	3-2-1 Cake
Author:	Carol McConaughey
Town:	Hudson
Season:	Any

Ingredients:	Directions:
1 box angel food cake mix	Mix 2 cakes mixes together and store in large Ziploc bag.
1 box cake mix, any flavor	
Individual cake mixes:	These individual little cakes are amazing and ready to eat in 1 minute! They are perfect for whenever you feel like a treat without the fat and calories that cake can have.
3 tablespoons of mixture	
2 tablespoons water	
1 minute in the microwave	

CAREGIVER SUPPORT...

continued from page 7

Currently there are several options for support groups in the area: 1st Tuesday of the month from 9 a.m. – 10:30 a.m. in New Richmond at Civic Center – 156 E. 1st Street; 2nd Friday of the month from 9:30 a.m.-11:00 a.m. in River Falls at St. Bridget's – 211 E. Division Street, and the 3rd Thursday of the month from 1 p.m. – 2:30 p.m. in Hudson at the St. County Government Center – 1101 Carmichael Road. For more information about these support groups, contact the Caregiver Support Coordinator at 715-381-4360.

If you find it difficult to leave your home or are not comfortable in group settings, the Caregiver Call-In might be right for you. This Wisconsin based telephone support group is free and open to caregivers across the state on the 2nd Tuesday of each month from 1 p.m. – 2:30 p.m. Call (877) 416-7083 for more information or to register.

All caregivers are encouraged to attend one of these support groups. If finding someone to care for your loved one during the meeting is a concern for you, please contact the Caregiver Support Coordinator at 715-381-4360 to discuss possible respite options.

Jane Mahoney, Older American's Act Consultant, Greater Wisconsin Agency on Aging Resources

alzheimer's association®

GREATER WISCONSIN CHAPTER

Family & Consumer Education Calendar

April - June 2016

Family & consumer education programs are always free of charge.

For class locations and times, visit: www.alz.org/gwwi (or) call 800.272.3900

Community Commons
Rm. 118
421 S. Green Ave
New Richmond, WI 54017

Living with Alzheimer's Series
For Persons with Disease – Part 1 April 26
For Persons with Disease – Part 2 May 10
For Persons with Disease – Part 3 May 17
1 p.m. – 3 p.m.

Dementia Conversations
April 26
10:30 a.m. – 11:30 a.m.

Know the 10 Signs: Early Detection Matters
May 24
10:30 a.m. – 11:30 a.m.

The Basics: Memory Loss, Dementia and Alzheimer's Disease
June 28
10:30 a.m. – 11:30 a.m.

Pre-registration would be helpful, but not required. Call the ADRC at 1-800-372-2333 to register or with questions.

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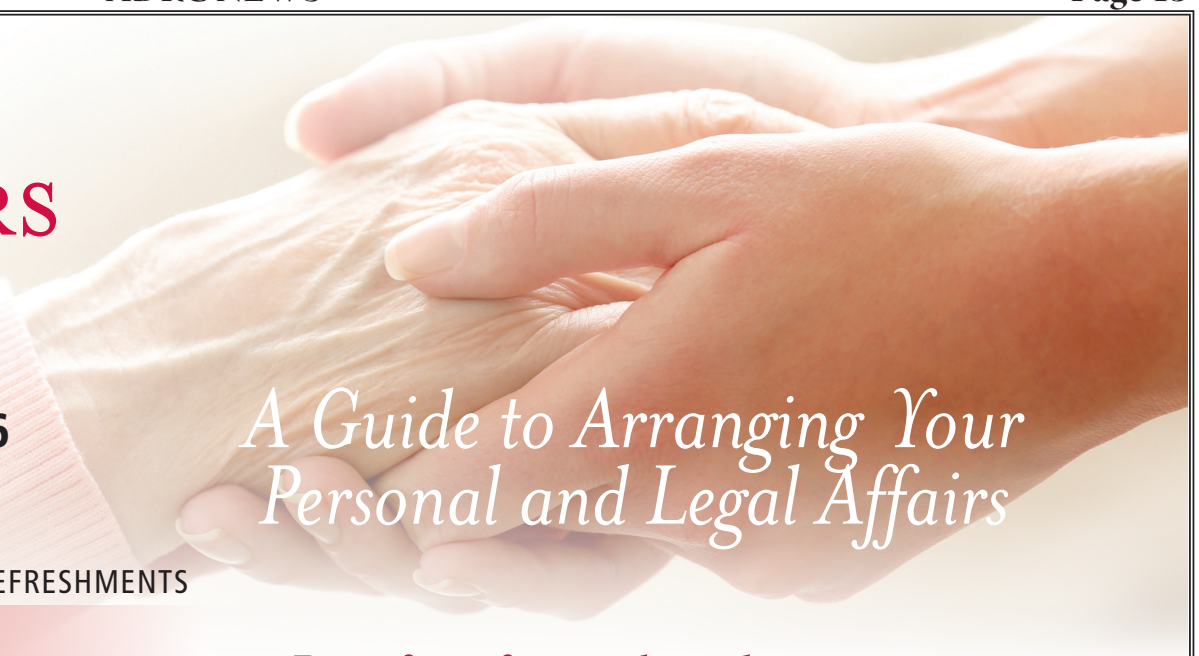

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OTHER SUPPORT GROUPS...

continued from page 6

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

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

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

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

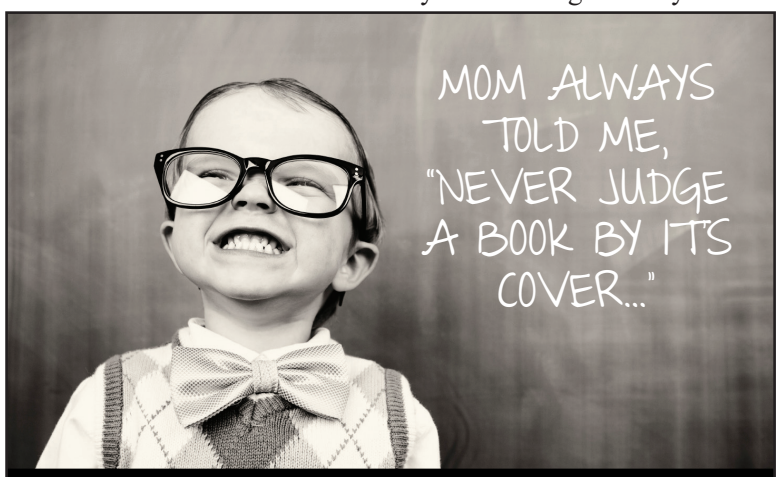
Parkinson's Support Group – **3rd Wednesday of the month,** 10 a.m. Boutwell's Landing – Brownstone Community Room; 5450 Nolan Parkway, Oak Park Heights, MN 55082. Sponsored by the Courage Kenny Rehab Institute. Call 651-241-3373.

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

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

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

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



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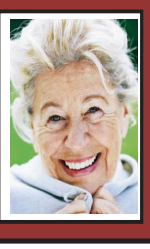

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877-495-3008
715-688-2272
CARDINAL CAPITAL MGMT

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

DEMENTIA CARE...

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7. Finally, trying singing the direction to get dressed and get in the car. It's fun and some folks have difficulty with the spoken word but understand the musical word.

8. Use of the word "no" can be a result of feeling anxious or stressed. Removing either by creating a comic response, a pleasant interaction, or reassurance can help them move on to the "yes" response.

9. Just hand your love one a jacket/coat so they get the message that "it's time to go."

The unfortunate thing about changes in the brain due to a process of slow cognitive loss is that adults cannot be held accountable to understand, make decisions, plan their day, or really fully comprehend that some activities are "good" for them.

This is where "FIRM LOVE" comes into play. We have all heard about "tough love." Well, firm love means we very caringly, lovingly find ways to convince, coerce, or cajole someone into getting moving. Watching for non-verbal cues when the response is "no" may help you understand the response may not really be a "no."

Research shows that being active helps slow the progression of these types of disease. It helps people feel better about themselves, feel valued because they can contribute to their world, and helps them have variety which also helps the brain by challenging it. If they can no longer participate in a civic, church, or interest group, then get them involved in adult respite somewhere.

We can all adjust to new things but it takes time. Promise to do something several days in a row, or weekly on the same day for four weeks. We can form new habits and that's what you want to help your loved one do.

Here are some ready responses to help you adapting to changes in communication:

1. You seem anxious/worried.
2. I can never remember either.
3. You seem to miss you _____.
4. It can be hard to think of things.
5. Let's do this together.
6. I'm feeling lonely and lost, too. We have each other.
7. I really need your help.
8. I'd like a friend too.
9. Isn't it frustrating when you can't think of the word?
10. Is it something to do with _____?
11. You loved living in _____.
12. You loved doing/playing _____.

It's not rocket science—just responding in a therapeutic manner. So try some things. Let me know if you find some new phrases and tools to drum up your loved one's involvement and cooperation in activities. Perhaps, just smile and gesture. Sometimes words are too much for them.

The best thing to do to avoid disease-induced deterioration in thinking is physical and mental activity. Avoiding parking someone in front of the television all day long will improve sleep because they won't have dozed too much during the day. Walking every day, or swimming will improve circulation and oxygen to the brain enhancing thinking as well as energy levels (for both of you).

So you can see there are many benefits to creative approaches that turn "no's" into "yeses." It will improve your outlook as a caregiver as well. If you want other tips on communication just call Tara or myself and we'll be happy to provide the information. We have videos, DVD's, and books on the subject as well.

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

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FYBN~MARKETPLACE FAQ...

...continued from page 3

at least fourteen days in advance of the requested date of disenrollment. If this is not done, an individual will lose his/her subsidies, and must pay the full cost of their plan premium for the months that they were covered by both Medicare and the Marketplace.

Can I choose a Marketplace plan over Medicare? Individuals eligible for Medicare will typically receive comprehensive coverage at a lower cost than those with Marketplace insurance. However, if an individual does not have enough work quarters to receive Medicare Part A without a monthly premium, then he/she may choose to have a subsidized Marketplace plan over Medicare. If the individual is not required to pay a Part A premium, then he/she will not qualify for subsidies on the Marketplace.

If an individual is required to pay a premium for Medicare Part A, and wants a Marketplace plan instead of Medicare, there are major concerns to first consider. Medicare Part B and D both have penalties for individuals that do not enroll when they are first eligible. The penalties are below:

- **Medicare Part B Penalty**: There is no penalty if Medicare Part B is delayed due to enrollment in either the enrollee's, or a spouse's, active employer health insurance plan. Enrollment delays other than through an employer's health insurance will be assessed a 10% penalty for each 12 month period that the enrollee is not enrolled in Medicare Part B.
- **Medicare Part D Penalty**: If Medicare Part D is delayed, and the individual does not have creditable drug coverage, there is a 1% penalty for each uncovered month, multiplied by $33.13 a month (in 2015). This applies for every continuous 63day period that the enrollee is not enrolled in Medicare Part D.

If I have Medicare, can I keep my dental coverage that came with my Marketplace plan? No. Dental plans are typically only available on the Marketplace with enrollment into a health insurance plan. If the dental plan is separate from the Marketplace plan, it is a stand-alone dental plan that can be obtained either on or off of the Marketplace. Marketplace rules, and subsidies, do not apply to dental plans.

Some Medicare Advantage plans may cover services not covered by original Medicare. These services may include: routine dental, routine vision, and prescription drug coverage. A standalone dental plan may also be purchased if a Medicare Advantage Plan does not provide the needed coverage.

If I am eligible to enroll in Medicare prior to age 65, should I enroll in the Marketplace instead? The same rules apply when obtaining Medicare early. Medicare coverage is the wiser choice, and the Marketplace will typically not allow subsidies if an individual is also eligible for Medicare.

February, 2016

"Tips to Stimulate Your Mind" Answers:

1. EASTER
2. BUNNY
3. CHICKS
4. BASKET
5. FLOWERS
6. CANDY
7. PARADE
8. MARSHMALLOW
9. SPRING

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.

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

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COMMUNITY CALENDAR...

...continued from page 2

Hospital Road, New Richmond, WI.

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

ALLINA HEALTH

Advance care planning

Making your health care wishes known

Make sure your loved ones and health care providers know your goals and values for future health care needs if you're unable to tell them yourself.

CLASS SCHEDULE

River Falls Area Hospital (classrooms), 1629 E. Division St.

Friday, April 15
Noon - 1 p.m.

Call 715-307-6145 to register.

Learn more about advance care planning and completing a health care directive at one of our free classes. Call **612-262-2224** or **1-855-839-0005** to register.

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WORLD HEALTH DAY...

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regular eye exams.

For diabetics, controlling blood sugar levels is important in controlling the onset of diabetic eye diseases. The Wisconsin Diabetes Prevention and Control Program recommends having an A1C blood sugar level checkup every 3-6 months.

A healthy lifestyle is also a great way to prevent the onset of diabetes. Physical activity 30 minutes per day, five days a week, is recommended, but any physical activity can help lower blood sugar and lead to a longer, healthier life. Quitting smoking also greatly decreases the risk of diabetic retinopathy as well.

Eating healthy can help prevent diabetes. For those already diagnosed, seeing a registered dietitian for regular visits, especially through the first six months of diagnosis, is extremely beneficial. It is recommended to visit a Certified Diabetes Educator (CDE) every 6-12 months to learn how to self-manage diabetes.

"Carefully reading food labels help in making healthy eating choices. If you can't see the labels, consider going to www.directionsforme.org and search by brand name," Kalscheur said. "If the item is in the database, you get preparation instructions, nutrition information, and a listing of ingredients. Your tablet or computer can magnify or read this important information to you."

For people not online, collecting labels from typically used food products can also help make healthier choices.

"Have a family member or friend enlarge relevant portions of the label on a copy machine," Kalscheur said. "Place the enlarged information in a plastic sleeve so it is available as a reference. Read it with a magnifier, or add an audio label using a device like PenFriend."

Kalscheur said vision rehabilitation specialists can help teach food preparation skills.

"It is possible to clean, chop, and cook with low or no vision," Kalscheur said.

To learn more about low vision therapy and how to manage diabetic eye disease, contact the Wisconsin Council of the Blind & Visually Impaired at 1-800-783-5213.

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: April 4**

WITC - New Richmond – 1019 S. Knowles Ave, New Richmond; 246-6561
9 a.m. - 3 p.m. on **Wednesday, 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:
- Copy of last year's income tax return(s);
- W-2 forms from each employer;
- Unemployment compensation statements;
- 1095-B forms from Wisconsin Department of Health Services if you receive Medical Assistance
- 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 entering the building. Please be prepared to go through a metal detector and to have all of your belongings screened. Please allow for extra time.

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