

What's Inside:

- Community Calendar.....pg 2
- For Your Benefit News.....pg 3
- 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

Finding Hope, Humor, & Heart in Caregiving Conference

Caregivers: All who give care must also receive care. Chances are you are a caregiver. Caregivers are relatives or friends who provide unpaid care to dependent children, spouses, parents, siblings/relatives or friends/neighbors. This includes assisting with: medication management, housekeeping, meal preparation, shopping, personal cares, emotional/social support, managing finances and transportation. Take the time to care for yourself by attending the 10th Annual Caregiver Conference.

10th Annual Regional Caregiver Conference

Finding HOPE, HUMOR & HEART in Caregiving

Don't miss this empowering and educational conference for family members, caregivers and professionals. This special day will include vendors, breakout sessions, door prizes, light breakfast and lunch. CEUs available.



Featuring Keynote Speaker, Elaine K. Sanchez

Elaine K. Sanchez is the author of the unflinchingly honest and uproariously funny book, "Letters from Madelyn, Chronicles of a Caregiver". She is the cofounder of CaregiverHelp.com, a video-based support program for family and professional caregivers. She writes the blog, "Caregiver Help Word of the Day," and has developed a number of online continuing education courses for mental health professionals, nurses, and long-term care administrators.



Coordinated By:



Platinum Sponsors:



Continuing Education

ADRC IS TURNING 8!



August 1, 2016

Friday, September 30, 2016
8:00am-3:30pm

WITC Conference Center
New Richmond, WI

Why Attend?

Creating a plan, connecting with area resources, and networking with others, can contribute to enjoyable, rewarding caregiving and help you avoid burnout. At this conference you can:

- Develop positive strategies for caregiving
- Establish a broader support network
- Connect with speakers and caregivers
- Enhance your skills by participating in breakout sessions
- Visit the resource fair to learn about services and products



Learn. Renew. Relax.

Four Easy Ways to Register!

ONLINE: Register and submit your credit card payment online at witc.edu/search.

BY FAX OR PHONE: You may fax your registration to 715.246.2777. Register by phone at 800.243.9482, ext. 4221. Only credit card payments will be accepted by fax or phone.

IN PERSON: Our regular office hours are Monday - Thursday, 8AM-4:30PM and Friday 8AM-4:30PM. Cash checks and credit cards are accepted.

BY MAIL: Fill out the attached registration form and mail it with your payment to: WITC-New Richmond ATTN: Continuing Ed 1019 South Knowles Avenue New Richmond, WI 54017

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

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

Denise Gillen, Carolyn Greunke, Disability Benefit Specialist

Sheila Fallon, Kelly Weber, Cia Westphal,

Information & Assistance Specialists/Options Counselors

Tracy Davis, Community Services Coordinator

Nancy Abrahamson, Dementia Care Specialist

Tara Murdzek, Caregiver Support Coordinator

Randi Hanson, Preventative/Nutrition Program Coordinator

Brandy Zeuli, Outreach Coordinator

Renea Aeschliman, Program Support Specialist

Pam Searcy, Administrative Assistant

...ADRC KEY SERVICES INCLUDE...

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

Notifying the Public of Rights Under Title VI

ADRC of St. Croix County

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

Donation Designation Form

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

Please designate this donation:

In Memory of _____ or
In Honor of _____

And notify _____
Address _____

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

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

- Medical Transportation
- Site Transportation
- Other _____

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

Please send receipt to:
Name _____
Address _____

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

Your gift is deductible to the extent provided by law.

COMMUNITY CALENDAR OF EVENTS AUGUST 2016

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

Job Center – Wednesday, August 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!

Senior Potluck – Friday, May 13 from 11:45 a.m. – 1:30 p.m. “PowerUp with Grandkids” presented by Kelly Appeldorn Monson, Westfields Community Health Coordinator. 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, August 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 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, August 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.

4th Annual Senior Summer Social: Friday, August 12 from 11:30 a.m. – 1:30 p.m. at the New Richmond Centre, 428 S. Green Ave, New Richmond, WI 54017. The New Richmond Area Centre cordially invites you to an afternoon of food and entertainment. Join us for a picnic style lunch, some fun entertainment, and vendors. Join us for a fun afternoon at the Centre and maybe win a door prize. Free for Centre Member and Community Members.

Job Center – Thursday, August 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

Community Calendar... continues on page 19

WHO TO CALL

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

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

Cindy Ramberg, Baldwin Nutrition Program Manager
Richard Jackelen, Roberts Driver

2 years

Tara Murdzek, ADRC Caregiver Support Coordinator

3 years

Melissa Wright, Hudson Nutrition Program Manager

5 years

Brandy Zeuli, ADRC Outreach Coordinator

9 years

Randi Hanson, ADRC Preventative/Nutrition Program Coordinator

17 years

Kelly Weber, ADRC Information & Assistance Specialist

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.



Interim Health Care is fundraising for the 2016 Walk to End Alzheimer's. We will be hosting a canvas and wine night on August 18th, 2016. We are going to be painting a tree and swing, which will be taught by Shannon Kamm. We are excited to partner with Willow River Company; they have kindly offered to hold our paint and canvas night in their barn.



When: August 18th, 2016

Where: WRC-850 Kelly Rd Hudson WI 54016

Time: 6 pm – 8 pm

RSVP: Please RSVP no later than Monday August 8th at 4:30 p.m.

Cost per person: \$50 (includes supplies and refreshments)

Please RSVP to Renee at Interim Health Care's office, our number is 715-377-9617; or via email: RShimon@interimhealthcare.com

If you are unable to attend but still willing to make a donation, please make check out to: Alzheimer's Association. You can mail it to: Interim Health Care 625 Commerce Drive Suite 200, Hudson WI 54016

** There will be additional opportunities to donate, with door prizes and silent auction**

FOR YOUR BENEFIT NEWS

Can't pay your medical bill?

Submitted by Liza Gibson and Mike Traynor, Elder Benefit Specialists

As soon as you realize you cannot afford to pay your entire medical bill, you should contact your medical provider. Many providers are willing to set up monthly payment arrangements. You can use your negotiation skills to set up a payment plan that fits within your budget. However, keep in mind that your monthly payments should be reasonable. The monthly repayment amount should fit in your budget and show that you are actively trying to pay the bill in full.

Here are some other important tips from the State of Wisconsin Department of Agriculture, Trade and Consumer Protection agency if you cannot afford to pay your medical bills:

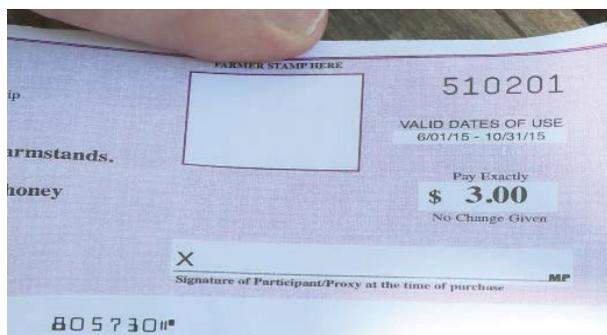
1. If you know you may have trouble paying your bill, try to make arrangements *before* you receive medical services. Some providers offer discounts for eligible participants.
2. Providers do not have to accept or offer a payment plan.
3. If your bills are past due, your account can be turned over to a collection agency.
4. If your account is turned over to an external collection agency, you will have to negotiate with the collection agency and not the medical provider.
5. Review all of the medical bills you receive and contact your provider about any questionable bills or unpaid balances as soon as you can.

Overall, if you cannot afford to pay your medical bills, don't ignore them and let them become past-due. You have options. The key is to not panic and to be proactive.

Written by the GWAAR Legal Services Team

LAST CHANCE

GET THEM BEFORE THEY'RE GONE!



Have you gotten your Wisconsin Senior Farmer Market coupons for 2016? If not or you would like more information regarding the program, contact Community Services Coordinator, Tracy Davis at 715-381-4361. There are only a few left, so make the call today!!

Come Make Our House Your Home

31 locations throughout Wisconsin & Minnesota!



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

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 accepts private & public pay

For a virtual tour, go to amerymemorycare.com

Amery Memory Care
"a happier life for everyone"

Tribute Commons and Heirloom Court Apartments Quality, Rent-Subsidized Apartments



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 - Fully accessible apartments - And much more!

Tribute Commons: Apartments for Adults with Physical Disabilities
Located at 123 Heritage Blvd - Hudson

Heirloom Court Apartments: Apartments for Seniors 62+
Located at 100 Heirloom Ave - Hudson



Call 800-466-7722 • TTY/TDD 800-627-3529

Accessible Space, Inc.



• FOR YOUR BENEFIT NEWS •

A closer look at drug prices under Part D
 Submitted by Liza Gibson and Mike Traynor, Elder Benefit Specialists

A & H Transportation, Inc. a non-profit 501C3 Corporation, is seeking volunteer Board Members in the New Richmond, River Falls, Baldwin and Woodville areas. The purpose of the Corporation as stated in its certificate of incorporation is to assist in the acquisition of transportation equipment for use by St. Croix County vendors to increase the mobility/capabilities and service opportunities of targeted population (aging, 60+ and/or persons with disabilities). Meetings are held in January and July of each year, in Baldwin. Board members are reimbursed for mileage, at the Federal rate, to attend the meetings. If you are interested, please contact Tracy, at the ADRC by calling 715-381-4361.

Medicare Part D officially became available to Medicare beneficiaries on January 1, 2006. Prior to that, there was no drug coverage for seniors under Medicare. Part D came about under the Medicare Modernization Act of 2003. The new law included a provision that prohibits the government from negotiating drug prices on behalf of Medicare beneficiaries. This is known as the “non-interference clause.” This clause is in stark contrast to other federal programs such as Medicaid and the Veterans Affairs, which are required by law to utilize the buying power of all beneficiaries to negotiate lower drug costs. In comparison, for Part D, it is left up to each individual drug plan to negotiate its own drug prices separately with pharmacies and pharmaceutical companies.

Because drug prices have been fairly flat in recent years, there has not been much push to change this policy up until February 2016. However, prescription drug costs are projected to increase significantly in upcoming years, and are on track to double by 2022 due to all the baby boomers (current cost for Part D is \$80 billion/year).

President Obama attempted to allow for some governmental negotiation of Medicare drug prices in his biannual budgets, but Congress has declined to make any changes. According to a survey in 2015, 83% of the overall population favors government negotiation of Medicare drug costs. More specifically, 93% of Democrats favor it, and 74% of Republicans favor it. (Notably Hilary Clinton, Bernie Sanders, and Donald Trump all favor it!)

There are 3 proposed options for change:

1. Strike the non-interference clause all together so that the HHS Secretary can negotiate and oversee drug prices on behalf of all Medicare beneficiaries;
2. Establish a public Part D plan administered by HHS Secretary to operate alongside private Part D plans. In this case, the Secretary would establish a formulary and negotiate drug prices for drugs on that formulary; or
3. Authorize the HHS Secretary to negotiate Rx prices solely for a limited amount of expensive drugs or unique drugs that lack therapeutic alternatives.

The upcoming presidential election may bring out discussions regarding changes to Medicare and/or Social Security. People are encouraged to make their voices heard and contact their local legislators regarding this important issue.

Sources: <http://kff.org/medicare/issue-brief/searching-for-savings-in-medicare-drug-price-negotiations/>
 2015 Annual Report of the Boards of Trustees of the Federal Hospital Insurance and Federal Supplementary Medical Insurance Trust Funds, July 2015.

Written by the GWAAR Legal Services Team

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

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



FIRSTCALL

Medical Monitoring



FirstCall console
 Help is just the push of a button away

Live independently.

More information:
 800-924-3407 | wildblue@dishup.us

Add fall detection
 to your plan for
 \$3.⁵⁰/month + tax

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

ADRC Manager's Report

From the Desk of Brad Beckman

HAPPY BIRTHDAY!

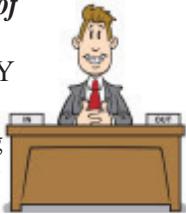
The Aging and Disability Resource

Center of St. Croix County turns 8 years old this month. It is hard to believe we moved to the new facility two years in July - St. Croix County Services Center located at 1752 Dorset Lane, New Richmond, WI. 54017.

It was great to see so many people at the Fair this year and congratulations to all the winners and participants of St. Croix County Outstanding Older Adult Awards ceremony.

August is a time to enjoy the outdoors, outings, family and friends. I would like to do my condolences to the family of Buzz Marzolf. Buzz was an active member of the Council on Aging and Disabilities for St. Croix County. He truly will be missed and appreciated his advocacy for older people and people with disabilities in the community. Also, condolences to the family of Kitty Rhoades. Kitty was the Secretary of the Department of Health Services of Wisconsin and was resident of Hudson. Kitty was passionate and commitment to people with dementia and disabilities. Kitty made St. Croix County proud. My thoughts and prayers go out to their families.

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.



St Croix County Sharps Collection Program



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

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

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

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

SHARPS CONTAINER PICK-UP & DROP-OFF LOCATIONS:

Baldwin:

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

Glenwood City:

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

Hammond

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

Hudson:

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

New Richmond

Westfields Hospital
535 Hospital Road
715-243-2600

River Falls

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

Woodville

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

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

PLEASE CONTACT HOSPITALS AND CARE CENTERS FOR DROP-OFF TIMES AND LOCATIONS

Privacy • Freedom • Comfort • Safety



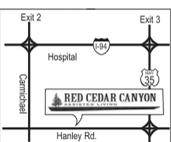
- Spacious 1 and 2 Bedroom Floorplans
- 3 Meals Provided Daily
- 24-Hour Nursing Staff
- Wireless Pendant Call System
- Activities Program
- Fitness Center with Therapeutic Exercise Classes
- Weekly Housekeeping and Bed Linen Services
- Assistance with Transportation Needs
- Theatre/Chapel
- Beauty/Barber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



OneillElder 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 Nation Elder Law Foundation

SUPPORT GROUPS

Caregiver Clubs -

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

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

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.
Chair massages provided last half hour of group.

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.

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

Other Support Groups
...continues on page 16

DAYAWAY CLUB

Submitted by Stephanie Koski, DayAway Manager

What a wonderful summer we are having. We have been on many walks enjoying the weather looking at all flowers, avoiding all the construction. We also have had a lot of birds on our feeders. We have been coloring, crafting watching movies and exercising.

It is always hard to say goodbye to our friends. Ilse has moved to a different location. Your smile and charm will be missed. Best wishes to you.



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 – United Methodist Church, 209 E 2nd 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 HEALTHCARE®

**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

Bakken Young

Funeral & Cremation Services

Living, Loving, Remembering

Locations: New Richmond, River Falls,
Hudson, Baldwin

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

Grant money available to assist Caregivers

Chances are you or someone you know is a caregiver. Many caregivers do not identify themselves as such - even though they may be providing care on a daily basis. Caregivers are relatives or friends who provide unpaid care to dependent children, spouses, parents, siblings/relatives or friends/neighbors. This includes assisting with: housekeeping, shopping, meal preparation, medication management, personal cares, emotional/social support, managing finances and transportation. There is support in the form of grant money that is available to assist caregivers and relieve stress. There are two grants that provide financial relief to caregivers: The National Family Caregiver Support Program (NFCSP) and the Alzheimer's Family Caregiver Support Program (AFCSP).

NFCSP is a grant that pays for services to assist caregivers. This assistance includes: transportation for the person they are caring for, adaptive aids and assistive devices. Respite services are also covered under this grant. This includes chore services (such as yard work/snow shoveling), personal care (dressing, bathing, in home respite, homemaking, meal preparation, companionship/supervision). Respite is limited to 112 hours per calendar year.

To be eligible for NFCSP a caregiver must provide informal care to a person age 60 or older, or persons with Alzheimer's disease and related disorders regardless of age. Grandparents age 55 and older who are the primary caregiver of a grandchild under the

age of 19 are also eligible, as well as relative caregivers (excluding parent) age 55 and older who care for a relative with a disability who is 19 to 59 years of age. The older adult receiving the care must be functionally impaired and unable to perform at least 2 activities of daily living or need supervision due to physical or cognitive impairment.

AFCSP is a grant specifically to assist those caring for someone with Alzheimer's or other irreversible dementias. This program pays for: respite/homecare services, emergency response systems, transportation expenses, incontinence supplies, home safety modifications, home-delivered meals, other needed services to help the caregiver.

To be eligible the person being cared for must meet 3 criteria: a diagnosis of Alzheimer's or related dementia, they must reside in a home setting (not a facility), and have a \$48,000 maximum gross income of person and spouse.

Caring for someone impacts every aspect of daily life. Preparing and protecting yourself, working to understand your loved one's experience and **accepting help** from others can minimize hazards and enhance the joys of your caregiving experience. *All who give care must also receive care.*

***Information provided by Greater Wisconsin Agency on Aging Resources, Inc.**

Please call the Caregiver Support Coordinator at 715-381-4366 to find out how these funds can assist you, or to inquire about other services for Caregivers.

DEMENTIA CARE

Submitted by: Nancy Abrahamson, Dementia Care Specialist

Depression and dementia

I am often asked how I know whether the loss of short term memory, confusion and disorientation is depression or really some kind of dementia. So here's the scoop.

There are many conditions that mimic dementia but are treatable. Those include tumors and lesions (possibly cancerous), depression, infections (like urinary tract infections or bronchitis), social isolation, dehydration, thyroid conditions, and medication interactions. The truth is that if a type of dementia is gradually developing in the brain, depression may also be occurring. Because few understand how dementia works, when they know something isn't right depression may also result. It is also true that depression in late life is common. Factors include: loss of work identity due to retirement, changes in living situations, loss of friends and family due to age, mobility or health changes, etc. It is normal to be sad and normal at times but when it interferes with functioning and social engagement you should be concerned.

Depression is not a normal part of aging, however.

The good news is that with depression, a depression assessment may indicate that and an anti-depressant medication can be prescribed. If depression co-exists with dementia medication can help in those cases. Researchers are improving detection tools for depression when someone has Alzheimer's or a related disease. Prompt identification and treatment is important. Left untreated, depression may result in the onset of physical cognitive, functional, and social impairment, as well as loss of quality of life. So with possible dementia and other losses in life, the incidence of depression may increase.

I recently attended a workshop given by the Wisconsin Alzheimer's Institute psychologist, Art Walaszek, on this very topic. His research has led to detailed tools that help tease out depression when an individual also has dementia. He said that so many of the clients are experiencing depression because they are worried. They worry about themselves but, the overarching concern is their worry about becoming a burden to spouse, family, children, etc. In some cases, talk therapy along with medication

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.

Keys Café - Patio 840 Carmichael Rd Hudson 1st Thursday 9:30 a.m. - 11 a.m.	The Centre 428 Starr Ave New Richmond 2nd Wednesday 1 p.m. - 2:30 p.m.	Peace Lutheran Church 2084 County Rd N Baldwin 4th Thursday 1 p.m. - 2:30 p.m.	The Westwind 709 N Main Street River Falls Last Tuesday 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

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



715-684-2674

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

Find us online at www.villagepharmwi.com

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 ●

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



Deer Park Senior Center



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



Activities:

- August 4 – Senior Center Board meeting at 10:30 a.m.
- August 11 – Blood Pressure checks at 10:30 a.m.
- August 25 – Our Family Living Bingo at 10:45 a.m.
- August 31 – Live Music by Rudy Rudesill at 10:45 a.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:

- August 3 – Clyde Jacobson
- August 14 – Thomas Spears
- August 17 – Joanne Spears
- August 18 – Doris Boldt
- August 31 – Marlene Ellingboe

The Baldwin Senior Center would like to thank the following:

- ☺ Courtney Hertzell and the Western Wisconsin Hospital staff for the informative tour of the new facility.
- ☺ Howard Mabis for being our chauffer to the new hospital for the tour.
- ☺ Marvin Ramsden for being our chauffer to the Saints game.
- ☺ Dale Martell for the engaging entertainment.

We encourage all seniors to join us for lunch, coffee, games or just swing in to bend our ears a bit! We enjoy making new friends & seeing new faces! Feel free to call or come in & check out our calendar of events from time to time, as sometimes events are added just for the fun of it!!!!

The Baldwin Senior Center is open Monday through Thursday for lunch from 9 a.m. - 1 p.m. with the meal being served at noon. All seniors 60+ can dine with a requested donation of \$4.00. Transportation is provided for those that need it and there is a small fee for that. Please call 715-684-2979, 24 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.

Activities:

- August 10 – Senior Center Board meeting at 9 a.m.
- August 13 – Boat trip to Stillwater
- Mondays – Men’s coffee group at 8 a.m.
- Tuesdays – Men’s coffee group at 8 a.m.
- 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:

- August 1 – Mike Rand (our van driver)
- August 6 – Bonnie Lachman
- August 11 – Louis Ludovico
- August 29 – Ted Olson
- August 29 – LeRoy Kobs

Anniversaries:

August 26 – Agnes and Tony Tamoshaitis --- 55 years
 CONGRATULATIONS!

Of course I had to check on the flower and birthstone for August. The stone is peridot which means success and protection, the flower is the gladiolus remembrance, strength of character, dedication and devotion to family are the significance of the glad. I enjoy reading about the flower and birthstone each month.

Thanks to everyone that took part in celebrating flag day and also hat day that we had as we honored our fathers.

Many thanks to each and every one that helped with the fair, it is a great time as well as a lot of work to make it the success it is. With the fair behind us that means the summer is flying by. We need to make the most of each and every day with the garden produce, warm summer days, the beautiful flowers and of course summer vacations.

Some of can still enjoy school shopping with the grandchildren (a special time to make memories). This optimist’s creed will help us do just that.

Be so strong that nothing can disturb your peace of mind, talk health, happiness and the prosperity to every person you meet. Make all your friends feel there is something specialist about them. Look at the sunny side of everything, think only of the best, work only for the best and expect only the best. Be as enthusiastic about the success of others as you are about your own. Forget the mistakes of the past and press on to the greater achievements of the future, give everyone a smile and spend so much time improving yourself that you have no time to criticize others. Be too big for worry and too noble for anger.

Have a wonderful last of summer.

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:

August 6 – Field Trip to Weaver's/Ginger Bread Cheese/Norske Nook
 August 8 – Blood pressure/blood sugar check with Char and Kevin at 11 a.m.
 August 9 – CLOSED for voting
 August 13 – Boat Trip to view Stillwater Crossing
 August 17 – Presentation by St. Croix Hospice: "Hospice 101 and Dementia Education" at 10 a.m.
 August 27 – Field Trip to Elmers Auto and Toy Museum in Fountain City, WI
 August 29 – Foot care with Brenda Cogbill, appointment 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) – **NO BINGO Aug. 17**

Birthdays:

August 2 – Richard Wood	August 18 – William Hoffman
August 3 – Travis Finder	August 24 – Betty Begalke
August 5 – Don Leier	August 25 – Dorothy Magnuson
August 5 – Mae Finder	August 25 – Edna Forrest
August 6 – Barbara Nelson	August 25 – Shirley Stone
August 7 – Lucille Obermueller	August 26 – Elizabeth Forrest

Another year of the county fair is over! Thank you to everyone who donated to our silent auction and also thank you to everyone who bid on silent auction items!! The money we raised will go towards activities for all of us to enjoy throughout the upcoming year☺

Join us on August 17 at 10 a.m. for "Hospice 101" and Dementia Education. St. Croix Hospice will be here to give us some information. They will provide an overview of the basics of hospice and examines common misconceptions about hospice care. We will not be having bingo today!

We filled up July with trips..... We went to the Pickle Factory for lunch with a wonderful view in Pepin and Maiden Rock Winery for wine samples and food pairings. We also enjoyed an afternoon pontoon ride on Cedar Lake – The food and entertainment afterward was outstanding! Our next trip we traveled to Spring Valley to the Community Theater where we saw West Side Story. The last trip of the month was to Bella Vinez in River Falls we enjoyed a bit of wine and a little lunch with friends on a gorgeous day☺

We are looking forward to many upcoming fieldtrips this month! We are headed to Fall Creek to Weavers Country Store, Ginger Bread Cheese in Augusta and then to Norske Nook in Osseo for lunch. Our next trip is another St. Croix Crossings Stillwater Boat trip. Then our last planned trip for the month is to Fountain City to Elmer's Auto & Toy Museum.

We all want to thank our bus drivers Laverne, Marvin and Alfie! Without them we wouldn't be able to go on all these fun trips!! You guys are all great – Thanks a bunch☺

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



Hudson Senior Center

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

Activities:

August 5 – Picnic at Weitkamp Park
 August 11 – Hand and Foot card game at 9 a.m.
 – Piano playing by Kathryn Long
 – Foot care with Dave
 August 18 – Blood Pressure with DeeAnn from 9:30 a.m. – 11 a.m.
 August 24 – Boat tour of the St. Croix Bridge and Lunch (sign up by August 8th)
 August 25 – Hand and Foot card game at 9 a.m.
 – Piano playing by Kathryn Long
 – Foot care with Nancee – call for appt.
 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.
 - Euchre 1 p.m. – 4 p.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. – 10:30 a.m.

Birthdays:

August 1 – Ken Larson
 August 5 – William Van Allen
 August 12 – Bernice McGaver
 August 13 – Jim Meister
 August 13 – Judi Langmack
 August 13 – Mavis Ruud
 August 15 – Marvin Willman
 August 22 – Becky Swanson
 August 25 – Beverly Benedict
 August 25 – Brant Worrell
 August 25 – Nancy Stephens

Is it August already??

August 19 we will be taking a tour of the Octagon House in Hudson and have lunch downtown. Cost \$10 (lunch is not included in cost). If you are interested in learning about or remember how Hudson started please join us and call Melissa 715-386-8709.

August 24 we will be going a boat tour by MN DOT of the new St. Croix River bridge and after will have lunch. We will be leaving the Hudson Senior Center at 9 a.m. Cost is \$12 (lunch is not included in cost) If you are interested in joining us please call Melissa 715-386-8709 or you can come by the center. Please RSVP by August 8, space is limited so don't wait to sign up.

Do you like to play cards; Bridge, 500, Euchre? The card tournament was so much fun why stop there. Give the Senior Center a call. We are always looking for more card players.

As always we are located at 1320 Wisconsin St at the Christian Community Home Campus, in the Marie Blakeman Community Center. We are open Mondays through Fridays from 9 a.m. – 1 p.m. All seniors 60+ can dine for a requested donation of \$4.00. If you are under 60 years there is a \$6.50 charge for the meal. Transportation is available upon request. Please call the senior center at 715-386-8709, 24 hours in advance for your meal or transportation reservation during business hours. Please come and join us for an affordable and nutritious home-cooked lunch that is served at 11:30 am.

NUTRITION PROGRAM MENUS

Hudson Area Nutrition Program August 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 Spaghetti/Meat sauce Italian Green Beans Tossed Salad Garlic Toast Chef's Dessert	2 Roast Pork Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	3 Roast Beef, Au Jus Baked Potatoes Broccoli Spear Tossed Salad Dessert	4 Baked Chicken Mashed Potatoes Dressing, Vegetable Coleslaw Chef's Dessert	5 Picnic at Weitkamp Park
8 Chopped Sirloin American Fries Grilled Onion Coleslaw Chef's Dessert	9 Fried Chicken Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	10 Baked Ham Au Gratin Potatoes Whole Green Beans/Tom Cottage Cheese/Pineapple Chef's Dessert	11 Braised Spare Ribs Caraway Potatoes Sauerkraut Cottage Cheese Chef's Dessert	12 Fish Fry Tater Barrels Tossed Salad Broccoli Spear Chef's Dessert
15 Salisbury Steak Mashed Potatoes Buttered Carrots Tossed Salad Chef's Dessert	16 Chicken ala King Rice Pilaf Tossed Salad Chef's Dessert	17 Swedish Meatballs Mashed Potatoes Peas & Mushroom Fresh Fruit Chef's Dessert	18 Chopped Sirloin Grilled Onion Baked Potato Mixed Greens Chef's Dessert	19 CLOSED
22 Roast Chicken Mashed Potatoes Kernel Corn Coleslaw Chef's Dessert	23 Baked Ham, Pineapple Au Gratin Potatoes Peas w/ mushrooms Tossed Salad Chef's Dessert	24 Roast Beef, Au Jus Baked Potato Broccoli Spear Tossed Salad Chef's Dessert	25 Chicken Subgum White Rice Crisp Noodles Tossed Salad Chef's Dessert	26 Macaroni & Cheese Vegetable Tomato & Bacon Tossed Salad Garlic Toast Chef's Dessert
29 Spaghetti/Meat sauce Italian Green Beans Tossed Salad Garlic Toast Chef's Dessert	30 Roast Pork Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	31 Roast Beef, Au Jus Baked Potatoes Broccoli Spear Tossed Salad Dessert	Suggested Donation: <u>\$4.00 per meal</u> Please pay as much as you can afford, as we rely on donations from participants to keep the program going.	

River Falls Nutrition Program August 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 Chili Side Salad Cornbread Fruit Cocktail Dessert	2 Smothered Chopped Steak Mashed Potatoes & Gravy Country Blend Vegetables Breadsticks Fruited Jell-o	3 Ham Loaf Rice Pilaf Green Beans Chef's Choice Fruit Dinner Roll Dessert	4 Teriyaki Grilled Chicken Buttered Noodles Oriental Blend Vegetables Pineapple Chunks Bread Slice Dessert	5 Lemon Baked Cod Scalloped Potatoes Green Beans Pears Dinner Roll Dessert
8 BBQ Pulled Pork Potato Salad Parslied Carrots Strawberries & Blueberries Dessert	9 Creamy Chicken Alfredo Noodles Squash Melon Cup Bread Slice Dessert	10 Sweet & Sour Chicken Fried Rice Oriental Blend Vegetable Chef's Choice Fruit Dinner Roll Dessert	11 Cheeseburger on Bun Garden Vegetable Pasta Salad Cinnamon Applesauce Chips Dessert	12 Oven Fried Chicken Paprika Roasted Potatoes Green Beans Pears Breadstick Dessert
15 Roast Turkey Mashed Potatoes & Gravy Broccoli Apricots Bread Slice Dessert	16 Western Beef Bake Wax Beans Peaches Dinner Roll Dessert	17 Beef Stroganoff Buttered Noodles California Blend Veggies Bread Slice Rhubarb Crisp	18 Pork Stir Fry Steamed Rice Stir Fry Vegetables Fruit Cocktail Egg Roll Dessert	19 Spaghetti & Meat Sauce Island Blend Vegetable Chef's Choice Fruit Breadstick Dessert
22 Creamy Mushroom Chicken Rice Pilaf Side Salad Banana Half Bread Slice Chocolate Pudding	23 BBQ Chicken Breast Baked Potato Coleslaw Chef's Choice Fruit Bread Slice Dessert	24 Sliced Roast Beef Mashed Potatoes & Gravy Glazed Carrots Garlic Cheddar Biscuits Cherry Delight	25 Cream Chipped Beef Mashed Potatoes Monte Carlo Blend Vegetables Pears Bread Slice Dessert	26 Crispy Shrimp Baked Potato Green and Gold Beans Chef's Choice Fruit Dinner Roll Dessert
29 Chicken Cordon Bleu Mashed Potatoes & Gravy Pickled Beets Peaches Bread Slice Dessert	30 Glazed Pork Loin Baked Potato Baby Carrots Chef's Choice Fruit Dinner Roll Dessert	31 Open Face Turkey Mashed Potatoes & Gravy Side Salad Chef's Choice Fruit Dessert	Suggested Donation: <u>\$4.00 per meal</u> Please pay as much as you can afford, as we rely on donations from participants to keep the program going.	

St. Croix County Area Nutrition Program August 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

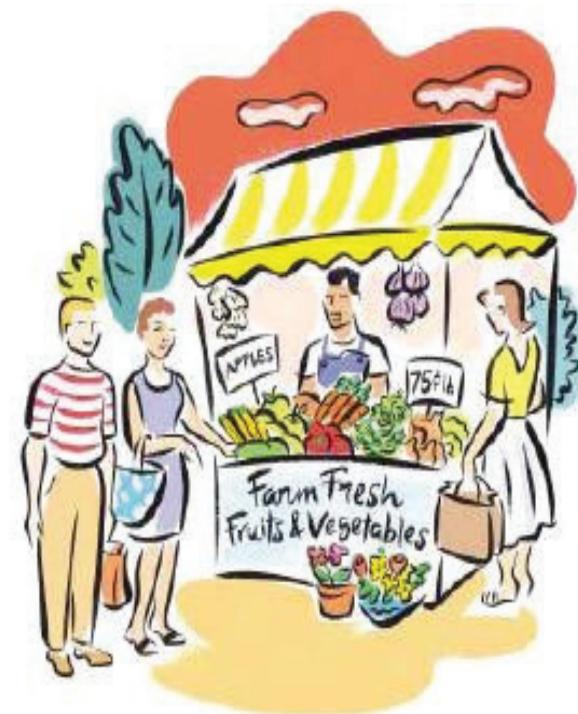
Monday	Tuesday	Wednesday	Thursday
1 Mushroom Hamburger Steak Mashed Potatoes and Gravy Glazed Carrots Bread and Butter Fruit Cup	2 Old Thyme Ham with Raisin Sauce Boiled Potatoes Buttered Peas Bread and Butter Fruit Salad	3 Pulled Pork Sandwich Marinated Vegetable Salad Cook's Choice Cake	4 Chicken ala King with Vegetables over Homemade Biscuit Garden Salad with Dressing Chocolate Mousse
8 Black Bean and Tortilla Casserole Fiesta Salad Breadstick Sherbet	9 Sliced Roast Beef Mash Potatoes and Gravy Rutabagas Bread and Butter Rosy Pears	10 Lasagna Green Bean Almandine Mixed Green Salad French Bread Seasonal Fruit	11 Egg Salad Sandwich Cook's Choice Soup Shortcake
15 Cook's Choice Menu	16 Shepherd's Pie with Vegetables Caesar Salad Bread and Butter Bread Pudding	17 Country Style Ribs Roasted Roots Cottage Cheese Bread and Butter Pie	18 Swedish Meatballs in Gravy over Buttered Noodles Brussels Sprouts Bread and Butter Fruited Jell -O
22 Stuffed Chicken Breast Creamed Potatoes Broccoli Florets Bread and Butter Mandarin Oranges	23 Stuffed Pepper Casserole Spinach Salad Bread and Butter Cookie	24 Tuna Salad on a Croissant Cook's Choice Soup Gingersnap Fluff Dessert	25 Homemade Meatloaf Baked Potato with Sour Cream Cream Corn Bread and Butter Banana
29 Parmesan Crusted Tilapia Macaroni and Cheese Buttered Beets Bread and Butter Chilled Apricots	30 Tender Baked Pork Chops Buttered Baby Reds Squash Bread and Butter Fruit Medley	31 Southwest Chicken Salad with Vegetables Bread and Butter Angel Food with Fruit	<p>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.</p>

August is Farmer's Market Month

Submitted by Brandy Zeuli, Outreach Coordinator

Top 10 Reasons to Shop at a Farmer's Market

10. Farmers markets are easy to find. Use the USDA Farmers Markets Search to find one near you. Due to their flexible locations, some community farmers markets provide fresh, healthy foods when other sources aren't as easily accessed. Learn more about how the USDA helps to expand healthy food access through the development of local food systems.
9. SNAP and WIC cards are accepted at most farmer's markets.
8. You can try a new fruit or vegetable! Have you ever tasted gooseberries or rhubarb? Many farmers offer lesser known fruits or vegetables, providing variety that can be both tasty and nutritious. Learn how to select the best quality, how to store, and about the nutritional values of these rarer fruits and vegetables.
7. Farmers often have good recommendations on ways to prepare their products.
6. Buy foods and see how they fit with the 'Choose My Plate Theme'. Create a healthy plate with goodies from your local farmer's market. Visit different booths to pick up seasonal fruits and vegetables, as well as local dairy, grain and protein products so you can build your healthy plate.
5. Farmers markets can be important anchors for vibrant communities. Meet your local farmers; learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods. Supporting your local farmers market strengthens your community.
4. It's a great way to get your kids involved. Let them pick out something new to try, then they can help prepare a meal or snack.
3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.
2. Shopping at farmers markets supports your local farmers and keeps the money you spend closer to your neighborhood. Find a farmers market near you and plan your next shopping trip now! You can help new and/or smaller farmers be successful and help save farmland in your area.
1. Freshly picked ripe food is at its peak in flavor and nutrition. Stop by your local farmers market today, learn about where your food comes from, and enjoy some delicious and nutritious food.



Sources: www.nutrition.gov

● 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



Activities:

- August 2 – Shopping after lunch – call 24 hours in advance to reserve a ride
- August 9 – Senior Center Board meeting
- August 16 – Bingo sponsored by Our House at 11 a.m.
– Shopping after lunch – call 24 hours in advance to reserve a ride
- August 17 – Presentation of Caregiver Programs by Tara Murdzek, ADRC Caregiver Support Coordinator at 11:45 a.m.
- August 18 – Monthly Birthday Party
- August 29 – Foot Care by Nancee – cost is \$20; call for an appointment between 9 a.m. – 11:30 a.m.
- August 30 – Shopping after lunch – call 24 hours in advance to reserve a ride
- Daily: Bingo at 10:30 a.m.
: Cards at 12 p.m.

Birthdays:

- August 8 - Peg O'lien
- August 13 - Diane Marty
- August 13 - Marianne Smith
- August 16 - Helen Allers
- August 19 - Laura Rebhan
- August 22 - Trudy Stacken
- August 24 - Carol Carlson
- August 27 - Charles Jacoby
- August 28 - Donna Behrens
- August 29 - Jerry Gartner

As we move into August we are getting closer to our move to the lower level in the New Richmond Civic Center. We are looking forward to making this our new “home” and as always everyone is welcome. Date of move and details will be coming soon.

Thanks to the Star Prairie Fish and Game, Star Prairie Trout Farm and Community Education for sponsoring the Cedar Lake Pontoon and River Island feast in Star Prairie. Everyone had a great time and appreciate all of the effort put into it!

Do you like to play bingo, 500 or cribbage? Come join us for a fun time at 10:30 for bingo and noon for cards. We are always looking for more players! Or just stop in for a cup of coffee and a visit!

We are in need of people to serve on the Senior Board. This is a very important part of our Senior Center. We are also in need of volunteers. If you are interested, please give us a call. The New Richmond Senior center is open from 8:30 a.m. - 1:30 p.m. Lunch is served at 11:30 a.m. Monday -Thursday. All seniors 60+ are welcome to join us for a suggested donation of \$4.00. If you are under 60, there is a \$6.50 charge for the meal. Please call 24 hrs in advance to reserve your meal and please call by noon on Thursday to reserve a meal for Monday. On shopping days please call in advance to reserve a spot. Transportation is available for a small fee. Our number is 715-243-7493. Home delivered meals are also available by calling Brandy at 715-381-4363.

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

Looking forward to seeing you here!



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:

- August 1 – Executive Board Meeting at 9:45 a.m.
- August 5 – Foot Care; Cost \$20 – call for appt.
- August 19 – Foot Care; Cost \$20 – call for appt.
- August 23 – Hand and Shoulder massage at 9:30 a.m.
- 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:

- August 6 – Gloria Knott
- August 8 – Karen Geggenbuehl
- August 10 – Larry May
- August 14 – Carol Shuster
- August 23 – John Traynor
- August 25 – Hilda Lovell

Mark your calendars! Our Annual Senior Center fundraiser will be held on Sunday, September 11 at the Moose Lodge from 9 a.m. – 1 p.m. Please stop in or call the Senior Center for advance tickets.

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.

PHOTO
COMING
SOON!

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!

Activities:

- August 9 – Community Dinner sponsored by the Roberts/Hammond Senior Center Board
- August 10 – Bingo sponsored by Our House Senior Living
- August 15 – Blood Pressure Check with Kathy
- Mondays – Mexican Train Dominoes at 10 a.m.
- Wednesdays – Cards at 10 a.m.

Birthdays:

- August 11 – Verna Nauer
- August 15 – Vi Dull
- August 23 – Jan Conwell

Hello to all. Summer is beginning to close on us. Hope you got done of the things you planned on doing this year.

Back in June we held a Community Dinner event here at the Senior Center. Our Senior Center Board sponsored this event. I am happy to say that a

Roberts Senior Center...continues on page 14

● SENIOR CENTER NEWS ●



Somerset Senior Center

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



Activities:

August 5 – Dining Out
August 9 – CLOSED for Elections
August 16 – Blood Pressure
– Birthday Celebrations
– Shopping in New Richmond
August 19 – Rib Dinner at the Senior Center
August 23 – Shopping in Somerset
August 28 – Jazz Cruise on St. Croix
August 30 – Shopping in New Richmond
Wednesdays – Cards from 10 a.m. – 11:30 a.m.

Birthdays:

August 1 – Darlen Charbonneau
August 14 – Marjorie Metzdorf
August 30 – Rosann Thate

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.



Time to show off with the Woodville Senior Nutrition Center

Submitted by Jill Huftel, Woodville Nutrition Program Manager

Last month Jill and Sharon participated at the Woodville Women's Club celebration. It was an evening event thanking the ladies who have donated and worked hard serving our community. The Woodville Nutrition Center set up a table displaying a sample of a typical noon meal. Sharon (our great cook) added even more of her special talents by decorating with flowers from her garden. We shared about the Center and had information to pass along. It was a fun gathering with much socializing.



Woodville Senior Center

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



Activities:

August 4 – Center Board meeting at 9 a.m.
August 9 – Foot Care with Dave Morrison, RN – call 715-781-3947 for appointment
August 11 – Entertainment by Vanessa Huftel at 12 p.m.
August 16 – Kidsview Bingo at 11 a.m.
August 17 – Senior Commodities pick-up 11:30 a.m. - 11:55 a.m.
August 23 – Foot Care with Dave Morrison, RN – call 715-781-3947 for appointment
August 30 – Free Blood Pressure Check at 9:30 a.m.

Tuesdays: Bingo at 10 a.m.

Thursdays: Bingo at 10 a.m.

Birthdays

August 9 – Ellie Weber
August 14 – Sandra Anderson
August 16 – Babe Jacobson
August 21 – Mary Hampton
August 21 – Mary Hampton
August 24 – Lucille Lund
August 25 – Barb Delander
August 29 – Rachel Terkelsen

We had a nice turn out when Deb Walters gave a presentation on Bluebird Preservation. She did a great job with lots of visuals. We appreciate her willingness to share her knowledge with us!

For our listening pleasure, Vanessa Huftel will provide us with music on Thursday, Aug. 11th during our lunch time. Vanessa will be singing a mixture; classic hymns and some old favorites of the past. **Join us for lunch and stay for the music!**

DINE WITH FRIENDS! Get out of the kitchen and join us for an affordable and delicious home-style meal in our air conditioned dining room! Lunch is served Monday - Thursday at noon. Please call 24 hours in advance to reserve your affordable and delicious home-style lunch. (It's okay to leave a message on the answering machine.)

We are located in the lower level of the Pioneer Building on the corner of Main and River Streets. Ramp entrance is on backside of building next to Olson's Meats. 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 \$1.50 round trip. We look forward to seeing you!

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

•United Way •
St. Croix Valley





TIPS TO STIMULATE YOUR MIND

One way to keep your brain healthy is to keep your body healthy. A brain-healthy diet is one that reduces the risk of heart disease and diabetes and encourages good blood flow to the brain. Eat foods that are low in fat and cholesterol and be sure to get plenty of good vitamins and nutrients, like those found in vegetables.

Vegetables

S R C C T A E O R H L R N K R E P U K N
 R Q U N X S E A C H P E T Y G G O U G D
 F I C C I T D A O E P W U G S R T U Q X
 I U U P R I N T A I N O P J D G A E G T
 B A M N S I P N N C Z L F L R H T M O K
 L Z B H P E U R T S A F W I A Y O T Y T
 U P E S P T U F K N E I A W L M A L V S
 A D R P S T U A T C C L K Z L T U L Q A
 S N E E R G D R A T S U M K O L C U K R
 G R B O L O K R Y I L A D P C T A N C K
 R R J D N I R O L T A C T F R S B I G O
 E M P I K O M O H L A E B S H B B K I Y
 E I O K T D C A Q L E S U G A R A P S A
 N N C R T C N Z B W R T M B R S G M G K
 B E O A O W P D S E N A T H E A E U E G
 E X E R L D R A H C A J B U P E E P D V
 A C B Y R E L E C I K N O I C P T S F R
 N R E P P E P L L E B V S U Z E F S U D
 S V G G X I C I L R A G O T A M O T S B
 G T I R R M C Y N R O C T E E W S F O G

asparagus beets bell pepper broccoli cabbage carrot cauliflower celery chard collards	cucumber eggplant garlic green beans hot pepper kohlrabi lettuce lima beans mustard greens okra onion	peanuts peas potato pumpkin radish spinach squash sweet corn sweet potato tomato turnip
--	--	---

ROBERTS SR CENTER...

continued from page 12

good time was had by all. We had about 40 guests, age 8 to 98. I would like to say "THANK YOU to all the people who helped with this event. Our caterer was Katy Kapoun, DBA "Plate by Kate". Katy is a local caterer and she did a great job. Also another local business, "My Flower Studio" and "The Greenfield Barn" owned and operated by Meghan & Dave Greenfield, provided flowers for our tables that were just beautiful and made everything look so special. Last and certainly not least all the great women who helped serve and clean up, Lee Kempf, Bernadine Greenfield, Meghan Greenfield, Mary Shemon and Sis Holland. They were great and made the night come off without a hitch.

Everyone had such a good time that we have decided to do this again this month. Our Community Dinner will be held on Tuesday, August 9, 2016, from 4:30 p.m. to 6:30 p.m., at the Roberts Senior Center, 312 N. Park Street, Roberts, WI. Cost is \$10 per person. Reservations are required and can be made by calling 715-749-3755 on or before Thursday, August 4, 2016. Hope to see you there.

We are now playing Bingo every second Wednesday of the month. This is sponsored by Our House Senior Living. We had a lot of fun with these gals. Everyone is welcome to come and play.

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

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

How do you change a pumpkin into another vegetable?



Throw it up in the air,
and it'll come down squash

The Recipe Box



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

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

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

Council on Aging & Disabilities Members

Dave Ostness, Chair
Jim Schrieber, Vice Chair
Ron Kiesler

George Zaske
Laurie Pelnar
Patricia Jonas
Virginia Drath

Alfred Schrank
Mary Ellen Brue
Paulette Anderson
Jerry Adams

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



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



Independent & Assisted Senior Living

6060 Oxboro Ave. North
Stillwater, MN 55082

651-439-8034

www.oakridgeplace.net



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

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

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



Out & About

What have older adults in St. Croix County been up to lately?

The Glenwood City Senior Center has been traveling a lot this summer. They have traveled to a variety of wineries, breweries and eateries. They enjoyed touring the Leinenkugel Brewery in Chippewa Falls, Valkyrie Brewery in Dallas, 45th Parallel Distillery in New Richmond, Bella Vinez in River Falls, Maiden Rock Winery, and many others. They enjoyed boat rides on the St. Croix River and viewing the new Stillwater crossing. Many were part of the pontoon ride held in Star Prairie, too. Whether they are trekking by road or river, they have had a busy summer. If you are interested in learning more about their next adventures, call the Glenwood City Senior Center at 715-265-7242.



**New Richmond Senior Center/Nutrition Site
will be moving soon!!
More details to follow!!!!**



Tip of the Month



Submitted by Nancy Abrahamson, Dementia Care Specialist

- Reduce daily alcohol consumption to one glass of beer or wine or eliminate it all together. If you are having memory issues alcohol will complicate things and make it more difficult to think clearly.

**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

**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

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

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

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

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

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

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

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

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



Don't Miss Another Moment

HUDSON HEARING Clinic

Call today to schedule an appointment!

Hudson Hospital & Clinics
715.338.3179

Baldwin Area Medical Center
715.684.3311

Westfields Hospital
715.243.2600

HudsonHearing.com
HudgyCertified

Hearing Is Believing
with AGX[®] Invisible Hearing Aids

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



July 7, 2016

Greetings!

We are excited to announce that Community Care Connections of Wisconsin (CCCW), ContinuUs, and Western Wisconsin Cares (WWC) intend to join forces as three MCOs become one. The planned merger of the three organizations will result in one organization that is strategically positioned to compete within the current long-term care system, as well as within any reformed system considered by the state of Wisconsin in the future. More importantly, this move allows the reach of one unified organization to support person-centered and community-focused efforts across the state.

Given the changing landscape of Wisconsin's long-term care industry, leaders from each of the organizations began discussions related to strategic opportunities to build on the collective experience, knowledge base, and expertise of each organization's offering. Upon deeper exploration, it became clear the three organizations were aligned to become one.

A joint Management Agreement was presented to the Wisconsin Department of Health Services and the Office of the Commissioner of Insurance (OCI). On May 19, 2016, OCI replied "in consultation with the Department of Health Services, [OCI] finds no reason to disapprove" of the Management Agreement, allowing the merger planning to move forward.

The merged organization will provide long-term care services and supports to nearly 15,000 Family Care members across 46 counties, employ approximately 1,100 people, and partner with thousands of valued stakeholders.

We are excited to partner with you as we shape our collective futures throughout this transition process. Additionally, we want to assure you that this isn't a change in the work we do, but instead an enhancement to the work we do, and we look forward to continuing our valued partnership with you.

A merger date of January 1, 2017 is anticipated. "As single entities, we do great work. As joined partners, we will have even greater impact," concluded the three leaders of this people-centered venture.

We will share more information as updates become available.

You are a valuable partner to us, and an adjustment in our size doesn't change that. Thank you for joining us in this exciting opportunity.

Sincerely,

Mark K. Hilliker
Chief Executive Officer
Community Care Connections of Wisconsin

Teri Buros
Chief Executive Officer
ContinuUs

Tim Garrity
Executive Director
Western Wisconsin Cares

The Recipe Box



Recipe Name:	Floating Soda Cracker Bars	Season:	
Author:	Carol McConaughy	Town:	Hudson
Ingredients:	Directions:		
40 Soda Crackers (approx.)	Preheat oven to 400°. Line a 10x13 inch jelly roll pan with foil. Put one layer of soda crackers on the bottom salt side up. Meanwhile, boil together brown sugar and butter for 3 minutes. Pour and spread this over the soda crackers and put into the oven for 5 minutes or until soda crackers float. Turn over off. Sprinkle with chocolate chips and return to oven for 30 seconds, spread over the top. Cut into squares and refrigerate or let set until frosting is firm. Remove from fridge and turn over bars on foil (they will be in one piece). Peel off the foil, recut and serve. Best served cold.		
1 ¼ cup brown sugar			
1 ¼ cup butter			
6 oz of chocolate chips			



FARMERS' MARKETS

Main Street Farmers Market

Bailey Park – end of Main Street in Baldwin
Open June 4th - Oct 8th; Saturday 9 am – 1 pm.

Hudson Farmers Market on Carmichael

777 Carmichael Rd – South Parking Lot in Hudson
Open June 18th - Oct 29th; Saturday 9 am – 1 pm.

Thomas Hawk Farmstand

3284 Highway 29 in Wilson
Open June 1st - Oct. 31st; Thursday – Sunday 9 am – 5 pm.
Sweet corn and variety of vegetables and melons.

Hudson Farmers' Market Thursday

1701 Ward Ave – Plaza 94 in Hudson
Open June 2nd - Oct 28th; Thursday 7:30 am – 12 pm

New Richmond Farmers' Market

1100 Heritage Dr – Heritage parking lot in New Richmond
June 25th – October 29th; Saturday 7:30 am – 12:30 pm

Somerset Farmers' Market & Craft

520 Main Street in Somerset
Open June 16th - Oct 20th; Sunday 3 pm – 6 pm

Van Someren Vegetable Gardens

2098 90th Ave (1 mile north of Baldwin on Hwy 63) in Baldwin
Open July 1st - Oct 31st; Monday - Saturday 8 am – 6 pm
Garden vegetables are available.

Alfred Schroeder

891 Labarge Rd (halfway between Hudson and Roberts off of old 12) in Hudson
Open July 30th - Oct 31st; Monday-Friday dawn to dusk,
Saturday and Sunday dawn to dusk. Variety of vegetables

Teresa Silva Farmstand

Hwy 63 Baldwin in Baldwin
Open mid. June – late Oct. depends on crop and supply or if sell out early;
Monday – Sunday 10 am – 8 pm.
Strawberries, raspberries, apples, blueberries, squash, and pumpkins.

Teresa Silva Farmstand

2293 Hwy 63 in Clear Lake
Open mid. June – late Oct. depends on crop and supply or if sell out early;
Monday – Sunday 10 am – 8 pm.
Strawberries, raspberries, apples, blueberries, squash, and pumpkins.

Teresa Silva Farmstand

Carmichael and Vine in Hudson
Open mid. June – late Oct. depends on crop and supply or if sell out early;
Monday – Sunday 10 am – 8 pm.
Strawberries, raspberries, apples, blueberries, squash, and pumpkins.

Westfields Hospital & Clinic Community Farmers' Market

535 Hospital Road – East Parking Lot in New Richmond
Open June 14th - Oct 25th; Tuesday 2 pm – 6 pm

Village of Star Prairie Farmers' Market

Main Street in Star Prairie
Open June 30th - Oct 31st; Thursday 3 pm – 6 pm

Why did the cowboy buy a dachshund?



Because he wanted to get a long little doggie.

DEMENTIA CARE...

continued from page 7

can help newly diagnosed people navigate with both depression and dementia present. If the caregiver and family around them understand this that will improve outcomes.

All physicians, nurse practitioners, physician's assistants, and nurses have access and should be familiar with the Geriatric Depression Scale (10 to 30 questions). Most clinics regularly use the short form of the scale during an annual exam. This is followed by a diagnostic interview.

According to the National Institute of Mental Health, symptoms of depression may include the following:

- Difficulty concentrating, remembering details, and making decisions
- Fatigue and decreased energy
- Feelings of guilt, worthlessness, and/or helplessness
- Feelings of hopelessness and/or pessimism
- Insomnia, early-morning wakefulness, or excessive sleeping
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Overeating or appetite loss
- Persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- Persistent sad, anxious, or "empty" feelings
- Thoughts of suicide, suicide attempts

Symptoms of dementia include:

- Difficulty concentrating and short term memory loss

- Inability to initiate tasks or hobbies
- Feelings of guilt or becoming a burden
- Loss of awareness of time
- Increases mistakes in tasks one has done frequently in adulthood
- Increased anxiety, mood changes, restlessness and irritability
- Social isolation

You can see why this can be perplexing. It is best to keep a journal of these changes and bring them to your medical practitioner to help you know if this condition needs treatment.

There is a stigma or perceived anxiety about getting either a diagnosis of depression or dementia.

People have trouble with diseases that don't have an obvious sign. But things happen in life that create challenges for people so being assessed, diagnosed and treated is a sign of a strong individual who is advocating for self. If you have questions about this topic, please talk with your medical practitioner. It is important to educate yourself about any health issue and possible treatments and then move forward to care for yourself.

For more information, you may also contact me at the ADRC. We are your tax dollars at work!

[Sources of information for this article include WebMD, Hartford Institute for Geriatric Nursing, and Art Walaszek, UW-Madison School of Medicine and Public Health]

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

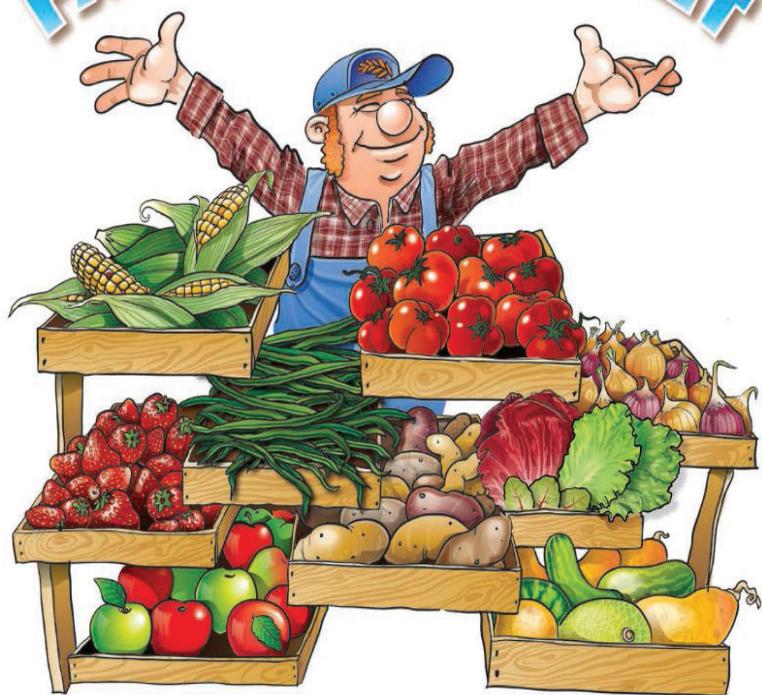
www.oconnellfuneralhomes.com



NEW WINDSHIELD
MOST \$169-\$220 INSTALLED WHERE YOU PARK
Serving Burnett, Polk, Barron, St.Croix & Washburn Counties!
We have over 500,000 Side & Backglass also available.
FREE Mobile Service! 26 years in Business!
1,000's of Happy Customers
MARK'S GLASS COMPANY • 715-690-5009

Village Pharmacy
Glenwood City
Health Mart.
PHARMACY
Located inside Nilssen's Foods
224 W. Oak St
Glenwood City, WI
715-565-3465
Find us online at www.villagepharmwi.com

ENJOY YOUR FARMERS' MARKET



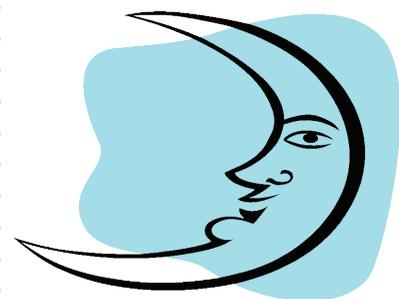
Every
Wednesday
10 a.m. to 2 p.m.

starting

June 29 through October
depending on availability of
items

St. Croix County Services Center
1752 Dorset Lane
New Richmond

Did you hear
about the
restaurant
on the moon?



Good food,
but no
atmosphere

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.



Baldwin Care Center, Inc. Campus Includes:



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

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

Birch Haven

640 Elm Street . Baldwin, WI 54002

Assisted Living and Memory Care Unit

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

Birchwood Apartments

1600 Birchwood Drive . Baldwin, WI 54002

Independent Elderly Apartments

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

For more information, please contact:

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

Elder & Disability Benefit Specialist Recommendation & Request...

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



Thank you -
Liza, Carolyn, Denise & Michael



Boardman Meadows

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

Units include

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

715-246-5510

Contact: Deanna Schmidt, Housing Manager

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



Mon - Wed - Friday 9am to 4pm
Sat & Sun -Closed

COMMUNITY CALENDAR...

...continued from page 2

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, August 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.

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

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

Blood Pressure Clinic: Every Thursday from 12:30 p.m.

- 4:30 p.m. at Westfields Hospital, 535 Hospital Road, New Richmond, WI.

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



Expert wound care, faster healing

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



Wound Healing Center

amerymedicalcenter.org
715-268-0175

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

Committed to the Community.



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

We are a campus environment, housing four facilities:



PARK VIEW HOME
Senior Care Center



PARK PLACE
Independent Living Apartments



PARK PLACE NORTH
Assisted Living



KIDS VIEW
Childrens Learning Center



PARK VIEW COMMUNITY CAMPUS
Experience a tradition of caring

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



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

We look forward to meeting you!

(715) 778-5535

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



2 Bedroom Apartment Available

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.COSENIORLIVING.COM



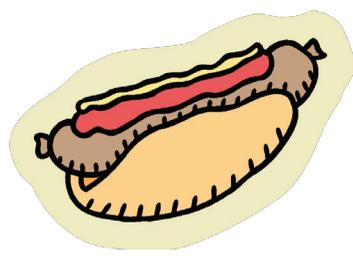
CONGRATULATIONS Outstanding Older Adults 2016

Char Croes of Deer Park and Jim Wickboldt of Woodville.
Char was nominated by Janice Thompson of Deer Park.
Jim was nominated by the Barb Brunkhorst of Baldwin.

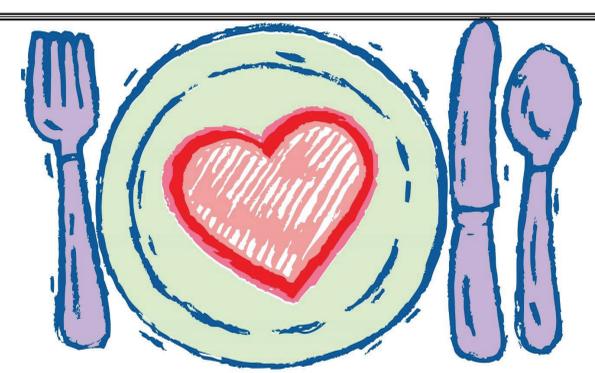
Honorable Mention Recognition was given to:
Elizabeth Hetlund, Della Stone, Marie Deja, Mary Simonds, Claire Stein, Don Leier, and Robert Moe.

The efforts of these dedicated individuals make our communities great places to live.

Why didn't the hotdog star in any movies?



He couldn't find a good roll.



COMMUNITY DINNER

Please join us for an evening with friends and neighbors. Enjoy a complimentary glass of wine or cocktail and a delicious dinner. We are looking forward to seeing you.

Tuesday, August 9

Roberts Senior Center
312 N Park St
Roberts, WI 54023

4:30 p.m. - 6:30 p.m.
\$10.00 per person

MENU

- Glazed Ham
- Potato Salad
- Baked Beans
- Summer Cucumbers
- Roll
- Dessert

Please make reservations by calling 715-749-3755 before Thursday, August 4

Fundraiser for the Roberts Senior Center Board
Meal catered by Plates by Kate ~ Kate Capon, owner

FOR RENT

BALDWIN

Ann Crider Villa
1 Bedroom apartments
For those 62 & older

CENTURIA

Jacqueline Lawrence Villa
1 Bedroom Apartments
For those 62 & older

DEER PARK

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

ELLSWORTH

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

EAU CLAIRE

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

MENOMONIE

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

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



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



Oh My!
Surprisingly nice apartments at an affordable price!

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

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

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