



AGING & DISABILITY RESOURCE CENTER NEWS

Volume 27

Number 1

JANUARY 2016

What's Inside:

Community Calendar.....pg 2

Remember Project.....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

Memory Cafe.....pg 17

Other info:

ADRC Contact List.....pg 2

Donation Form.....pg 2

Request ADRC Form.....pg 8

Auld Lang Syne

“Auld Lang Syne” is a song we typically sing to bid farewell to the old year at the stroke of midnight. The title might be translated into English literally as “old long since” or “long long ago”, “days gone by” or “old time”. The song originated from a Scottish poem by Robert Burns and is set to the tune of a traditional folk song. The song also references the love and kindness that was experienced in the past; giving listeners a sense of union and belonging to bring them into the future.

Happy New Year!

*Should old acquaintance be forgot, and never brought to mind?
Should old acquaintance be forgot, and old lang syne?
For auld lang syne, my dear, for auld lang syne,
we'll take a cup of kindness yet, for auld lang syne.
And surely you'll buy your pint cup! and surely I'll buy mine!
And we'll take a cup o' kindness yet, for auld lang syne.
We two have run about the slopes, and picked the daisies fine;
But we've wandered many a weary foot, since auld lang syne.
We two have paddled in the stream, from morning sun till dine;
But seas between us broad have roared since auld lang syne.
And there's a hand my trusty friend! And give us a hand o' thine!
And we'll take a right good-will draught, for auld lang syne.*

The ADRC of St. Croix County office and Senior Nutrition Sites will be CLOSED on Friday, January 1 for New Year's Day and Monday, January 18 for Martin Luther King Jr. Day.

New Year's traditions from around the world



As this big earth spins, New Year's revelry lasts for 24 hours (or more!) There's plenty of celebration right here in St. Croix County, but consider these traditions, found on the internet, that take place around the world:

- * It is customary at Japanese Buddhist temples to eat noodles at midnight.
- * It is a Cuban tradition to eat 12 grapes at the stroke of midnight. The 12 grapes signify the last twelve months of the year.
- * In German and Polish folklore, eating herring at the stroke of midnight will bring luck for the next year.

World New Year's traditions..continues on pg 17

DO YOU NEED TO APPLY FOR HEALTH INSURANCE COVERAGE THROUGH THE FEDERAL MARKETPLACE?

ST. CROIX COUNTY WILL HAVE AN APPLICATION ASSISTOR AVAILABLE FROM 9 a.m. – 4 p.m. AT THE ST. CROIX COUNTY SERVICES CENTER ON THE DATES BELOW:

Thursdays
January 7, 14, 21, 28

TO SCHEDULE AN APPOINTMENT:

- Phone 715-485-8555
- Leave a voicemail message with your name and contact information.
- You will receive a call back with an appointment date and time.

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

Brad Beckman, ADRC Administrator

- Liza Gibson & Mike Traynor, Elder Benefit Specialists*
- Marian Mottaz, Disability Benefit Specialist*
- Denise Gillen, Kelly Weber, Cia Westphal, Information & Assistance Specialists*
- Tracy Davis, Community Services Coordinator*
- Nancy Abrahamson, Dementia Care Specialist*
- Tara Murdzek, Caregiver Support Coordinator*
- Randi Hanson, Preventative/Nutrition Program Coordinator*
- Brandy Zeuli, Outreach Coordinator*
- Renea Aeschliman, Program Support Specialist*
- Pam 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 JANUARY 2016

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

Job Center – Wednesday, Dec. 2 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!

Book Club: Wednesday, Dec. 4 at 11 a.m. The Woodville Community Library, 124 South Main Street, Woodville, is seeking for more people to join their Monthly Book Club.

Wheelchair Clinics: Tuesday, Dec. 8 from 9 a.m. – 12 p.m. The Stout Vocational Rehabilitation Institute is sponsoring Wheelchair Clinics the 2nd Tuesday of every month through the end of 2014. The clinics will be held at University of Wisconsin-Stout, Room 120 Vocational Rehabilitation Building, 221 10th Avenue East, Menomonie. SVRI technicians will be available to diagnose potential repairs and perform routine cleaning and maintenance procedures. Appointments are not

required; services are available on a first-come, first-served basis. If you have questions about the Wheelchair Clinics, please call Dan Sembach at (715) 232-4037. This is a free service sponsored by the Stout Vocational Rehabilitation Institute. If technicians find significant repair issues, they will give you an estimate of the repair costs. This is an excellent opportunity to learn more about your wheelchair, including the things that you can do to keep your chair working well!

Job Center – Wednesday, Dec. 18 at the Baldwin Public Library, 400 Cedar Street, Baldwin from 10 a.m. – 12 p.m. A Job Center expert

come to the library to meet with anyone interested in job searching ideas, how to look online for jobs, how to type up a resume or check the one you have, interviewing tips, etc. If this time does not work for you, call toll-free to Aracely (emphasis on the “Cel”) at 888-258-9966 to make an appointment. You no longer need to get to a state workforce site, they are coming out to the local libraries to meet people now!

Technology Night: Thursday, Dec. 10 from 5:30 p.m. – 7:45 p.m. Hazel Mackin Community Library – 311 West Warren Street, Roberts, **Community Calendar...**
continues on page 19



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- ☑ Are you a caregiver looking for options?
- ☑ For options on how you can remain independent living in your own home or apartment?
- ☑ For assistance finding help in your home?
- ☑ To discuss your choices for housing or care?
- ☑ To learn about financial assistance for older adults or adults with disabilities?
- ☑ You're worried about an older family member and don't know where to start?
- ☑ How do I find out what services I'm eligible for?
 - Call the ADRC of St. Croix County at 1-800-372-2333 or email at adrcinfo@co.saint-croix.wi.us
- ☑ To reserve or cancel your lunch?
- ☑ To schedule a bus ride to a Senior Center?
- ☑ For information on a Senior Center activity?
 - Baldwin 715-684-2979
 - Deer Park 715-269-5301
 - Glenwood City 715-265-7242
 - Hudson 715-386-8709
 - New Richmond 715-243-7493
 - River Falls 715-425-9932
 - Roberts 715-749-3755
 - Somerset 715-247-5354
 - Woodville 715-698-2152

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• FOR YOUR BENEFIT NEWS •

Medicare Part B Premiums & the Hold-Harmless Provision

Submitted by: St. Croix County Benefit Specialists, written by the GWAAR Legal Services Team

On November 10, 2015, CMS released the official Medicare Part A & B figures for 2016. There was not a 52% increase in Medicare Part B Premiums as was anticipated. However, there will still be a Part B Premium increase of about 16% — from \$104.90 in 2015 to \$121.80 in 2016. This increase will only apply to approximately 30% of Part B enrollees due to the “hold harmless” provision.

In 2016, the cost-of-living adjustment (COLA) for Social Security benefits will be 0.00%, meaning the monthly Social Security benefit amounts will not increase. Recall that the hold harmless provision limits the Medicare Part B premium increase to the dollar increase in the Social Security benefit from the annual COLA. Because there is no adjustment for 2016, the Medicare Part B premium increase in 2016 cannot apply to Medicare enrollees eligible for the hold harmless provision.

Unfortunately, approximately 30% of Part B enrollees (those not protected by the hold harmless provision) will have an increased Part B premium and will have to gradually repay the government through a \$3.00 surcharge, which is already included in the increased 2016 monthly premium. On the other hand, enrollees protected by the hold harmless provision will have the same premium in 2016 as 2015—\$104.90.

To receive protection under the hold harmless provision, a beneficiary must:

- Be eligible for Social Security benefits in the months of November and December 2015;
- Have the Medicare Part B premium deducted from Social Security benefits in December 2015 and January 2016 (Social Security benefits are paid with a one-month lag);

FYBN Med Part B & Hold Harmless..continues on page 4

Photo ID for Voting

Submitted by: St. Croix County Benefit Specialists, written by the GWAAR Legal Services Team

In Wisconsin, nearly all voters will need to present a photo ID to cast a vote in upcoming elections. There are limited exceptions to the requirement that voters present photo identification: absentee voters (who are in the military, live permanently overseas, or are classified as confidential elector), voters who are indefinitely confined, and voters who have spiritual beliefs that prevent them from being photographed. Individuals who do not fit into one of these limited exceptions will need to present acceptable photo identification.

What is acceptable photo ID for voting purposes? Acceptable ID that can be unexpired or expired after the most recent (currently 11/4/2014) general election:

- A Wisconsin DOT-issued driver license, even if driving privileges are revoked or suspended
- A Wisconsin DOT-issued identification card
- Military ID card issued by a U.S. uniformed service
- A U.S. passport
- An identification card issued by a federally-recognized Indian tribe in Wisconsin (can be expired prior to most recent general election)

Acceptable ID that must be unexpired:

- A certificate of naturalization that was issued not earlier than two years before the date of an election at which it is presented
- A driving receipt issued by Wisconsin DOT (valid for 45 days)
- An identification card receipt issued by Wisconsin DOT (valid for 45 days)
- A photo identification card issued by a Wisconsin accredited university or college that contains date of issuance, signature of student, and an expiration date no later than two years after date of issuance. Also, the university or college ID must be accompanied by a separate document that proves enrollment.
- A citation or notice of intent to revoke or suspend a Wisconsin DOT-issued driver license that is dated within 60 days of the date of the election. If you do not have acceptable photo identification for voting purposes, you need to obtain a Wisconsin State ID Card from the Division of Motor Vehicles office if you would like to vote and are not excepted from the law.

See Wisconsin Statute § 5.02(6m) <http://bringit.wisconsin.gov/do-i-have-right-photo-id>



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Spotlight on Social Security

...Test your Social Security knowledge



F Y B N . . .

Premiums & Hold Harmless

continued from page 3

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

National Trivia Day reminds us that knowledge about Social Security empowers you and prepares you for retirement. Remember, the more you know about Social Security, the more control you have over your bright future.

1. What is the average number of years someone has paid into Social Security once they start collecting disability benefits?

- A) 2
- B) 7
- C) 13
- D) 22

Because the Social Security Act sets out a strict definition of disability, our beneficiaries are among the most severely disabled people in the country. We provide modest benefit payments to workers who contributed into the Social Security trust fund before becoming disabled. The average disability beneficiary today paid into the disability trust fund for 22 years before they began receiving Social Security disability benefits.

2. At what age can I begin receiving Social Security retirement benefits?

- A) 62
- B) 65
- C) 67
- D) 70

The answer to this question is not the same for everyone. Depending on when you were born, your full retirement age will be between 65 and 67. You can draw benefits as early as 62, but you will receive a lesser benefit. For more details and a handy chart, visit www.socialsecurity.gov/planners/retire/retirechart.html.

The best time for you to retire will depend on several factors, including when you were born, how long you

contributed to Social Security, and how long you expect to live. The longer you work, and the more money you earn at Social Security-qualifying jobs, the more Social Security retirement benefits you stand to receive. The longer you wait to draw Social Security benefits, the larger your monthly payout will be. Past age 70, there is no longer any advantage to waiting.

3. How much money can I earn and still receive Social Security disability benefits?

- A) \$500 per month
- B) \$750 per month
- C) \$1,090 per month
- D) None

A worker who is disabled can earn up to \$1,090 per month and still receive benefits. If the worker is blind or has work expenses, this amount is higher. More information about working while disabled is available at www.socialsecurity.gov/pubs/EN-05-10095.pdf.

4. Who receives the largest annual share of Social Security benefits?

- A) Survivors of deceased workers
- B) Disabled workers and their families
- C) Retired workers and their families

The answer is C. About 39.5. Of the nearly 60 million people who receive retirement, dependent, disability, and survivors benefits in 2015, the largest share went to retirees and their families, totaling \$53 billion each month. We also paid \$6.7 billion dollars in survivors benefits each month, and \$10.5 billion dollars in disability benefits each month in 2015.

- Not receive a COLA that is greater than the Part B premium increase (there is no COLA increase for 2016);

And

- Not have a modified adjusted gross income over \$85,000 for an individual and \$170,000 for a couple.

Medicare enrollees who are not held harmless and will have to pay the increase include: 1) those who do not receive Social Security, 2) state government employees not covered by Social Security, 3) those who do not receive large enough Social Security payments to pay Part B premiums from their Social Security checks, 4) high-income beneficiaries subject to income-related Part B premiums, 5) dual-eligibles (although dual-eligibles are subject to the increased premium, the state Medicaid program will bear the cost), and 6) new Medicare enrollees in 2016.

Overall, the hold harmless provision only protects Medicare beneficiaries from the Part B premium increase for 2016. If there is a COLA increase in Social Security benefits in subsequent years, all Medicare beneficiaries will pay an increased premium at that time.

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ADRC Manager's Report



From the Desk of Brad Beckman

Happy New Year!

It is Leap year, Presidential and County Board Supervisors Election year.

I would first like to give shout out to United Way Campaign Committee of St. Croix County that put together the United Way Employee Campaign for 2015. I'm proud to announce the employee step up and donated \$5,758.00 for United Way. The donation for the cause truly does make a difference in so many lives of St. Croix County residents that we serve.

In 2016 the annual St. Croix County Service Directory will be available by print or on our webpage.

Also, in February we will provide statistics on Aging programs and ADRC activities for our 2015 yearly report in the ADRC newsletter.

If you have any questions about the ADRC, please call or email, 1-800-372-2333, adrcinfo@co.saint-croix.wi.us. Or check out our website at www.sccwi.us/ADRC.



Ole & Lena

...were sitting down to their usual morning cup of coffee listening to the weather report on the radio. The weather report said, "There will be 2 to 4 inches of snow today, and a snow emergency has been declared. You must park your cars on the odd numbered side of the streets."

Ole said, "Jeez, okay," and got up from his coffee.

The next day they were again enjoying their coffee while listening to the radio. The weather forecast said, "There will be 3 to 5 inches of snow today, and a snow emergency has been declared. You must park your cars on the even numbered side of the streets."

Again Ole replied, "Jeez, okay," and got up from his coffee.

Two days later, Ole and Lena were again sitting down with their cups of coffee and the weather forecast said, "There will be 6 to 8 inches of snow today, and a snow emergency has been declared. You must park your cars on the..." and the power went out and Ole didn't get the rest of the instructions.

He turned to Lena, "Jeez, what am I going to do now, Lena?"

Lena replied, "Aw, Ole, just leave da' car in the garage today."

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AARP Tax Assistance

It's that time of year again! AARP volunteers will offer tax assistance to older adults throughout St. Croix County. Assistance is offered on a first come, first served basis.

Hudson Government Center -@ 1101 Carmichael Road, 381-4360
9 a.m. - 3 p.m. on **Mondays in Room 1216** – Feb. 8, 22, 29; Mar. 7, 14, 21, 28; April 4
9 a.m. - 3 p.m. on **Thursdays TO BE DETERMINED**

Baldwin Senior Center - Municipal Board Room @ 400 Cedar St., 684-2979
9 a.m. - 1 p.m. on **Wednesdays, Feb. 24 and March 23**

River Falls Senior Center - Main Room @119 Union St., 425-9932
9 a.m. - 1 p.m. on **Monday, Feb 15; Wednesdays, March 2 & 30**

Norseman Manor- 240 Church St., Woodville, 698-2487
1 p.m. - 3 p.m. on **Wednesday, March 16**

WITC - New Richmond - 1019 S. Knowles Ave, New Richmond; 246-6561
9 a.m. - 3 p.m. on **Wednesdays, Feb. 10 & 17; April 6**

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

Please bring the following with you when you come:

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

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

Council on Aging & Disabilities Members

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

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

SUPPORT GROUPS

Caregiver Clubs -

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

New Richmond Civic Center Conference Room, Main Floor. For those caring for someone with memory loss.

TOPIC:

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

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

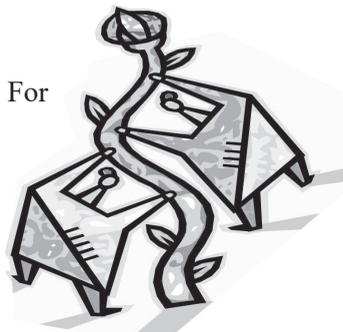
TOPIC: Dr. Frey – the Founder and Co-Director of the Alzheimer's Research Center at Regions Hospital-will have his research assistant Lyndsay Hage present on his research-he has developed an intranasal insulin treatment for Alzheimer's Disease.

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

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

TOPIC:

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



Other Area Support Groups:

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

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

and hats. Register by calling 715-243-2640, free

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

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

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

the Memory Care unit.

Parkinson's Support Group – 2nd Tuesday of the month, 10 a.m. at Hudson Hospital – 405 Stageline Rd, Hudson, WI 54016. Contact Vicky Hakala at 651-436-1331.

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

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

Other Support Groups
...continues on page 16

DAYAWAY CLUB

Submitted by Stephanie Koski, DayAway Manager

Thank you to all who showed up for our Christmas party. It was a success. With Lots of laughs and music. It is always fun talking to the family members. We are looking forward to a fun and exciting year, with our usual games, crafts, movies and laughs. We have had a lot of additions with participants and volunteers. We welcome them all. If interested in volunteering please call Tara at 800-372-2333.

VOLUNTEER NOW IN HUDSON ON MONDAYS & THURSDAYS! It's a fantastic program but we need volunteers to help because we keep our ratio at one staff or volunteer to every three participants. This gives everyone the support they may need without feeling "managed." So if you enjoy visiting, are willing to help with crafts, like to go for walks or do simple exercise, and really want to help our participants express themselves and feel valued—this is the place for you. Please volunteer—we'll buy your lunch in return. Your reward will be much greater than you can imagine.

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

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

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

Mondays – Crossing Point Building, 220 Vine Street, Hudson

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

Thursdays – Crossing Point Building, 220 Vine Street, Hudson

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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.



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CAREGIVER SUPPORT

Submitted By Tara Murdzek, Caregiver Support Coordinator

The dangers of hypothermia

The cold weather is upon us in Wisconsin! While some people enjoy the snow and cold and others can't wait for summer to return, none can deny that winter can produce some dangers, especially for older people. Not only are there slippery sidewalks to contend with, but also the possibility of hypothermia.

Hypothermia is a drop in body temperature that is caused by staying in a cool place for too long. This may bring to mind images of someone who is lost outside in a blizzard, but hypothermia can strike a person in their own home where the heat is turned down too low. A body temperature below 96 degrees can cause an irregular heartbeat leading to heart problems and even death, if not treated promptly. Hypothermia is especially dangerous because it happens gradually and affects your thinking. You may not even realize you need help!

As caregivers, it important to be aware of the symptoms and risks of hypothermia as people with advanced age are especially vulnerable. When checking in on your relatives, friends or neighbors, be especially aware of the symptoms of hypothermia.

- Confusion or sleepiness
- Slowed, slurred speech or shallow breathing
- Weak pulse or low blood pressure
- Cold, pale skin
- A lot of shivering or stiffness in the arms or legs
- Chilly rooms or other signs that they have been in a cold place
- Poor control over body movements or slow reactions

If you think someone may have hypothermia, take his/her temperature and if it doesn't rise above 96 degrees, call 9-1-1. Then keep the person warm and dry by moving them to a warmer place, wrapping the person in blankets or coats or using your own body warmth by lying close to them. Do not rub their arms or legs as this can result in skin tears. Once at the emergency room, the doctor will verify the diagnosis and then warm the person's body from the inside out. It is very important that a person with hypothermia is treated by a physician.

Sometimes people are tempted to turn their thermostats down too low as a way of saving money on their energy bill, but this can result in a dangerous situation. It is essential for people keep their home warm, especially on those days and weeks where the temperatures stay near zero. To be safe, your thermostat should be set for at least 68 degrees. Even temperatures between 60 and 65 can lead to illness.

There are some things you can do to keep yourself warm and cut down on heating costs. First, you can get ideas on reducing your heating bill by calling your power or gas company for information on weatherizing your home. Ideas such as closing vents and doors to rooms you are not using can cut your energy usage. Also, wearing several layers of loose clothing will keep you warmer while tight clothing can keep your blood from flowing freely. And lastly, eating enough food to keep up your body weight can also keep you warmer. If paying for heat is a problem due to a limited income, you may qualify for help through the Energy Assistance Program. Call 1-800-372-2333 for more information. May you have a happy and safe winter!

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

• • • • •
Memory Cafe Info on page 17
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DEMENTIA CARE

Submitted by: Nancy Abrahamson, Dementia Care Specialist

Wandering, safety, and dementia

Changes in the brain caused by a dementia process promote behaviors that raise concerns about safety. Those include wandering, impulsive behavior, dressing inappropriately for the current weather conditions, driving, perceptual disturbances, and aggressive behavior. All behaviors are individual responses to specific stimuli and are coping mechanisms expressed at the highest functional level possible.

Wandering is a behavioral response to one of many stimuli for the person with memory issues. It can be caused by a long time habit of going for walks or working outdoors, a desire to escape stress, or an environmentally motivated cause such as seeing a door and wondering what's behind it.

When wandering on foot is the issue please consider the following steps to protect safety:

1. Contact your local law enforcement agency if your loved one is prone to wandering or apt to get in the car and drive somewhere and get lost registering name, address, identifying birthmarks or scars, and provide a current picture of your loved one (from the waist up).
2. Notify your fire department and ambulance service with the same information.
3. Purchase a medical bracelet with the phone number of the caregiver on it. Apply and be certain they can't remove it themselves.
4. Register the individual with dementia with Safe Return through the Alzheimer's Association, Project Lifesaver with St Croix/Pierce County (100% successful in over 2000 searches).
5. Silver Alert through the State of Wisconsin (which can work nationwide if they cross a state line) by calling 1-608-245-8952 to register or go online at wsic@doj.state.wi
6. Install a lock high (above eye level) on the doors to the outside for walking wanderers
7. Post a paper or plastic stop sign on the door to the outside. These can be purchased at Fleet Farm or an office supply store.
8. Post a note on the door that says: "Fred, don't leave without me" or "Come get me so I can go with you."
9. Keep a current picture of your loved one with you at all times should the two of you be in the community and he/she walks away.

DEMENTIA CARE...continued on page 14



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SENIOR CENTER NEWS • SENIOR CENTER NEWS • SENIOR CENTER NEWS



Baldwin Senior Center

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

PHOTO
 COMING
 SOON!

Activities:

- Jan. 7 – Senior Center Board meeting
- Jan. 14 – Blood Pressure Checks
- Jan. 18 – CLOSED for Martin Luther King Day
- Mondays - Dominoes 9:30 a.m.
 - Cards at 1 p.m.
- Tuesdays - Bingo at 10:30 a.m.
 - Painters Club 1 p.m.
- Wednesday - Dominoes at 9:30 a.m.
- Thursdays - Bingo at 10:30 a.m.
- Fridays - Game Day
 - Dominoes at 10 a.m.
 - Cards at 1p.m.
- Daily - Table of Knowledge at 8:30 a.m.

Birthdays:

- Jan. 1 – Lynda Geurkink
- Jan. 5 – Gordon Place
- Jan. 11 – Phyllis Chapin
- Jan. 15 – Muriel Ruppert
- Jan. 18 – Kent Rudesill

Happy New Year!

Baldwin Senior Center sends out a **BIG Thank You** to VanSomeren’s Gardens for the generous donation of Squash, Gourds, Potatoes, Beets & other wonderful items!

Thank you to Joyce McFadden for the delightful Squash & Apples.

Reminder for **SNOW DAYS:** If the Baldwin/Woodville Schools are CLOSED, due to the weather, the Senior Center will be closed and have no home bound meal deliveries either. If school is 2 hours late, the Senior Center will open as usual. The Baldwin/Woodville Schools post their closing and late starts on various local TV, Radio & Internet sites. You may also call the SW School Closing Hotline at 715-684-2200.

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



Deer Park Senior Center

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

Activities:

- Jan. 1 – New Year’s Day potluck at noon
- Jan. 13 - Senior Center Board at 9 a.m.
- Jan. 18 – CLOSED for Martin Luther King Day
- Other activities yet to be planned
- 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:

- Jan. 1 – Tony Tamoshaitis
- Jan. 6 – Phyllis Humpal
- Jan. 24 – Marge Beckman

We went on a holiday shopping trip to Woodbury and had a very good time, shopping, visiting and of course lunch and coffee breaks. It is so nice to listen to the Christmas music and see all the store decorations. Christmas is the most wonderful time of year, even though it is very busy. We can be thankful we are able to be busy, when there is so much sadness in the world today.

Thanks to everyone that attended our Christmas lunch. We hope you enjoyed it and thanks to the center board for treating us to the day. Our center board ladies are a great group of ladies that are always willing to help and promote our community.

The birthstone for January is garnet which means eternal friendship and trust. The flower is carnation which signifies love, fascination and distinction. I think we should all get ourselves a garnet and wear a carnation every day.

Happy New Year’s everyone and I hope you had a wonderful Christmas holiday.

Please remember that if the New Richmond school district is CLOSED due to weather, the Senior Center will also be CLOSED and there will be no onsite meals or home-delivered meals. If you would like to receive an automated phone call when the Senior Center is closed due to weather, please sign up at the Senior Center. Stay warm and be safe.



How does a snowman get to work?
 By icicle

The ***Aging & DISABILITY RESOURCE CENTER*** is
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I'd like to receive the ADRC New at home!
Please add my name to the mailing list.

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Glenwood City Senior Center

Alfie Schrank, Senior Center Board President
 Jami Anderson, Nutrition Program Manager
 316 West Oak St • Glenwood City
 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:

- Jan. 11 – Blood pressure/blood sugar check at 11 a.m.
- Jan. 13 – Senior Center Board meeting at 10 a.m.
- Jan. 14 – “Emotional Wellness” presentation by Kesha Marson, MSW
 LCSW, Amery Behavioral Health at 10:30 a.m.
- Jan. 18 – CLOSED Martin Luther King Day
- Jan. 20 – Winter Bash w/ Rudy Rudesill at 11 a.m. Come listen and sing to
 music before lunch☺
- Jan. 25 – Footcare with Brenda Cogbill, appointments are available by
 calling the Senior Center 715.265.7242
- Daily: 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) (On Jan. 14 & Jan. 20 bingo will start at
 9:30 a.m.)

Birthdays:

Jan. 23 – Carolyn Tuttle

Happy New Year!

We are starting off the New Year with some Live entertainment at Glenwood Senior Center...Rudy Rudesill, will be here on Wednesday, January 20 at 11:00 to play his guitar, sing some songs and if you’d like join him and sing along☺ – be sure to join us for the music and stay for lunch it will be served after the show! **Please make sure to make your reservation by Thursday January 14 before noon.**

We are also fortunate to have Kesha Marson, here on January 14 at 10:30 a.m. - 11:30 a.m. from Amery Behavioral Health. She will be talking with us about “emotional wellness” and playing a game of Bingo too!

Thank you to **EVERYONE** who helped us over the holidays with our special days – they would not have been such a success without so many wonderful volunteers! Also, thank you to Dorothy Lovgren for making the table decorations for Christmas – You are such a talented Crafter!

Thank you to Rosalie Nelson for making and selling Afghans to raise money for the Senior Center!! It is such a wonderful idea every way you look at it!

- 1) Making them is such a nice pass time
- 2) People have a chance to buy a nice homemade blanket
- 3) The Senior Center benefits from a fundraiser

If you have an idea for a fundraiser that would benefit the seniors at the Senior Center stop by or give us a call 715.265.7242

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

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

Activities:

- Dec. 31 – New Year’s Party
- Jan. 1 – CLOSED for New Year’s Day
- Jan. 8 – Monthly Birthday Celebration with music by Judi Langmack
- Jan. 14 – Foot Care with Dave. Call for appointment
- Jan. 18 – CLOSED for Martin Luther King Day
- Jan. 19 – Foot Care with Nancee. Call for appointment
- Mondays – Men’s Coffee Group meeting at 8 a.m.
- Tuesdays - Shopping after lunch (call 24 hours ahead to reserve ride)
- Wednesdays - Men’s Coffee Group meeting at 8 a.m.
- Thursdays - Shopping after lunch (call 24 hours ahead to reserve ride)
- Fridays - Men’s Coffee Group meeting at 8 a.m.
- Daily - Bingo at 9:30 a.m. (except Tuesdays – 10 a.m.)

Birthdays:

- Jan. 2 – Jerry Adams
- Jan. 3 – Will Redlir
- Jan. 4 – Shirley Rehder
- Jan. 5 – Mark Hafner
- Jan. 6 – Mary Haun
- Jan. 9 – Evie Funkhauser
- Jan. 14 – Marian Mangan
- Jan. 14 – Shirley Anderson
- Jan. 14 – Carolyn Rathbun
- Jan. 15 – Randall Vogt
- Jan. 16 – Leland Lyon
- Jan. 16 – Margaret Nolen
- Jan. 25 – Jean Behm
- Jan. 25 – Loyes Hemstock
- Jan. 27 – Marion Olson
- Jan. 28 – Jerry Krassau

Happy New Year!

The Hudson Senior Center is always planning activities at the center and outings to various places. Please come by and take a look at our bulletin board to see what we are up to for the months to come.

I hope everyone had a wonderfully blessed Christmas and is starting the New Year with a blast! As all of you sit and consider your New Year Resolutions please remember us at Hudson Senior Center. We are in great need for volunteers and would appreciate any help you can provide. Please call Melissa 715-386-8709.

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

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



NUTRITION PROGRAM MENU



Hudson Area Nutrition Program January 2016 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday (On-Site Dining Only)
Suggested Donation: \$4.00 per meal Please pay as much as you can afford, as we rely on donations from participants to keep the program going.				1 CLOSED for New Year's Day
4 BBQ Chicken Baked Potato Corn on the Cob Tossed Salad Chef's Dessert	5 Ring Bologna Baked Beans American Fries Tossed Salad Dessert	6 Italian Sausage w/ Peppers Linguini/Tomato Sauce Italian Salad Cheese Bread Chef's Dessert	7 BBQ Ribs Oven Browned Potatoes Buttered Corn Tossed Salad Chef's Dessert	8 Mac & Cheese Tomato/Bacon Vegetable Tossed Salad Garlic Toast Chef's Dessert
11 Spaghetti/Meat Sauce Italian Green Beans Tossed Salad Garlic Toast Chef's Dessert	12 BBQ Beef Oven Browned Potatoes Buttered Corn Tossed Salad Chef's Dessert	13 Roast Pork Loin Mashed Potatoes Red Cabbage Tossed Salad Chef's Dessert	14 Chicken Pot Pie Melon Wedge Chef's Dessert	15 Baked Cod New Potato Broccoli Tossed Salad Chef's Dessert
18 CLOSED for Martin Luther King Day	19 Fried Chicken Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	20 Baked Ham Au Gratin Potatoes Whole Green Beans/Tom Cottage Cheese/Pineapple Chef's Dessert	21 BBQ Ribs Oven Browned Potatoes Buttered Corn Tossed Salad Chef's Dessert	22 Spaghetti w/ Meatballs Italian Green Beans Tossed Salad Garlic Toast New York Cheesecake
25 Salisbury Steak Mashed Potatoes Buttered Carrots Tossed Salad Dessert	26 Chicken ala King Rice Pilaf Tossed Salad Chef's Dessert	27 Tortellini w/ Meat Sauté Zucchini Garlic Toast Tossed Salad Chef's Dessert	28 Chopped Sirloin Grilled Onion Baked Potato Mixed Greens Chef's Dessert	29 Fried Shrimp Tater Barrels Carrot Vichy Coleslaw Chef's Dessert

River Falls Nutrition Program January 2016 Menu

119 Union Street - 715-425-9932

Serving Monday – Friday

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

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Donation: \$4.00 per meal Please pay as much as you can afford, as we rely on donations from participants to keep the program going.		<i>Happy New Year</i>		1 CLOSED for New Year's Day
4 Turkey Cheddar Casserole Green Beans Apricot Halves Dessert	5 Beef Stew Baked Potato Carrots Garlic Cheddar Biscuit Dessert	6 Cream Chipped Beef Mashed Potatoes Green & Gold Beans Toast Dessert	7 Stir Fry Beef Buttered Noodles Oriental Blend Vegetables Pineapple Orange Dessert	8 Potato Crunch Pollock Scalloped Potatoes Tomato Cucumber Salad Bread Slice Dessert
11 Chicken Broccoli Casserole Fresh Fruit Bread Stick Dessert	12 Cheeseburger Carrots Chips Fresh Fruit Salad	13 Open Face Turkey Mashed Potatoes & Gravy Capri Blend Vegetable Dessert	14 Country Fried Steak Mashed Potatoes & Gravy Squash Bread Slice Dessert	15 Pork Stew Mashed Potatoes & Gravy Green Beans Garlic Toast Dessert
18 CLOSED for Martin Luther King Day	19 Broccoli Cheese Casserole 5 Way Blend Vegetable Fruit Bread Slice Dessert	20 Pot Roast Mashed Potatoes & Gravy Carrots Bread Slice Dessert	21 Marinara Chicken & Cheese Mashed Potatoes & Gravy Green Beans Breadstick Dessert	22 Lemon Baked Cod Scalloped Potatoes Beet & Onion Salad Dessert
25 Creamy Mushroom Mashed Sweet Potatoes Peas Dessert	26 Meatball & Vegetable Buttered Beets Garlic Bread Dessert	27 Chili Peas & Carrots Cornbread Fruit Cup Dessert	28 Teriyaki Grilled Chicken Buttered Noodles Oriental Blend Vegetables Dessert	29 Lemon Pepper Tilapia Potato Wedges Carrot Raisin Salad Dessert

St. Croix County Area Nutrition Program January 2016 Menu

Serving Mondays through Thursdays at the following locations:

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

Monday	Tuesday	Wednesday	Thursday
4 Stuffed Chicken Breast Whipped Sweet Potatoes Asparagus Bread and Butter Fruit Medley	5 Beef Spanish Rice Cheesy Cauliflower Bread and Butter Brownie	6 Lemon Pepper Baked Fish Baked Potato and Sour Cream Wax Beans Bread and Butter Cookie	7 Italian Sausage in Marinara over Fettuccini French Bread Garden Salad with Dressing Mandarin Oranges
11 Cheesy Broccoli Soup Cook's Choice Sandwich Cake	12 Cook's Choice Menu	13 Sliced Roast Beef Mashed Potatoes and Gravy Cooked Spinach Bread and Butter Banana Pudding Dessert	14 Southwest Chicken Salad Cornbread Cottage Cheese Fruit
18 *Closed for Martin Luther King, Jr. Day*	19 Tuna Salad on a Croissant Cook's Choice Soup Fruit Crisp	20 Beef Stroganoff over Egg Noodles Peas and Carrots Bread and Butter Bread Pudding	21 Oven Roasted Chicken Mashed Potatoes and Gravy Vegetable Medley Bread and Butter Chilled Apricots
25 Barbeque Meatballs Baked Potato and Sour Cream Diced Beets Bread and Butter Ice Cream	26 Oven Baked Pork Chops Hashbrown Casserole Buttered Squash Bread and Butter Peaches and Pears	27 Brunch for Lunch Breakfast Potatoes Bread and Butter Fruit and Dip	28 Homemade Meatloaf Macaroni and Cheese Green Beans Bread and Butter Dessert Bar

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.



Winter Warning: Your Vitamin D levels may be at their lowest right now

Submitted by Brandy Zeuli, Outreach Coordinator

Unless you are lucky enough to live in a location that enjoys year-round sunshine and mild temperatures, you are likely to experience a drop in your Vitamin D levels during the winter. Getting direct sun on your skin is one of the chief ways in which you get vitamin D. With the colder weather, we spend less time outdoors and when we are outdoors, we try to cover as much skin as possible.

But even in a mild winter, the northern half of the country simply doesn't receive enough UV to power sufficient skin production of the vitamin. As a result, your vitamin D levels are probably at their lowest toward the end of the cold weather season. Some experts are concerned that the increased use of high-powered sunscreens threatens to make vitamin D deficiency a year-round phenomenon. In fact, a recent Harvard Study found that 60% of Americans may be vitamin D deficient.

Vitamin D is a fat-soluble vitamin that occurs naturally in a limited number of foods, so fortified foods including milk, margarines and breakfast cereals and dietary supplements are the major source for most Americans. In addition, vitamin D can be produced by the skin with sunlight exposure, but this ability decreases with age and varies considerably by geography, time of day or year, skin melanin content (darker skin produces less vitamin D) and sunscreen use.

Vitamin D is essential for promoting calcium absorption in the gut. When combined with adequate daily intakes of calcium, vitamin D helps build and preserve bone, helps prevent osteoporosis and helps decrease fracture risk. In addition, emerging research shows a possible role for vitamin D in the prevention or treatment of type 1 diabetes,

some cancers, and autoimmune diseases including multiple sclerosis. Vitamin D also appears to play a role in healthy immune function and reducing inflammation, a risk factor for numerous diseases including cancer, heart disease and diabetes.

A simple blood test is available to determine whether you are deficient in vitamin D, but optimal levels have not yet been established. Groups at risk of vitamin D deficiency include breastfed infants, adults age 50 and older, people with limited sun exposure, people with milk allergy or lactose intolerance, people with fat malabsorption, people with dark skin, and people who are obese. (Because it is fat soluble, larger pools of body fat may act as a reservoir for vitamin D.) If you are or feel that you may be deficient in vitamin D, look for foods or supplements containing the D3 form (cholecalciferol), which is significantly more potent than the D2 form (ergocalciferol).

The current Dietary Reference Intakes (DRIs) developed by the Institute of Medicine's Food and Nutrition Board for healthy Americans is available in Table 2. If you are deficient in vitamin D or have osteoporosis, you may need higher doses, but talk to your doctor first.

The current tolerable upper limit of vitamin D intake is 50 mcg (2,000 IU) per day. Taking too much vitamin D can cause nausea, vomiting, decreased appetite; constipation, weakness, and can raise blood levels of calcium, which can lead to irregular heart rhythms.

Reference Intakes: Intake reference values for vitamin D and other nutrients are provided in the

Low Vitamin D Levels...
continues on page 20

Vitamin D Recipe • Tuna Noodle Casserole

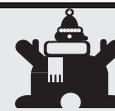
Ingredients

- 1 (8 ounce) package wide egg noodles
- ¼ cup butter, cubed
- 4 slices American cheese
- 1 (6 ounce) can tuna, drained
- 1 (10.75 ounce) can condensed cream of mushroom soup
- ¼ cup bread crumbs

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. In a 1 ½ quart glass casserole dish, layer noodles, butter cubes, 2 slices of cheese, ½ of the tuna, and ½ of the soup. Repeat the layering with the remaining ingredients. Top the casserole with bread crumbs.
3. Bake at 350 degrees F (175 degrees C) for 10 to 15 minutes.

<http://www.allrecipes.com>



Bad Weather Closings

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

Home Delivered Meal Participants



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

SENIOR CENTER NEWS • SENIOR CENTER NEWS • SENIOR CENTER NEWS



New Richmond Senior Center

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



Activities:

Jan. 12 – Senior Center Board meeting
Jan. 18 – CLOSED for Martin Luther King Jr Day
Foot care with Nancee is available – call the Senior Center for details and appointment. Cost is \$20.00
Every other Tuesday – Shopping

Birthdays:

Jan. 3 – Mabel Hoffman
Jan. 4 – Shirley Bestler
Jan. 17 – John Brunner
Jan. 19 – Don Hall
Jan. 20 – Albert Betterly
Jan. 23 – Bob Kaczmariski
Jan. 23 – Dee Quinn
Jan. 26 – Maxine Christianson

Happy New Year!

Another New Year and time to make our New Year's resolution. See how long we keep them! So far we are having a really nice winter, but I don't think that will last forever. It's time to make our plans for the upcoming year.

Our Christmas meal went well and as usual good food and good music. I want to thank my board members for all their help. Also, the Deer Park Senior Center for all their hard work.

As of right now we do not have much planned for January. If there is an interest for an afternoon of cards or any other game please let me know so we can plan it for February.

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

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

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

Roberts Senior Center

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

PHOTO
COMING
SOON!

PHOTO
COMING
SOON!

Activities:

Jan. 18 – CLOSED for Martin Luther King Jr Day
Mondays - Mexican train Dominoes at 10 a.m.
Wednesdays - Card at 10 a.m.

Hello Everyone,

The Roberts Senior Center is open on Mondays and Wednesday from 10 a.m. to 2 p.m. with lunch being served at noon. We are located at the Roberts Park Building, 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 New Richmond at 1-800-372-2333 for further information about the home-delivered meal program.

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



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:

Jan. 1 – CLOSED for New Year's Day
Jan. 4 – Executive meeting at 9:45 a.m.
Jan. 8 – Foot Care; Cost \$20 – call for appt.
Jan. 18 – CLOSED for Martin Luther King Jr Day
Jan. 22 – Foot Care; Cost \$20 – call for appt.
Jan. 26 – General meeting at 1 p.m. Bingo afterwards with Pot 'O Gold drawing
Tuesdays - Exercise at 9 a.m.
- Audiology testing at 10 a.m.
Wednesdays - Euchre at 1 p.m.
Thursdays - Dominoes at 1 p.m.
Fridays - Exercise at 9 a.m.
- Bridge & 500 at 1 p.m.

Birthdays:

Jan. 2 – Shirley Obermueller
Jan. 18 – Maranne Gilbertson
Jan. 18 – Dianna Pass
Jan. 21 – Jean Radchke

There is a group learning the card game 500. If you are interested in learning and playing come and join us. We are meeting every Tuesday at 6:30 p.m. at Wellhaven Senior Apartments.

I am looking for volunteer drivers for home-delivered meals. We would ask for one hour each month. If you or know of someone who would be interested please give the Senior Center a call.

Senior Center trips planned for 2016 include:

New Orleans (April 9-17) cost of \$799.00 for double occupancy.
Mount Rushmore, the Badlands & Black Hills of South Dakota (June 26 to July 2) cost of \$620.00 for double occupancy.
Beautiful Maine (September 24 to October 2) cost of \$855.00 for double occupancy.

**If interest please call Marie Deja @ 715-425-9932.

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

The River Falls Senior Center is located within the Wellhaven Senior Apartments, 119 Union Street. The office is open from 10 a.m. - 1 p.m. Monday thru Friday. Please call the Senior Center with any questions, suggestions for news or ideas you have at 715-425-9932 or email rfsc1@presscenter.com. Delicious meals are served from 11:30 a.m. - 12 p.m. Any Senior age 60+ is welcome for a suggested donation of \$4.00 a meal. For information on Home-Delivered Meals please call the ADRC of St. Croix County at 1-800-372-2333.

SENIOR CENTER NEWS • SENIOR CENTER NEWS • SENIOR CENTER NEWS



Somerset Senior Center

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



Activities:

- Jan. 1 – Dining Out
- Jan. 5 – Shopping in New Richmond
- Jan. 12 – Senior Center Board Meeting at 9 a.m.
 - Blood Pressure
 - Birthday Celebrations
 - Shopping in New Richmond
- Jan. 18 – CLOSED for Martin Luther King Day
- Jan. 19 – Intergenerational Activity with St. Anne’s 4th graders
 - Shopping in Somerset
- Jan. 21 – Shopping in New Richmond
- Jan. 26 – Shopping in Somerset
- Thursdays – Cards from 10 a.m. – 11:30 a.m.

Message from Karen:

Happy New Year everyone! The Somerset Senior Center would like to invite all seniors 60+ to come for lunch. The senior Center is open Monday – Thursday from 10 a.m. to 2 p.m. Please call 715-247-5354 at least 24 hours prior to the day you would like to join us.

••• ATTENTION •••

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

THANK YOU!

Aging and Disability Resource Center
of St. Croix County

Date: _____

2016 PARTICIPANT REGISTRATION FORM

Nutrition Program Site: _____

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

Name (First, MI, Last): _____ Date of Birth: _____ Age: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____ Gender: Male Female

Marital Status: Married Divorced Separated Widowed Single – Never Married Unknown

Household Composition: Lives Alone Assisted Living With Others Group Home Nursing Home Other

If you are single, is your yearly income below \$980.83 a month (\$11,770 annually)? Yes No

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

Veteran Status: Veteran Veteran's Survivor

Ethnicity: Hispanic or Latino Not Hispanic or Latino Unknown

Race: American Indian/Alaskan Native Native Hawaiian/Pacific Islander Asian White Black/African American Other

Person(s), Outside Your Household, to Contact in an Emergency:

Name: _____ Relationship: _____

Phone: (home) _____ (work) _____ (other) _____

Primary Physician: _____ Physician Phone: _____

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

(CONTINUED ON BACK)



Woodville Senior Center

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



Activities:

- Jan. 5 – Foot Care, Jackie Pearson RN
- Jan. 7 – Center Board Meeting 9:00a
- Jan. 18 – CLOSED for Martin Luther King Day
- Jan. 20 – Senior Commodities pick-up 11:30a-11:55a (Note: New Time!)
 - Lunch & Learn: “How to Beat the Winter Time Blues.”
 - Presented by: Kesha Marson of the Amery Hospital & Clinic
- Jan. 26 – Free Blood Pressure Check 9:30 a.m. - Courtesy of Parkview Home
- Jan. 28 – National Kazoo Day Celebration!
- Tuesdays: Bingo at 10 a.m.
- Thursdays: Bingo at 10 a.m.

Birthdays

- Jan. 4 – Kathy Reusch
- Jan. 9 – Mary Ann Iverson
- Jan. 14 – Alma Smith
- Jan. 17 – Ruth Tollefson
- Jan. 22 – Dena Hudson
- Jan. 31 – Carolyn Garner

Tussen Takk! (A Thousand Thanks!)

To everyone that brought in birthday ice cream and holiday goodies to share during our coffee time. Happy New Year to all of our great volunteers that make our program such a success. Special thanks to the Town of Baldwin, Culver’s of Baldwin, and the United Way for their generous donations.

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

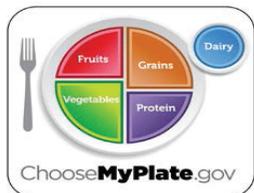
Serving warm smiles and meals: Monday-Thursday at Noon. Please call 24 hours in advance to reserve your affordable and delicious home-style lunch . (It’s okay to leave a message on the answering machine.) We are located in the lower level of the Pioneer Building on the corner of Main and River Streets. Ramp entrance is located on back side of building next to Olson’s Meats. Seniors 60+ and their spouses may dine for a suggested donation of just \$4 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**





Enjoy Your Food, but Eat Less

With the New Year comes the “New Year’s resolutions”. Many people choose to eat better or “diet”. Eating better or “dieting” is all about enjoying your meal while making small adjustments to the amount of food on your plate.

Healthy meals start with half your plate being covered with fruits and vegetables, and smaller portions of lean protein and whole grains. Add a glass of low-fat milk on the side and you have a healthy satisfying meal!

Refer to the handout **“Enjoy you Food, but Eat Less”** for ten tips that will help you make better choices at mealtime.

Source: www.choosemyplate.gov



TIPS TO STIMULATE YOUR MIND

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

Unscramble these New Year’s words:

1. nuf _____
2. cadeed _____
3. soultnoier _____
4. oriemmes _____
5. tioecbbrnea _____
6. qressuameit _____
7. darlenca _____
8. keirfsrow _____
9. ecrutyn _____
10. tdionsrati _____

ANSWERS ON PAGE 19

DEMENTIA CARE...WANDERING, SAFETY, & DEMENTIA... *continued from page 7*

1. Place a note on the inside of the door reminding your love one to put on a coat before leaving. Hang a hook by the door and place the coat on it that is right for the season.
2. GPS location service is offered through the Alzheimer’s Association using GPS and cellular technology. [Comfort Zone®](#) and [Comfort Zone Check-In®](#) can help you manage a

Here are steps for someone who is likely to drive away from home:

1. Notify the Sheriff’s office using the non-emergency number to provide the make,

model and license plate of the care to them. If they want a picture send it. Anything unique will help in finding the care including a personalized license plate, bumper sticker, or magnetic sign. In the absence of anything like that add something. One man with dementia always could find his van because of the huge Packer sticker above one of the taillights.

2. Register for Silver Alert through the State of Wisconsin which can be used even if they cross a border. See above listing #5.
3. Disable the car if they shouldn’t drive but won’t listen by removing the distributor cap or disconnected the battery. Letting the

air out of one of the tires is okay but not as effective.

4. Remove all keys and place yours somewhere where they are unfindable.
5. Place a note on the dashboard that states: Don’t drive as there is something wrong. Or, your doctor says not to drive temporarily. This works for those who can still be influenced or cued.

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

Indianhead Home Health Indianhead Home Services

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Be Prepared for Flu Season!

INFLUENZA (flu) is a serious disease of the nose, throat, and lungs. It can make you sick for a week or longer with coughing, fever, aching, and more - it can lead to pneumonia... *Be sure to get your flu shot!*

Who's at high risk for flu complications?

People who are 65 years old or older. Even if you are active and in excellent health, you have a higher risk of complications if you get the flu. Each year in the U.S about 36, 000 people die because of the flu – most are 65 or older.

People with chronic or long-term health problems. You may look and feel healthy, but if you have a condition like diabetes, heart disease, kidney disease, or asthma, you are more likely to have complications from the flu. If your immune system is weakened by long-term problems like cancer or HIV/AIDS, you need a flu shot.

Flu Vaccine: Facts & Myths

Myth "The flu shot can cause the flu"

FACT The flu shot can not cause the flu. Some people get a little soreness or redness where they get the shot, but it quickly goes away. Serious problems from the flu shot are very rare.

Myth "The flu shot doesn't work"

FACT Getting the vaccine is your best protection against the disease. In scientific studies, the effectiveness of the flu shot ranged from 70-90% where there is good match between circulating viruses and those in the vaccine.

Myth "The side effects are worse than the flu"

FACT The worst side effect you're likely to get from a shot is a sore arm. The nasal mist flu vaccine might cause nasal congestion, runny nose, sore throat, and cough. The risk of a severe allergic reaction is less than 1 in 4 million.

For more info, ask your healthcare provider or call the Center for Disease Control
800-232-4636
www.cdc.gov/flu



Stop the spread of germs that make you and others sick!



Cover Coughs. Clean Hands.

- Cover your mouth and nose with a tissue when you sneeze or cough or cough into your upper sleeve – not your hands!
- Clean your hands a lot!
After you sneeze or cough
After using the bathroom
Before you eat
Before you touch your eyes, mouth, nose

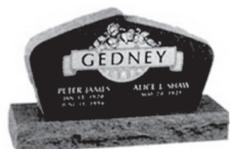
How should the flu be treated?

- Rest
- Drink plenty of liquids
- Avoid using alcohol and tobacco
- Take medications, recommended by your physician, to relieve the symptoms

Why don't mountains get cold in the winter?



They wear snow caps.



The Sharretts Group
New Richmond WI 54017
Tel & Fax: 1-715-246-6312
sharretts@frontiernet.net
www.sunburstgranites.com

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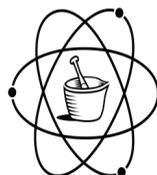
OUR PRESCRIPTION DEPT. IS OPEN:
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(Please note: Prescriptions can only be picked up during above hours when pharmacist is on duty.)
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SATURDAY: 8 A.M. TO 4 P.M. SUNDAY 9 A.M. TO 12 NOON

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OTHER SUPPORT GROUPS...

continued from page 6

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

Down by the River Parent

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

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

243-2866. FREE and open to the public.

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

Fibromyalgia Support Group – 4th Monday of the month, 6:30 p.m. – 8 p.m. September-

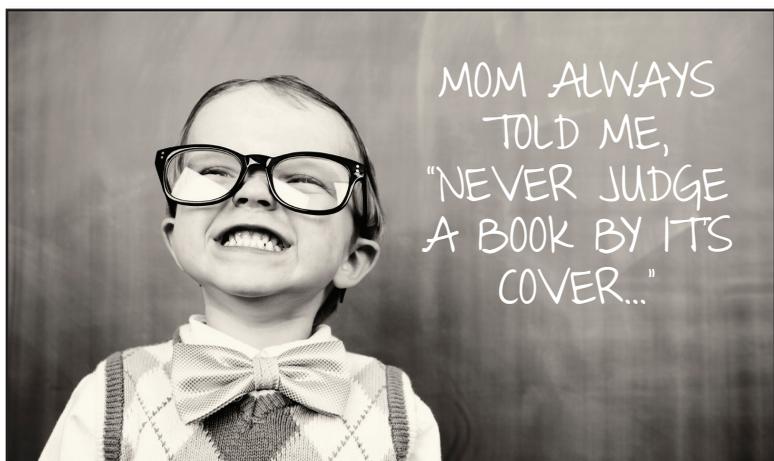
April. Courage Kenny Rehab Institute – 1460 Curve Crest Blvd., Stillwater, MN. Call 651-241-3373

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

Diabetes Support Group – 4th Tuesday of the month, Type 1

at 5:30 p.m.; Type 2 at 7 p.m. at the Mattison Conference Room at Baldwin Area Medical Center, Baldwin. For more information contact Baldwin Area Medical Center at 715-684-8675 for more information.

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



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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

Diane Love, Deer Park Nutrition Program Cook

7 years

Jim Chandler, Somerset Van Driver

9 years

Kent Leaf, New Richmond Van Driver

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



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715-688-2272



CARDINAL CAPITAL MGMT

Elder & Disability Benefit Specialist Recommendation & Request...

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

Thank you - Liza, Marian & Michael

WORLD NEW YEAR'S TRADITIONS...

continued from page 1



- ★ In the Philippines, it is important to have food on the table at midnight in order to insure an abundance of food in the upcoming year.
- ★ In Armenia, village children gather in groups and walk around their neighborhoods singing songs and greeting the New Year. In turn, their neighbors and friends reward them with fruit.

- ★ Australia is one of the first places to celebrate the New Year – and it's warm enough to spend time barbecuing on the beach. At midnight the Australians make lots of noise with whistles, rattles, car horns, and church bells.
- ★ A sacrificial boat laden with flowers, candles and jewelry is pushed out to sea from Brazil's

famous Ipenama beach in Rio de Janeiro.

- ★ In Denmark it is a good sign to find your door heaped with a pile of broken dishes at New Years. Old dishes are saved all year to throw at the homes of your friends. A big pile of broken dishes shows you have a lot of friends!

MEMORY CAFÉ OPPORTUNITIES



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

YMCA—Hudson 2211 Vine Street 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. - 11:15 a.m.
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Sponsored by the ADRC of St. Croix County; The Centre in New Richmond; YMCA-Hudson; The Lutheran Home, River Falls; Interim; Our House; and WITC-New Richmond

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Peter H. Kilde *Executive Director*



WEST CAP

West Central Wisconsin Community Action Agency, Inc.

EFFECTIVE 8/11/2015

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

WHEAP provides eligible households heating assistance, non-heat electric assistance, emergency services, and furnace assistance. The regular WHEAP season runs from October 1, 2015 through May 15, 2016, with Weatherization extending to September 30, 2016. Funds are limited. Applications will be accepted in various formats;

- Paper applications – available at West CAP, 525 Second Street, Glenwood City or contact West CAP at 715-265-4271 Ext 1324 to have an application mailed.
 - *If you have not applied for Energy Assistance in St Croix County in previous years please contact our agency as we will need to set up an appointment.*
- Applications will be available at www.westcap.org to download and print.
- Individual interviews will be scheduled by calling 715-265-4271 Ext 1324. Our agency will make every attempt to see walk-ins face-to-face, but based on volume and staff availability; West CAP reserves the right to provide a paper application with instructions if necessary.
- **Face-to-face appointments** will be offered by request 8:30 am – 4:30 pm on the dates and locations listed below. Please do not contact our partner agencies directly for information or appointments – call West CAP at 715-265-4271 ext 1324 to schedule your appointment.
 - **St. Croix County Department of Health & Human Services**, 1752 Dorset Ln, New Richmond

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

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

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

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

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

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

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

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



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Intergenerational Friendship



These two prove that friendship and love can be developed at any time over the span of one's life.

(Source: www.lafargeecosystems.com) A hippopotamus, named Owen, was left orphaned during last year's tsunami. Rangers rescued him and brought him to live at a wildlife sanctuary in the coastal city of Mombassa, Kenya. It was there that this "little guy" (he weighed 650 lbs. at 1 year!), adopted a male tortoise named Mzee. Mzee is over 120 years old! These two swim, sleep, and eat together. The turtle's presence has helped an otherwise traumatized and lonesome hippo – and according to ecologist Paul Kahumbu, "...the tortoise seems to be very happy being a 'mother'".

The Recipe Box



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

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

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



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

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COMMUNITY CALENDAR...

...continued from page 2

WI 54023. Call 715-749-3849 to reserve a slot for FREE help with your tech questions. No question is a bad question.

Senior Potluck – Friday, Dec. 11 from 11:45 a.m. – 1:30 p.m. Come and join us for a great potluck lunch and a special guest speaker – Navigating Cancer Care. 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.

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.

New Year's Word Scramble Answers



1. fun
2. decade
3. resolution
4. memories
5. celebration
6. Times Square
7. calendar
8. fireworks
9. century
10. traditions

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LOW VITAMIN D LEVELS...

Dietary Reference Intakes (DRIs) developed by the Food and Nutrition Board (FNB) at the Institute of Medicine of The National Academies (formerly National Academy of Sciences). DRI is the general term for a set of reference values used to plan and assess nutrient intakes of healthy people. These values, which vary by age and gender, include:

- Recommended Dietary Allowance (RDA): average daily level of intake sufficient to meet the nutrient requirements of nearly all (97%–98%) healthy people.
- Adequate Intake (AI): established when evidence is insufficient to develop an RDA and is set at a level assumed to ensure nutritional adequacy.
- Tolerable Upper Intake Level (UL): maximum daily intake unlikely to cause adverse health effects.

The FNB established an RDA for vitamin D representing a daily intake that is sufficient to maintain bone health and normal calcium metabolism in healthy people. RDAs for vitamin D are listed in both International Units (IUs) and micrograms (mcg); the biological activity of 40 IU is equal to 1 mcg (Table 2). Even though sunlight may be a major source of vitamin D for some, the vitamin D RDAs are set on the basis of minimal sun exposure.

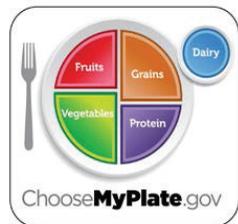
Age	Male	Female	Pregnancy	Lactation
0–12 months*	400 IU (10 mcg)	400 IU (10 mcg)		
1–13 years	600 IU (15 mcg)	600 IU (15 mcg)		
14–18 years	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)
19–50 years	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)
51–70 years	600 IU (15 mcg)	600 IU (15 mcg)		
>70 years	800 IU (20 mcg)	800 IU (20 mcg)		

* Adequate Intake (AI)

You should always eat foods or supplements rich in Vitamin D with foods rich in calcium for better absorption. When you are exposed to the sun's rays, your body converts a cholesterol compound in the skin to Vitamin D, so aim for three 15-minute sessions of sun exposure a week.

Sources of Vitamin D

- Fortified milk
- Fortified cereals
- Eggs
- Tuna
- Fish-liver oils
- Sun exposure



Satisfy Your Sweet Tooth in a Healthy Way

Fruit is a naturally sweet dessert dish!

Serve a fresh fruit cocktail or a fruit parfait made with low-fat or non-fat yogurt. For a hot dessert, bake apples and top with cinnamon.

Eating fruit provides health benefits!

People who eat more vegetables and fruits as part of an overall healthy diet are less likely to have some chronic conditions. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). **Most fruits are naturally low in fat, sodium, and calories.**

Fruit has no cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Source: www.choosemyplate.gov

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Sources: <http://www.livestrong.com>; <http://www.cnn.com>; <http://www.lifeclinic.com>

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