

ADRC NEWS

Aging & Disability Resource Center
of St. Croix County

Volume 27

Number 7

JULY 2016

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**COUNTY PRIDE,
 COUNTY WIDE...JOIN
 US AT THE FAIR!**

**SEE BACK PAGE FOR A PARTIAL
 SCHEDULE OF EVENTS**



Come visit the Senior Citizen's Building and help raise money for area Senior Centers during the St. Croix County Fair!!!
 July 20 - July 24, 2016

Bid on Silent Auction items, grab a bag of popcorn or juice. Check out the display from the Somerset Historical Society!



The Aging & Disability Resource Center office and all Senior Nutrition Sites will be CLOSED on Monday, July 4th in Observation of Independence Day.

Please join us for



Outstanding Older Adult Recognition at the St. Croix County Fair

Friday, July 22nd at 1 p.m.
 at the Croix Court

Be on alert!

By the GWAAR Legal Services Team

The end of tax season is a prime opportunity for scammers to target you. Scammers will target people who owe the IRS money and make threatening phone calls or demand information from you, like your Social Security Number. These people are NOT Social Security, IRS or government employees.

According to the Social Security Office, requests from a government agency will come in writing, and legitimate Social Security, IRS, or government employees will

NEVER: Call you to demand immediate payment; demand that you pay a debt without the ability to appeal the amount you owe; require a specific means of payment, such as requiring you to pay with a prepaid debit card; ask you for your personal information or credit or debit card numbers over the phone; or threaten you with arrest or deportation.

If you receive one of these calls and are unsure what to do, hang up immediately. Do not give out any of your personal information. You can also request a number and extension as government officials have valid telephone numbers and extensions. After verifying that the information is correct, you can call back.

Do not feel pressured to provide any information over the phone, especially if you feel uncomfortable.

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

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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 JULY 2016

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

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

Senior Potluck – Friday, July 8 from 11:45 a.m. – 1:30 p.m. “Heart Health”. Free for all participants. The Centre, 428 South Starr Ave, New Richmond, WI. Call 715-246-2252 for more information.

Wheelchair Clinics: Tuesday, July 12 from 9 a.m. – 12 p.m. The Stout Vocational Rehabilitation Institute is sponsoring Wheelchair Clinics the 2nd Tuesday of every month through the end of 2014. The clinics will be held at University of Wisconsin-Stout, Room 120 Vocational Rehabilitation Building, 221 10th Avenue East, Menomonie. SVRI technicians

will be available to diagnose potential repairs and perform routine cleaning and maintenance procedures. Appointments are not required; services are available on a first-come, first-served basis. If you have questions about the Wheelchair Clinics, please call Dan Sembach at (715) 232-4037. This is a free service sponsored by the Stout Vocational Rehabilitation Institute. If technicians find significant repair issues, they will give you an estimate of the repair costs. This is an excellent opportunity to learn more about your wheelchair, including the things that you can do to keep your chair working well!

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

Job Center – Thursday, July 21 at the Baldwin Public Library, 400 Cedar Street, Baldwin from 10 a.m. – 12 p.m. A Job Center expert come to the library to meet with anyone interested in job searching ideas, how to look

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

Book Club: Wednesday, July 27 at 11 a.m. The Woodville Community Library, 124 South Main Street, Woodville, is seeking for more people to join their Monthly Book Club.

River Falls Community Connect: Thursday, July 28 from 2 p.m. to 7 p.m. The First Congregational Church, 110 N 3rd St, River Falls, WI. Free clothing, meal, haircuts, housing and job resources and more.

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

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



Youth in Partnership with Parents for Empowerment

An opportunity for youth with disabilities and their parents to learn about the transition process in a unique way!

How Do I Register for YIPPE?

Call...
Kristina Johnson
608-745-5422

Please register by
October 7, 2016

Space is Limited!

For More Information Visit:
<http://wspei.org/families/yippe.php>

Great Wolf Lodge
1400 Great Wolf Drive
Wisconsin Dells, WI

October 28 & 29, 2016
December 2 & 3, 2016
January 20 & 21, 2017
February 17 & 18, 2017
March 17 & 18, 2017

YIPPE starts at 5:00 p.m. Friday and ends by 3:30 p.m. on Saturday.
Youth, ages 15-20, along with their parents/guardians,
must attend All five weekend sessions.

YIPPE is FREE!

YIPPE assists youth with disabilities to:

- learn how to make decisions for themselves
- get involved in their school and community
- learn about self-advocacy and self-determination
- prepare for work and/or college
- get to know other youth, make friends and have fun



YIPPE assists parents to:

- plan for their youth's future
- learn about transition topics such as: health care, employment, education, inclusion, legislation, and adult services
- learn about valuable resources
- become part of a network of parents who have youth with disabilities
- enjoy time with other parents

Registration, food, overnight stay and resources are paid for with a
DPI IDEA Discretionary Grant,
Wisconsin Statewide Parent-Educator Initiative (WSPEI)

"I cannot tell you what an impact the YIPPE conferences had on our entire family. My son has gained some wonderful friends, and we have a few families that we have become close to. It is wonderful!"

Questions contact:
Jenny Neugart
jennifer.neugart@wisconsin.gov
608-261-7528

FOR YOUR BENEFIT NEWS

Foodshare replacement card update

By the GWAAR Legal Services Team

Starting July 1, 2016, FoodShare members who report a lost or stolen QUEST card may be charged a fee for a replacement card. Each cardholder is eligible for one free replacement card each calendar year. Due to the change taking effect in the middle of the year, a fee will not be charged for the first replacement QUEST card from July 1, 2016 through December 31, 2016.

The replacement card fee is \$2.70, and it will be taken out of the member's FoodShare benefits account if the member has enough funds. If the member does not have enough funds in his or her account, the fee will be taken out when the benefits become available. Members should've received a letter explaining this change in early June.



Congratulations Baldwin! 2016 Card Tournament Winners



The Baldwin team came out strong in this year's St. Croix County Senior Card Tournament. Members Glen and Alice Boumeester are shown receiving the traveling trophy and check from ADRC Administrator Brad Beckman during the Countywide Senior Picnic on Friday, June 17. Other team members include Dennis Stoddard, Elverna Stoddard, Georgia Fern, Jeanine Durner, Lois VanSomeren, Bob Larson, Dorothy Larson, Norma Bee, and Vern Vasfaret. Congratulations!

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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



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Spotlight on Social Security

...Preparation starts with information

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

Your parents were there for you when you were born. They've been with you through the most important achievements of your life. Now it's your turn to show them that they can count on you. As your parents get older, they may need help making decisions. When you volunteer to become a representative payee, you're supporting your parents and their future.



A representative payee is someone who receives Social Security or Supplemental Security Income (SSI) payments on behalf of a person not capable of managing the funds on his or her own. As a representative payee, you would make sure your parents' basic needs are met by using the money to provide them with food, clothing, and shelter. Any leftover money goes into an interest-bearing account or savings bond for your parents' future needs. You're responsible for keeping records of expenses, and we request yearly reports to see

how you've used or saved the benefits.

Other representative payee duties include knowing your parents' needs so you can decide the best way to meet those needs with the benefits provided and telling us about any changes that may affect your parent's eligibility for benefits or the payment amount.

If your parents receive Social Security or SSI benefits and are unable to manage their finances, or you think that may be the case in the future, take the time to become familiar

with the responsibilities of a representative payee and consider becoming one.

To learn more about becoming a representative payee, you can read our publication, *A Guide for Representative Payees*, at www.socialsecurity.gov/pubs and visit the webpage, "When People Need Help Managing Their Money," at www.socialsecurity.gov/payee. Or, call us at 1-800-772-1213 (TTY 1-800-325-0778) to request an appointment.

Take the steps to ensure your parents have a safe and comfortable future. After all they've done for you over your lifetime, volunteering as a representative payee is just one way to show how much you care for and appreciate them. Social Security will always be there for you and your parents through life's journey.

AMERICAN RED CROSS TIPS FOR PREVENTING HEAT-RELATED ILLNESS



- ✓ Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- ✓ Drink water. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- ✓ Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.
- ✓ Avoid using salt tablets unless directed to do so by a physician.
- ✓ Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- ✓ Stay indoors when possible.
- ✓ Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place.
- ✓ Remember, have fun, but stay cool!

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ADRC Manager's Report

From the Desk of
Brad Beckman

God Bless
America,
Happy 4th of
July. I hope
your summer
has been
going well.



Twenty-three 6th grade students were recently recognized by the Glenwood City Senior Center for their participation in an Intergenerational Essay Contest.



Pictured above are the eight students who were recognized with certificates for their outstanding essays: (not in order of picture) Gabe Knops, Noah Brite, Justin Fransen, Elek Anderson, Eliza Voeltz, Athena Vang, Aubree Logghe, and Patijuk Eliza

Congratulations to all the students who participated in the Glenwood City Senior Center's Intergenerational Essay Contest

Here are the winning Essays:

"Camp Grandma," as my grandma Terri calls it, is a tradition my family has done every July. During "Camp Grandma" my aunts, uncles, cousins, and Grandma Rhea comes to my house. We bring our tents and campers. One day during our tents and campers. One day during the week we do something like go on a train ride or canoeing. Then on the 4th we all go swimming during the day, at night we go to Colfax to watch the fireworks then we go home and watch fireworks. Then on Sunday morning everyone has to pack up and head home. That is how "Camp Grandma" works.

One of my grandma's favorite things to do is go in the woods. When we go to the woods we walk around for hours just looking at the scenery. We usually find acorns, old bottles, and woodpeckers, and deer beds. She always tells me that Grandpa Tom bulldozed the land out back in the woods for the cows. After about three hours in the woods we go back to the house and put on our pajamas and jump on the bed till supper is done.

Walks are some of my grandma's

favorite things to do every summer. When we go on walks we on the road by Bushy Lake. We see turtle eggs, deer, birds, and cow drinking. We also down the railroad tracks and play in large culverts. We also watch trains go by. She just loves the scenery! That is why I love walks so much.

I love my grandma! I can't wait for this summer for "Camp Grandma," to out in the woods and go on walks. I am so glad I have my grandma to encourage me to do good things and be a good person. That is my amazing grandma Terri!!!"

- Eliza Voeltz

"My special older friend is my grandpa Dave. We are always going to car shows, farming, and making things out of wood. Grandpa Dave is 66 and is a retired dairy farmer. He was originally from Tomah, WI. Now it's time for grandpa and my favorite things to do.

The Glenwood City car show is one of our all-time favorites. My favorite thing to do is to look at the engines. Grandpa and I have arguments about which car is the fastest. We both have different tastes

in cars. When we're not looking at cars we are farming.

In the summer we are always doing something with hay. With the hay grandpa fees his mules and we feed out goats. We have 4 tractors, 1 cutter, 2 rakes, 1 bailer, and 4 wagons. We use the New Holland for cutting and raking and the Ford for bailing. Usually grandpa and I cut the hay. Then I rake and grandpa supervises. Finally, grandpa bails the hay and I help stack the hay. In the fall we are making things out of wood.

My grandpa is the best carver I know. This past winter he helped build our timber frame cabin. He helped us make all of the notches. In the fall I always go to grandpas. We are always making things out of wood. Including whirlgigs. Grandpa loves making them. Now here is my last few words about my grandpa Dave.

As you can see my grandpa Dave is the coolest person ever. I hope we go to a lot more Glenwood City car shows in the future. Thanks for reading about my grandpa Dave."

- Gabe Knops

We just wrapped up the annual Countywide Senior Picnic with bluegrass music and history provided by Dale Martell at the Roberts Senior Center. The ADRC was part of the Leaders Forum on Dementia Friendly St. Croix Valley. Keynote speaker was Kitty Rhodes, Secretary of Health Services for the State of Wisconsin. We learned and shared strategies for ensuring that St. Croix County is ready for Aging in Place.

It's time again to get ready for the County Fair in Glenwood City, starting Wednesday, July 20 until Sunday, July 24th. Stop by the Senior Citizens building and check out exhibits and silent auction items. Purchase some popcorn, juice or water to support the Senior Center Boards. Also, we will recognize Outstanding Senior(s) for St. Croix County who make a difference by volunteering in different capacities. The recognition ceremony will be Friday, July 22nd starting at 1 p.m. under the tent.

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.

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SUPPORT GROUPS

Caregiver Clubs -

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

New Richmond Civic Center Conference Room, Main Floor.

For those caring for someone with memory loss.

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: Music Therapy

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

Bldv., 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 the 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

Happy Fourth of July. What beautiful days we have had. We have enjoyed watching the trucks and the workers out the window in Hudson. Also have enjoyed some walks to the library and the river. Always enjoy our crafts, movies, games and all the laughter.

We are excited to move to Our New site in New Richmond. We will be moving as of June 21, to the New Richmond United Methodist Church - 209 E. 2nd Street. We are seeking volunteers for the New Richmond site if interested call Tara 715-381-4366

VOLUNTEER DRIVERS NEEDED!! We are in need of volunteers to bring participants to and from DayAway. If interested in volunteering, please call Tara at 800-372-2333.

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

If you would like to provide a scholarship for someone to try the adult day program, please send your donations to ADRC – DayAway, 1752 Dorset Lane, New Richmond, WI 54017. Each day is worth \$45. DayAway also receives United Way funding. Or if you wish to donate craft supplies, small door prizes, or want to become a volunteer, contact Tara at 715-381-4366 or 1-800-372-2333.

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

Mondays – Crossing Point Building, 220 Vine Street, Hudson

Tuesdays – United Methodist Church, 209 E 2nd St, New Richmond

Thursdays – Crossing Point Building, 220 Vine Street, Hudson



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CAREGIVER SUPPORT

Submitted By Tara Murdzek, Caregiver Support Coordinator

Caregiving Basics

When you first learn that a loved one needs help it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all of their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started.

Learn about the person's illness, disease or condition. Understanding the nature of the disease, its symptoms and what to expect, is helpful in caring for the person. Talk to a health care provider, research the internet or read books or pamphlets to help you understand what the person is dealing with and specific ways you can help.

Determine areas of need. Write down the specific needs such as housecleaning, grocery shopping, meals, help with bathing, and transportation to medical appointments. Then discuss possible ways to meet these needs with friends, family members and the person's health care provider.

Research community resources. Contact the Caregiver Support Coordinator @ 715-381-4366 for local resources and services. Explore options like home delivered meals, in-home supportive care services, Lifeline, transportation services and adult day care. Contact organizations specific to the disease such as the Alzheimer's Association or the Stroke Foundation. Keep the information you gather in a file for use later on.

Plan for immediate care. Find out the persons wishes for immediate and long term care. Adapt the environment by doing a home

safety check as well as purchasing items for any special needs such as a walker, commode, wheelchair or other adaptive equipment. Find a way to log the person's health such as eating patterns, symptoms, and medications.

Enlist the help of others. Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running errands or providing a meal. Include an alternate emergency plan in case you are unable to carry out your duties.

Organize important information. Write down pertinent medical information including doctors' names and phone numbers, insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also include copies of social security, driver's license and insurance cards of the person being cared for.

Plan for the future. Get information about the long term prognosis in order to make appropriate plans. Assess the financial situation and contact a financial advisor who is familiar with caregiving issues if necessary. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.

Take care of yourself, too. Find support through a friend, counselor or support group. Talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and keep doing some activities or hobbies that

Caregiver Support...continued on page 14

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.	Mary Park 401 North Green 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.
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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

DEMENTIA CARE

Submitted by: Nancy Abrahamson, Dementia Care Specialist

Progress in developing dementia friendly communities

On Thursday, June 9, the St Croix Valley Foundation and an advisory group held a Leader's Forum for members of the community in St Croix County and in the St Croix River Valley. It was a very big success with over 80 people attending. The agenda was dynamic and inspirational. Before the morning finished 50 people had signed up to become involved in the coalition to further Dementia Friendly Communities.

The morning long session opened with a performance of the play on dementia titled: *Steering Into The Skid*. It was performed by Denise Baker and Jim Pounds. Following the play there was time to reflect on what it meant in terms of metaphors and personal reactions. The current Secretary of Health and Human Services, Kitty Rhoades, shared how the Wisconsin initiative came to be a work of those who lived and worked with dementia every day that influenced who the issues could be addressed without numerous mandates and laws. She emphasized the program that has been made since 2013. Sharlene Bellefeuille, Community Outreach, Greater Wisconsin Alzheimer's. It is a terminal disease without a cure. Research dollars to find a cause and cure have increased over the past 15 years and another bill is in Congress waiting for final approval. However, the amount of money is minimal compared to what we assign for cancer research. She encouraged participants to help spread the word that we all can advocate for increasing the budget for research by contacting our legislators. Dr. Kristin Severson, Geriatrician for Hudson Healthpartners Hospital and Clinic, talked about the importance of understanding the disease from a medical perspective. Doctors need to help those with concerns about

Dementia Care...continued on page 17

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● SENIOR CENTER NEWS ●

Baldwin Senior Center



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



Activities:

- July 4 – CLOSED for Independence Day
- July 7 – Senior Center Board meeting at 10:30 a.m.
- July 14 – Blood Pressure checks at 10:30 a.m.
- July 14 – St. Paul Saints game
- July 25 – Live Music by Dale Martell Entertainment at 11 a.m.
- July 26 – Basic Health presentation by Judy, Alzheimer’s Association
- 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:

- July 1 – Micky Place
- July 4 – Norma Klanderma
- July 10 – Marjory Vomhof
- July 12 – Ann Rudesill
- July 12 – Phil Parks
- July 14 – Myrna Elton
- July 30 – Claire Stein
- July 30 – Muriel Ruppert

The Baldwin Senior Center would like to thank the following:

- ☺ John Fitzgerald for bringing in fresh rhubarb
- ☺ Jill Tiffany for bringing in fresh flowers and produce.
- ☺ Martha Mabis for another fun morning of making an herb garden and the benefits of using fresh herbs.
- ☺ John Terkelson for the lively and fun entertainment.
- ☺ Rudy Rudesill for the jazzy and fun entertainment.
- ☺ All the volunteers for helping decorate our trailer, throwing candy and the great day of being in the June Bug Day Parade.
- ☺ Tom Ramberg for being our chauffeur for the June Bug Day Parade

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

Baldwin Senior Cener...continues on page 13

Deer Park Senior Center



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



Activities:

- July 4 – CLOSED for the Holiday
- July 13 – Senior Center Board meeting
- July 23 – Deer Park day at the County Fair
- 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:

- July 12 – Bob Kobs
- July 17 – Evelyn Waidelich
- July 24 – Dave Anderson
- July 24 – Carolyn Weisenburger

Many thanks to Sarah from UW Extension helping us over 4 weeks learning how to make easy, healthy meals. They were very interesting and fun.

Again I did some research on the flower and birthstone for July. The flower is the larkspur. The purple one if it is your favorite signifies a sweet disposition. The birthstone is the Ruby, which is supposed to be the most valuable gemstone, also known as the king of gemstones. It signifies love, health and wisdom. It is believed if you are wearing ruby good things will come to you. The best to you if you are a July baby.

We honored the flag on the 14th and our Fathers on the 16th. We also designated the day Hat Day as Dad always wore a hat.

June was also Dairy Month and that was remembered on the 23rd by serving cheese curds, a favorite of us all. Thanks to Char Croes for them.

While thanks is on my mind, our Senior Center Board deserves thanks every day for all their help and many ideas for us to make our Senior Center a great place to have fun, good food and make new friends. I also need to mention their generosity when it comes to special days and events. You are appreciated as well as everyone that helps us in any way.

We wish our driver Mike and his family a wonderful and safe vacation.

We wish everyone a safe and fun filled holiday. Come out and see us at the County Fair July 20th to 24th.

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

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● 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:

- July 4 – CLOSED for 4th of July
- July 9 – Outing to Maiden Rock Winery and the Pickle Factory for lunch
- July 11 – Blood pressure/blood sugar check with Char and Kevin at 11a.m
- July 13 – Senior Center Board meeting
 – Cedar Lake Pontoon Ride
- July 25 – Foot care with Brenda Cogbill, appointment available by calling 715.265.7242
- July 30 – Bella Vinez for dinner
- Daily: The Cloudy Boy’s Coffee Group at 8 a.m.
 : Sunshine Girl’s Coffee Group at 9 a.m.
 : Bingo at 10 a.m. (\$.10/game and a total of 15 games played)

Birthdays:

- July 1 – Linda Zevenbergen
- July 8 – Norm Hagen
- July 10 – Karen Marlette
- July 24 – Sherman Hvinden
- July 27 – Sylvia Bonte

It’s St. Croix County Fair Time! It’s a great time for everyone to come on out to Glenwood City and visit the County Fair. We are really excited this year for the silent auction, be sure to stop by the Senior Citizen building to bid on one of our fabulous baskets, we expect them to be over the top this year including offers for: several St. Croix County Golf Courses, Mall of America, massages, a facial, a fitness center, Saints tickets and many more!

Our flowers are looking great once again! Thank you Pam Keil for all your hard work and donating so much of your time here at the center making it look so nice for everyone around town to enjoy.

The Glenwood City Senior Center would like to thank the following:

- ☺ Those who bring in treats and coffee.
- ☺ Peg Hoitomt for bringing in flavored coffee, it was certainly a surprise for our coffee drinkers!
- ☺ Thank you to Velma Crosby for the Holiday M&M’s they were great!
- ☺ Thank you to Linda Meyer for selling your jewelry – the Senior Center can always benefit from fundraising – is very thoughtful we greatly appreciate it

Thank you to Glenwood’s 5th graders who took part in our “Favorite Older Friend” Essay Contest. As always it was hard to narrow down the winners! The winners were...For the boys: First place – Gabe Knops, second – Noah Brite, and tied for third - Justin Fransen and Elek Anderson. For the Girls: First place – Eliza Voeltz, second – Athena Vang, and tied for third – Aubree Logghe and Patiuk Eliza. Congratulations!

We also want to thank Rudy Rudesill for coming out and singing for us once again for “Dairy Days”- We love your music!

June was an awesome month for field trips; we were able to squeeze 4 in! We went to The Grain Bin in Boyceville and enjoyed some home baked goodies and then went to Seasons Harvest Greenhouse had a little tour and purchased some greens for our yards – We had a wonderful day!

Next we headed to Stillwater to tour the St. Croix Crossing Bridge. What a project that is! Then we enjoyed dinner at Rusty’s Waterin Hole at the 4 corners. Our next trip was to the Countywide Senior Picnic in Roberts. We loved the music – we would love to have him at our place one day! The last trip of the month was to Dallas to Valkyrie Brewery. They gave us a free tour of their place and free samples – what more could we ask for?! We stayed in Dallas and had a fantastic lunch at Clickers.

July will be another busy month we have 3 trips planned so far – most of the time they fill up the day they are planned so....I would suggest coming to the center early and often to socialize in the mornings that is your best

Glenwood City Senior Center...continues on page 13



Hudson Senior Center

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



Activities:

- July 1 – 4th of July picnic
- July 4 – CLOSED for 4th of July
- July 14 – Hand and Foot card game at 9 a.m.
 – Piano playing by Kathryn Long
 – Foot care with Dave
- July 21 – Blood Pressure with DeeAnn from 9:30 a.m. – 11 a.m.
- July 22 – Boat Ride and lunch out
- July 28 – 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.
- Thursdays - Shopping after lunch (call 24 hours ahead to reserve ride)
- Fridays - Men’s Coffee Group meeting at 8 a.m.
 – Piano music with Judy
- Daily - Bingo at 9:30 a.m. (except Tuesdays – 10 a.m.)

Birthdays:

- July 1 – Betty Hart
- July 1 – Holly Duerre
- July 2 – Betty Wilson
- July 4 – Robert Plahn
- July 5 – Tony Markowski
- July 13 – Carla Garrett
- July 16 – Sigrid Culver
- July 17 – Delores Dickman
- July 18 – Mary Baker
- July 21 – Jay Sperry
- July 22 – Doris Garbe
- July 22 – Erlin Muessmeier
- July 23 – Robert Bergman
- July 25 – Alberta Dille
- July 25 – Mary Mackery
- July 26 – Teri Graham

Happy Independence Day!

On July 22 we will be going a pontoon excursion on the St Croix River and after will have lunch at Not Just a Café in Bayport. We will be leaving the Hudson Senior Center at 9 a.m. If you are interested in joining us, please call Melissa 715-386-8709 or you can come by the Senior Center. Space is limited to 10 people so don’t wait to sign up.

The Hudson Senior Center has some exciting news - we now have a AED in our Center! Thank you tp the Senior Center Board for all your hard work and dedication. We will be doing a training on how to use the AED coming up soon and will keep you posted. If you’re interested in the training, please call us at 715-386-8709.

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 9am-1pm. All seniors 60+ can dine for a requested donation of \$4.00. If you are under 60 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 July 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.

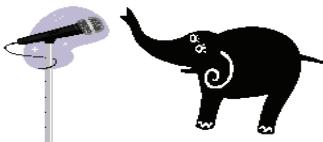
Monday	Tuesday	Wednesday	Thursday	Friday (On-Site Dining Only)
<p>Suggested Donation: \$4.00 per meal Please pay as much as you can afford, as we rely on donations from participants to keep the program going.</p>		 What did the one bee say to the other bee in summertime? <i>Swarm here isn't it??</i>	1 4 th of July Picnic	
4 CLOSED 	5 Roast Pork Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	6 Roast Beef, Au Jus Baked Potatoes Mashed Rutabaga Tossed Salad Apple Pie	7 Baked Chicken Mashed Potatoes Dressing, Vegetable Coleslaw Chef's Dessert	8 Baked Cod New Potatoes Broccoli Tossed Salad Chef's Dessert
11 Chopped Sirloin American Fries Grilled Onion Coleslaw Chef's Dessert	12 Fried Chicken Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	13 Baked Ham Au Gratin Potatoes Whole Green Beans/Tom Cottage Cheese/Pineapple Chef's Dessert	14 Braised Spare Ribs Caraway Potatoes Sauerkraut Cottage Cheese Chef's Dessert	15 Fish Fry Tater Barrels Tossed Salad Broccoli Spear Chef's Dessert
18 Salisbury Steak Mashed Potatoes Buttered Carrots Tossed Salad Chef's Dessert	19 Chicken ala King Rice Pilaf Tossed Salad Chef's Dessert	20 Swedish Meatballs Mashed Potatoes Rutabagas Fresh Fruit Chef's Dessert	21 Chopped Sirloin Grilled Onion Baked Potato Mixed Greens Chef's Dessert	22 Boat Ride & Lunch Out
25 Roast Chicken Mashed Potatoes Kernel Corn Coleslaw Chef's Dessert	26 Baked Ham, Pineapple Au Gratin Potatoes Peas w/ mushrooms Tossed Salad Chef's Dessert	27 Roast Beef, Au Jus Baked Potato Mashed Rutabaga Tossed Salad Chef's Dessert	28 Chicken Subgum White Rice Crisp Noodles Tossed Salad Chef's Dessert	29 Macaroni & Cheese Vegetable Tomato & Bacon Tossed Salad Garlic Toast Chef's Dessert

River Falls Nutrition Program June 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
<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>		 <i>Harry Elephante</i>	What is the most famous male singing elephant?	1 Lemon Baked Cod Scalloped Potatoes Green Beans Pears Dinner Roll Dessert
4 CLOSED 	5 Creamy Chicken Alfredo Noodles Squash Melon Cup Bread Slice Dessert	6 Sweet & Sour Chicken Fried Rice Oriental Blend Vegetable Chef's Choice Fruit Dinner Roll Dessert	7 Beef Stir Fry Fried Rice Oriental Blend Vegetables Pineapple Orange Cup Dessert	8 Oven Fried Chicken Paprika Roasted Potatoes Green Beans Pears Breadstick Dessert
11 Roast Turkey Mashed Potatoes & Gravy Broccoli Apricots Dinner Roll Dessert	12 Western Beef Bake Wax Beans Peaches Dinner Roll Dessert	13 Beef Stroganoff Buttered Noodles California Blend Vegetable Apricot Halves Bread Slice Dessert	14 Cream Chipped Beef Mashed Potatoes Monte Carlo Blend Veg. Pears Bread Slice Dessert	15 Spaghetti & Meatballs Island Blend Vegetable Chef's Choice Fruit Breadstick Dessert
18 Crmy Mush. Chicken Rice Pilaf Side Salad Banana Half Bread Slice Dessert	19 BBQ Chicken Breast Baked Potato Coleslaw Chef's Choice Fruit Bread Slice Dessert	20 Sliced Beef Roast Mashed Potatoes & Gravy Glazed Carrots Garlic Cheddar Biscuit Cherry Delight	21 Oven Fried Chicken Mashed Potatoes & Gravy Squash Garlic Toast Pineapple Orange Dream	22 Crispy Shrimp Baked Potato Green Beans Fresh Fruit Cup Dinner Roll Dessert
25 Chicken Cordon Bleu Mashed Potatoes & Gravy Pickled Beets Peaches Bread Slice Dessert	26 Glazed Pork Loin Baked Potato Baby Carrots Chef's Choice Fruit Dinner Roll Dessert	27 Open Face Turkey Mashed Potatoes & Gravy Tomato Onion Salad Fresh Fruit Cup Bread Slice Dessert	28 Teriyaki Grilled Chicken Buttered Noodles Stir Fry Vegetables Pineapple Chunks Dessert	22 Tuna Herbed Pita Pocket Potato Salad Coleslaw Fresh Fruit Dessert

St. Croix County Area Nutrition Program July 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
<p>4</p> <p>*CLOSED FOR INDEPENDENCE DAY*</p>	<p>5</p> <p>Chicken Parmigiana over Pasta Green Beans French Bread Fruit Cup</p>	<p>6</p> <p>Rosemary Pork Roast Mashed Potatoes and Gravy Diced Beets Bread and Butter Baked Apples</p>	<p>7</p> <p>Beef Spanish Rice Mixed Vegetables Bread and Butter Cook's Choice Cake</p>
<p>11</p> <p>Ham and Scalloped Potatoes Asparagus Bread and Butter Dessert Bar</p>	<p>12</p> <p>Chef Salad Ham, fresh vegetables, hard-boiled egg, cheese and dressing on a bed of crisp greens Bread Stick Fruit Crisp</p>	<p>13</p> <p>Potato Crusted Cod Hashbrown Casserole Peas and Pearl Onions Bread and Butter Fresh Fruit</p>	<p>14</p> <p>Ranch Baked Chicken Whipped Sweet Potatoes Buttered Corn Bread and Butter Peaches and Pears</p>
<p>18</p> <p>Kielbasa and Sauerkraut Boiled Potatoes Cheesy Vegetable Medley Bread and Butter Chilled Apricots</p>	<p>19</p> <p>Ham and Cheese Sandwich Cook's Choice Soup Pie</p>	<p>20</p> <p>Barbeque Chicken Baked Beans Coleslaw Bread and Butter Jell-O Dessert</p>	<p>21</p> <p>Cook's Choice Menu</p>
<p>25</p> <p>Stuffed Shells with Meat Sauce Sautéed Spinach Garlic Bread Cookie</p>	<p>26</p> <p>Lemon Pepper Baked Fish Wild Rice and Carrots Strawberry Romaine Salad Bread and Butter Ice Cream</p>	<p>27</p> <p>Oven Baked Pork Chops Baked Potato with Sour Cream Cabbage Au Gratin Bread and Butter Pineapple</p>	<p>28</p> <p>Brunch for Lunch Breakfast Potatoes Toasted Bread Fresh 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.



What do you get when you cross a dinosaur with fireworks?

DINO-MITE!!

Water: An essential nutrient

Submitted by Brandy Zeuli, Outreach Coordinator

Dehydration in seniors can be a serious and potentially dangerous situation. Water is important at any age, but it becomes imperative to keep our water intake high as we get older.

You may have noticed people of a certain age are dry. The lush, thick hair and plump skin of youth is a thing of the past. Skin, hair, nails and mouths succumb to the aging process.

Why is dehydration so prevalent in seniors? One of the many things that change as we grow old is our perception of thirst. We actually start to lose the ability to differentiate between thirst and hunger. The elderly might begin to accept the dryness they are living with as normal. They may take in a few ounces of water, but actually need more to combat the lack of fluids.

There is also the possibility of the symptoms of dehydration being misdiagnosed as something else. Possible side effects of too little water include anxiety, irritability, depression, insomnia, and issues with concentration. Obviously, these could also be the symptoms of many other afflictions. Very severe dehydration could even cause kidney and heart problems.

The good news is that this, to a certain degree, can be reversed. Simply start drinking more water. It's difficult to know exactly how much water we need, but aim for 6-8 eight-ounce glasses a day. If you have kidney or heart problems, consult a physician before increasing your water intake.



Having trouble trying to drink more? Try filling a bottle with your daily amount of water and keep it with you or nearby and sip from it throughout the day. Fill 8 glasses with water and keep them on your kitchen counter. It's easier to remember if they are right under your nose.

If you are an active senior and exercise regularly, you need to be even more diligent in your intake of water. Replace what you lose and keep an eye on your urine. The darker the urine, the more

concentrated it is and therefore in need of more water. Well-hydrated people have light-colored urine.

It is obvious that dehydration in seniors is a potentially dangerous situation that can cause many uncomfortable and sometimes serious side effects. Drink more water to alleviate the problems associated with chronic dehydration.

Sources: www.todayssr.com

● 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:

July 4 – CLOSED for 4th of July
July 5 – Dress in Red, White and Blue! Root Beer Floats will be served!
July 5 – Shopping after lunch – call 24 hours in advance to reserve a ride
July 10 – Fun Fest Day Parade in New Richmond
July 12 – Senior Center Board meeting
July 13 – Pontoon Ride at Cedar Lake from 1 p.m. – 5 p.m.
July 19 – Bingo sponsored by Our House at 11 a.m.
– Shopping after lunch – call 24 hours in advance to reserve a ride
July 22 – St. Croix County Fair trip at 9:30 a.m. – call to reserve a ride
Daily: Bingo at 10:30 a.m.
: Cards at 12 p.m.

Birthdays:

July 5 – Herb Behl
July 5 – Karen Phillips
July 21 – Kent Leaf
July 29 – Patrick Donahue
July 30 – Jim Storrer
July 30 – Donna Zacharias
July 31 – Wanda Vielleuz

Happy 4th of July to all! Hope everyone has a great day celebrating with family and friends!

Our Senior Center will be moving to the lower level in the New Richmond Civic Center at the end of the summer! We have been packing up our stuff in preparation of the move, so pardon the clutter. Notices will be sent out with the home-delivered meal participants with the new phone number to the Center prior to our moving. We are looking forward to making this our new “home” and as always, everyone is welcome! Along with this change, starting July 5th, we are changing the times of bingo and cards (see above) as well as our Lunch time. **Lunch will now be served at 11:30 am.** Thank you all for all your help during this transition!

We are in need of people to serve on the Senior Center Board. This is a very important part of our Senior Center. We are also in need of volunteers. If you are interested in either, please give us a call.

The New Richmond Senior Center is open Monday –Thursdays from 9 a.m. – 2 p.m. Meals will be served at 11:30 a.m. All seniors 60+ can dine 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 Thursday before noon to reserve your meal for Monday. Transportation is available upon request for a small fee. Our number is 715-243-7493. Home delivered meals are also available by calling Brandy at 715-381-4364. All are welcome to join us, we love seeing new faces. Looking forward to seeing you here for **Good Food, Good Friends, Good Times!**

*Liberty without learning is always in peril and
learning without liberty is always in vain.*

John F. Kennedy



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:

July 4 – CLOSED for Holiday
July 8 – Foot Care; Cost \$20 – call for appt.
July 11 – Executive meeting at 9:45 a.m. *Note date change
July 14 – Senior Picnic at the Moose Lodge
July 22 – Foot Care; Cost \$20 – call for appt.
July 26 – 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:

July 2 – Dorie Hoffman
July 5 – Grace Swenson
July 5 – Darlene Hanley
July 12 – Bob Jeffrey
July 15 – Bernice Deiss

Our General Meeting and bingo has been cancelled for the summer months of June, July, and August. We will resume again in September.

The Senior picnic will be held at the Moose Lodge – 620 Clark St, River Falls. There will be entertainment, food, Bingo and Euchre. There is no charge and everyone is welcome. Please come and bring all your senior friends.

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

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:

July 13 – Bingo sponsored by Our House Senior Living
July 13 – Foot Care
July 18 – Blood Pressure Check with Kathy
July 27 – Bingo sponsored by Our House Senior Living
Mondays – Mexican Train Dominoes at 10 a.m.
Wednesdays – Cards at 10 a.m.

Birthdays:

July 19 – Nancy Waughtal

Hello Everyone. June certainly did speed by. Everyone was busy with graduations and gardening it seemed.

We are so happy to have Nancy W. and Mike D. back with us. They both were missed greatly.

We are now playing Bingo every second Wednesday of the month. This is

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:

- July 1 – Dining Out
- July 4 – CLOSED for 4th of July
- July 5 – Shopping in New Richmond
- July 12 – Senior Center Board Meeting at 9 a.m.
 - Blood Pressure
 - Birthday Celebrations
 - Shopping in Somerset
- July 13 – Pontoon Ride on Cedar Lake
- July 15 – Luna Rossa Cave Tour and Lunch
- July 19 – Shopping in New Richmond
- July 26 – Shopping in Somerset
- Wednesdays – Cards from 9 a.m.

Birthdays:

- July 5 – Mary Ann Meinke
- July 11 – Mert Geenen
- July 13 – Marilyn Wegge
- July 28 – Benet Winberg

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.

BADLWIN SR CENTER...

continued from page 8

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.

GC SR CENTER...

continued from page 9

chance to hear about our fun trips and have a chance to get on the bus. 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. See page 5 for our essay contest winners.



Did you hear the one about the Liberty Bell?

Yeah, it cracked me up!



Woodville Senior Center

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



Activities:

- July 4 – CLOSED for 4th of July
- July 7 – Center Board meeting at 9 a.m.
- July 12 – Kidsview Bingo at 11 a.m.
 - Foot Care with Dave Morrison, RN – call 715-781-3947 for appointment
- July 13 – Pontoon Ride
- July 18 – Mexican Train (Dominoes) at 9:30 a.m. Come join us!
- July 19 – Kidsview Bingo at 11 a.m.
- July 20 – Senior Commodities pick-up 11:30 a.m. - 11:55 a.m.
- July 20 – 24 – St. Croix County Fair in Glenwood City
 - **Visit the Silent Auction in the Senior Citizens Building
- July 12 – Free Blood Pressure Check at 9:30 a.m.
 - Foot Care with Dave Morrison, RN – call 715-781-3947 for appointment
- Tuesdays: Bingo at 10 a.m.
- Thursdays: Bingo at 10 a.m.

Birthdays

- July 12 – Richard Marcott
- July 13 – Mary Kildahl
- July 14 – Lucille Gedatus
- July 23 – Gloria Bunnell
- July 28 – David Freiberg

Hi, I'm Jill Huftel and I am delighted to join the staff at the Woodville Senior Center and along with them, serve the seniors in our community. For the last 8 years I have worked at American Heritage Care Center in Hammond as the Business Office and Activities Assistant. Coming to the Woodville Senior Center I feel I can continue doing what I love—office responsibilities and hands-on participation with the Center's active members.

My husband, Terry, and I moved to Woodville in 1987 to raise our three children in this small town community... a decision that turned out well for us as our kids all remain within the area where they are now raising their children. We are blessed to have 5 grandchildren who we can regularly spend time with. I find pleasure in running and biking; my favorite route being Woodville's Wildwood Trail. We are active in our church and much enjoy family activities.

Please visit us at the Senior Center. You can join us for a delicious noon meal by calling 698-2152 a day in advance, or feel free to stop by for a cup of coffee and learn more about our activities. We would love to get to know you!

BEAT THE HEAT! 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!



+



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FUN

8th Annual Countywide Senior Picnic

115 picnic-goers, volunteers and staff of the ADRC were present at the eighth Annual Senior Picnic on June 17th at the Roberts Park Building. The picnic menu sponsored by the Senior Nutrition Program and catered by Ruth Hurtgen included barbecues, potato salad, fresh fruit, and brownies. The 2016 Card Tournament champion team, Baldwin was awarded its trophy and prize money award. The day was made complete with blue grass by Dale Martell from Somerset.

Photos courtesy of Sandy Brecht Photography



Photo submitted



Freedom is one of the deepest and noblest aspirations of the human spirit.
~Ronald Reagan

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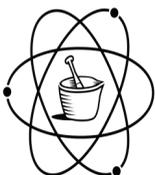
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SATURDAY: 8 A.M. TO 4 P.M. SUNDAY 9 A.M. TO 12 NOON

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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.

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.

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.

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

ADRC NEWS
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.

Drink Your Water!

Things you should remember about drinking water:

- 75% of Americans are chronically dehydrated! In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger! Even MILD dehydration will slow down one's metabolism as much as 3%!
- One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in the University of Washington study!
- Lack of water, the #1 trigger of daytime fatigue! Preliminary research indicates that 8 - 10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers!
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page!
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer!

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

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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



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

DEMENTIA CARE...

continued from page 7

their memory and cognitive function to go through testing that identifies and treats anything that can be treated; but also identifies when there is a type of dementia in progress so individuals and caregivers can plan their lives, get their affairs in order, and then pursue activities that are meaningful and engaging. Nancy Abrahamson raised awareness about where St Croix County is in becoming dementia friendly. To date over 50 businesses have been trained, ADRC staff have been trained and many Health and Human Services staff have received training. The Department of Public Health in the county has trained their staff. Outreach to faith communities through the ministerium, adult education, and friendly visitors or caregiver groups has been made nearly all communities. We are working to establish a dementia assessment clinic in the area.

Following the presentations participants convened to the River Room for two sets of roundtable discussions to share ideas about what we can do for various sectors of the community (i.e. schools, churches,

emergency services, healthcare providers, training businesses, civic groups, and other sectors). Then people regrouped by community such as Baldwin-Woodville, River Falls, New Richmond, Roberts, Hudson, Somerset, and continued the discussion about what we need to do in each of our own communities. Finally people were called to action. Anyone interested in participating in the creating of coalitions that would be sector specific was invited to sign on. It was evident that most people were providing their contact information to help change how we think about and act toward those with Alzheimer's or a related disease. The room was

electric with energy. So now we move forward creating workgroups and making those greater changes to our world so that all who are members can live productive lives in a way that can continue for many lifetimes. This is the dream those of us who have had one or more loved ones with dementia and we are working to make it reality. We have accomplished a lot since the grant started in September, 2014. If you are interested in participating in the movement and have a special area of interest please give me a call at 715-381-4411 or 715-338-4752. Or email me at nancy.abrahamson@co.saint-croix.wi.us. And if you know of someone ask them to contact me as well.

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How to remember it.

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*O beautiful for spacious
skies, For amber waves
of grain;
For purple mountain
majesties Above the
fruited plain!
America! America! God
shed His grace on thee,
And crown thy good with
brotherhood,
From sea to shining sea.*

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JOIN US....



Senior Cedar Lake

Pontoon Ride

Sponsored by Star Prairie Fish and Game, Star Prairie Trout Farm and Community Education

Date: Wed, July 13th
(Raindate: Thur, July 14h)

Time: 1:00pm - 5:00pm

Place: Meet at the River Island Park in downtown Star Prairie (at the pavilion)

Cost: FREE! (Registration Is Required!)

Come meet at the River Island Park in Star Prairie (at the pavilion on the river) and you'll be shuttled to Cedar Lake to take a ride around on a pontoon boat, then you'll be shuttled back to River Island Park for a feast of trout, brats, and live entertainment.

Be one of the first 100 people to register by calling 243-7494. We fill up fast!



Register Online @ <http://www.newrichmond.k12.wi.us/>

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.		
¼ cup brown sugar			
¼ cup butter			
6 oz of chocolate chips			

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.

July Anniversaries

6 years

John Dean, New Richmond Driver

12 years

Nancy Abrahamson, ADRC Dementia Care Specialist

24 years

Sharon Fregine, Woodville Nutrition Program Cook

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

Baldwin Care Center, Inc. Campus Includes:



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- Transportation services

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



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Sustainable Communities**

WEST CAP COMMUNITY NEEDS ASSESMENT

Barron, Chippewa, Dunn, Pepin, Pierce, Polk, and St. Croix county residents are being asked to participate in this year's West CAP Community Needs Assessment. We are asking you to provide input on various topics including housing, transportation, health, employment, education, etc.

The results will be used to gain a better understanding of community needs and improve programming across West CAP's 7 county service area. Your participation should take about 10 minutes.

The survey is available at:

https://uwstout.qualtrics.com/SE/?SID=SV_8wcJPUUnNDu36H5j

Thank you for helping us with this important project!

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/safemeddrop for program information.

COMMUNITY CALENDAR...

...continued from page 2

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.

Town Celebrations:

Fun Fest – New Richmond

July 7 – 10, 2016 – A weekend full of events and activities

to entertain residents and visitors alike: Carnival, family entertainment, food stands, beer tent, street dance, athletic tournaments, Grand parade and more! Visit <http://www.newrichmondchamber.com/pages/2016FunFest/> for more details.

Pea Soup Days - Somerset

July 7 – 11, 2016 – Friday night parade, 10K/2M/Kid’s Fun Run, Free Children’s Activities, Street Dances and Live Music, various sports tournaments and fireworks. Visit <http://tourism.rfchamber.com/events/details/river-falls-days-2016-07-09-2016-8314> for more details.

“Use It or Lose It” ANSWERS:

- | | |
|-------------------|--------------------------|
| 1. Toolbox | 6. Backgammon |
| 2. Up to no good | 7. Monthly Bills |
| 3. Feedback | 8. Long time no see |
| 4. Scrambled eggs | 9. Tourists (two wrists) |
| 5. Thundercloud | 10. Four part harmony |

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PARK PLACE NORTH
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County Pride, County Wide

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Fairgrounds
210 Fair Grounds Road
Glenwood City, WI 54013**

...below is a partial listing of events

Wednesday July 20th

- 10:45 a.m. *Flag Raising
- 6:00 p.m. Junior Dog Show

Thursday July 21st

- 6:30 p.m. Horse Pull – Tiffany Creek Event Area
- 7:00 p.m. *Coronation Fairest of the Fair
- 7:30 p.m. * Live Entertainment

Friday July 22nd

- 12:00 p.m. *Dance Explosion
- 1:00 p.m. *Outstanding Older Adult Award**
- 1:00 p.m. Dress a Species Contest
- 1:30 p.m. Kiddie Tractor Pull
- 2:00 p.m. * Dance Explosion
- 3:00 p.m. *4-H Show Choir
- 4:00 p.m. *4-H Style Review
- 6:30 p.m. Tractor & Truck Pull – Tiffany Creek Event Area

**signifies at or near Croix Court Tent*



Saturday July 23rd

- 8:00 a.m. Junior Fair Drill Team - Outdoor Horse Arena
- 10:00 a.m. Open Class Draft Horse - Outdoor Horse Arena
- 11:00 a.m. *Entertainment
- 12:30 p.m. Entertainment – Outdoor Horse Arena
- 1:30 p.m. *Entertainment
- 2:30 p.m. *Entertainment
- 3:00 p.m. *Entertainment
- 4:00 p.m. Draft Horse Hitch Show - Outdoor Horse Arena
- 4:00 p.m. *4-H Show Choir
- 6:00 p.m. 4x4 Mud Races – Tiffany Creek Events
- 6:00 p.m. *Entertainment
- 6:30 p.m. 4-H/FFA Meat Animal Auction – Judging Arena
- 7:00 p.m. *Entertainment
- 7:30 p.m. 4 Man Team Penning
- 8:15 p.m. *The Memories
- 10:00 p.m. *Entertainment

Sunday July 24th

- 9:00 a.m. *Church Service
- 10:30 a.m. *Living Memorial Award
- 10:45 a.m. * Ole & Elmer
- 11:00 a.m. Mud Volleyball
- 12:00 p.m. *4-H Show Choir
- 1:00 a.m. *Local Talent Show
- 3:00 p.m. * Friends of the Fairgrounds Raffle Drawing

Visit the Senior Building for popcorn, juice, exhibits and silent auction.

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1 or 2 Bedroom Apartments
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For information or an application contact
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