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# Older Americans Act reauthorized

*Submitted by the GWAAR Legal Services Team*

On April 19, 2016, President Obama signed the Older Americans Act (OAA) Reauthorization Act of 2016. Last July, the President called on Congress to reauthorize the Act, which was reauthorized in 2006, but expired at the end of the 2011 Fiscal Year. The reauthorization is welcomed by older Americans, families of older adults, and the national aging network. The Elder Benefit Specialist program is partially funded by the OAA. A special thanks to all of the advocates who worked tirelessly to get the Act reauthorized.

The OAA was signed into law by President Lyndon B. Johnson in 1965. The OAA aims to preserve older Americans' right to live independently.

Further, the Act strives to help older adults age with dignity and maintain autonomy.

For the last 50 years, the Act has supported a network of aging services. The goal of these services is to help older adults remain in their communities as long as possible. The services provided include home-delivered and congregate meals, caregiver support, preventative health services, legal services, transportation, job training,

and elder abuse prevention. Generally, services are intended to serve those who are 60 or older. However, the services often focus on serving those with the greatest social or economic need. The Act also supports families by offering services to caregivers.

*For more information, visit [http://www.aoa.gov/AoA\\_Programs/OAA/Index.aspx](http://www.aoa.gov/AoA_Programs/OAA/Index.aspx), <http://acl.gov>, and <http://www.ncpssm.org/PublicPolicy/OlderAmericans/Documents/ArticleID/1171/Older-Americans-Act>.*

## St. Croix County Health & Human Services 2017 Open Budget Hearing Notice

Dear Citizens/Care Providers:

An open public hearing will be scheduled for Tuesday, June 14<sup>th</sup> at 6 p.m. at St. Croix County Government Center – at 1101 Carmichael Road, Hudson, WI 54016.

We would like to invite you to attend this meeting to provide input on the 2017 budget. We value your input and wish to hear your comments and suggestions about our programs as we begin our budget process.

We would like you to make your comments or suggestions in one of three ways:

- \* Send a letter by Friday, June 10 to St. Croix County Health and Human Services, Attn: Fred Johnson, Health and Human Services Director, 1752 Dorset Lane, New Richmond, WI 54017
- \* By email to [colleen.linder@co.saint-croix.wi.us](mailto:colleen.linder@co.saint-croix.wi.us)
- \* Attend the public hearing

We look forward to receiving your input.

# BLUE GRASS PICNIC

**We're having a PICNIC  
 and we would love for you to come.  
 Bluegrass music & history by Dale Martell.**

**Friday, June 17  
 11 a.m. – 1 p.m.**

**Roberts Senior Center  
 312 N Park St  
 Roberts, WI 54023**

**Free will donation at the door  
 Call your local Senior Center for transportation.**

Sponsored by the ADRC of St. Croix County  
 and the Senior Center Board Coalition of St. Croix County.

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

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

# AGING & DISABILITY RESOURCE CENTER OF ST. CROIX COUNTY

1752 Dorset Lane • New Richmond • WI  
715-381-4360 or 800-372-2333  
Website: [www.sccwi.us/ADRC](http://www.sccwi.us/ADRC)

email: [ADRCinfo@co.saint-croix.wi.us](mailto: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](mailto: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](http://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, 5<sup>th</sup> 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 JUNE 2016

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

**Job Center** – Wednesday, June 1 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!

**Technology Night:** Thursday, June 9 from 5:30 p.m. – 7:45 p.m. Hazel Mackin Community Library – 311 West Warren Street, Roberts, WI 54023. Call 715-749-3849 to reserve a slot for FREE help with your tech questions. No question is a bad question.

**Senior Potluck** – Friday, June 10 from 11:45 a.m. – 1:30 p.m. “Which Bin do I Put It In” presented by Megen Hines, St. Croix County Recycling Specialist. Bring a dish to pass,

spend some time socializing. Free for all participants. The Centre, 428 South Star Ave, New Richmond, WI. Call 715-246-2252 for more information.

**Wheelchair Clinics:** Tuesday, June 14 from 9 a.m. – 12 p.m. The Stout Vocational Rehabilitation Institute is sponsoring Wheelchair Clinics the 2<sup>nd</sup> 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 10<sup>th</sup> Avenue Eat, Menomonie. SVRI technicians will be available to diagnose potential repairs and perform routine cleaning and maintenance procedures. Appointments are not required; services are available on a first-come, first-served basis. If you have questions about the Wheelchair Clinics, please call Dan Sembach at (715) 232-4037. This is a free service sponsored by the Stout Vocational Rehabilitation Institute. If technicians find significant repair issues, they will give you an estimate of

the repair costs. This is an excellent opportunity to learn more about your wheelchair, including the things that you can do to keep your chair working well!

**Job Center** – Thursday, June 16 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, June 29 at 11 a.m. The Woodville Community Library, 124 South Main Street, Woodville, is seeking for more people to join their Monthly Book Club.

*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](mailto: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

# Meet our Staff

Welcome to our New Staff Member  
Information & Assistance Specialist/Options Counselor  
**Sheila Fallon**



Hello my name is Sheila Fallon. I recently worked on the other side of long term care in a MCO organization. I started as a case manager, team lead and was part of the customer service team within that organization. I then decided that the functional screen was more of an interest to me and had been completing screens prior to my hire at the ADRC.

I live in Prairie Farm, WI (if you blink you will miss it). I have three grown sons (two that live out of state and one in Menomonie) that are my pride and joy as well as two wonderful grandsons that are very spoiled. I enjoy reading, walking and spending time with my family and friends.

I truly enjoy working with people and look forward to working with and getting to know everyone at St. Croix County.

*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.

### June Anniversaries

8 years

Brad Beckman, ADRC Manager  
Jim Bot, Hudson Van Driver

26 years

Mike Traynor, ADRC Elder Benefit Specialist

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

# FOR YOUR BENEFIT NEWS

## Tammy Baldwin introduces Healthcare Bill to improve Palliative & Hospice Care

Submitted by the GWAAR Legal Services Team

On April 6, 2016, U.S. Senator from Wisconsin Tammy Baldwin introduced a bipartisan bill to expand and improve palliative and hospice care. The Palliative Care and Hospice Education and Training Act (PCHETA) aims to strengthen training for palliative care teams and encourage palliative and hospice care research.

Hospice care tends to be more well-known than palliative care. It is overseen by a team of hospice professionals, and the patient is usually at home. In order to be eligible for hospice, the patient generally needs to have a terminal diagnosis or have an estimated life expectancy of six months or less. Patients elect to forego life-prolonging treatment and focus on living life as comfortably as possible.

Palliative care is administered by doctors, nurses, and other medical professionals, usually in a treatment facility. Unlike hospice care, patients can receive palliative care at any stage of illness, and they do not have to avoid life-prolonging treatments to

receive such care.

Both palliative and hospice care focus on relieving and preventing suffering and improving quality of life.

According to Baldwin's press release, "[o]ver the last ten years, the number of hospital-based palliative care programs has quickly increased, but the number of providers available to fulfill the needs of these patients has not kept pace. Furthermore, many patients and care providers are not aware of the benefits and options for palliative and hospice care."

The bill is cosponsored by U.S. Republican Senator from West Virginia Shelley Moore Capito and Democratic Senator from Oregon Ron Wyden, and it is supported by the Alzheimer's Association Wisconsin Chapters, Alzheimer's & Dementia Alliance of Wisconsin, Wisconsin Aging Advocacy Network, Milwaukee County Commission on Aging Advocacy Committee, and the Palliative Care Network of Wisconsin.



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



## Boardman Meadows

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

### Units include

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

**715-246-5510**

Contact: Deanna Schmidt, Housing Manager

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



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

## O'Neill Elder Law

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

Estate Planning • Elder Law  
Licensed in WI & MN

\*Certified as an Elder Law Attorney by the  
Nation Elder Law Foundation

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Assisted & Memory Care  
Senior Apartments • Respite Program  
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[www.ourhousesl.com](http://www.ourhousesl.com)

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



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



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

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

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



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

Accessible Space, Inc.



## Amery Memory Care • Amery, WI

Offering Assisted Living &  
Specializing in Dementia Care

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

## Amery Memory Care

"a happier life for everyone"

Amery Memory Care accepts private & public pay

For a virtual tour, go to [amerymemorycare.com](http://amerymemorycare.com)

# Spotlight on Social Security

## ...Men's health and Social Security



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

This year, we observe National Men's Health Week from June 13 to 19. It so happens that Father's Day falls on the last day of Men's Health Week, a perfect time for focusing on health education and awareness, disease prevention, and family.

Social Security encourages you to support fathers and friends everywhere in their efforts to stay healthy. The right balance of diet, exercise, regular visits to doctors and health care providers, and overall healthy living can go a long way to help everyone remain a part of your daily life for years to come.

Part of staying healthy and happy is reducing the amount of stress in your life. That's where opening a my Social Security online account can help. Our online services make doing business with us fast and easy. At my Social Security, you can:

- Keep track of your earnings and verify them every year;
- Get an estimate of your future benefits, if you are still working;
- Get a letter with proof of your benefits, if you currently receive them; and
- Manage your benefits:

- Change your address;
- Start or change your direct deposit;
- Request a replacement Medicare card; and
- Get a replacement SSA-1099 or SSA-1042S for tax season.

In some states, you can even request a replacement Social Security card online using my Social Security. Currently available in the District of Columbia, Iowa, Kentucky, Michigan, Nebraska, New Mexico, Pennsylvania, Washington, and Wisconsin, It's an easy, convenient, and secure way to request a replacement card online. We continue to add more states, so we encourage you to check [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber) to see where the service is available.

Tell dad to check out the healthy amount of features we have to offer at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

In addition to using my Social Security, there are a number of other things you can do online with Social Security. For example, you can use the Retirement Estimator to plug in different numbers, retirement dates,

*Spotlight on SS...continues on page 17*

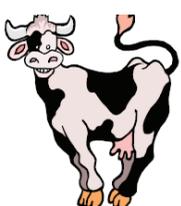
# AARP Driver Safety Program

This class is designed to sharpen driving skills, prevent accidents, and keep older drivers on the road longer and more safely. This course will also update your driving knowledge, help you compensate for normal age-related physical changes, and reduce your traffic violations, crashes, and resulting injuries. It is strictly classroom, no actual driving. Most insurance companies give a discount for completing this class. Fee includes hand-outs. **To register please register online by going to [www.rflearns.org](http://www.rflearns.org) or call 715-425-1830, ext. 3800. Payment is required for registration**

**Instructor:** Frank Addison, from AARP  
**Date/Time:** Thursday, June 16, 1 p.m. – 5 p.m.  
**Fee:** \$15/AARP members; \$20/Non-members payable to AARP at registration  
**Location:** River Falls High School Library; 818 Cemetery Rd, River Falls



Why do cows like being told jokes?  
 - Because they like being a-moo-sed.



What do you get from Alaskan cows?  
 - Ice Cream

**NO ONE CAN AVOID AGING,  
 BUT AGING PRODUCTIVELY IS SOMETHING ELSE.**  
 ~ Katharine Graham

**Do you know someone who is an example of  
 AGING WITH PURPOSE  
 and contributes to the lives of others?**

The Aging & Disability Resource Center of St. Croix County is looking to honor Outstanding Older Adults. Any St. Croix County resident 60 years or older is eligible. Nominations will be reviewed by an advisory board and selection will be based on outstanding community/volunteer service performed after age 60. Formal recognition of St. Croix County's Outstanding Older Adults will take place at the 2016 St. Croix County Fair.

**Nomination Forms are available through  
 local Senior Centers and the Aging & Disability Resource  
 Center of St. Croix County or online at [www.sccwi.us/adrc](http://www.sccwi.us/adrc)  
 and are due no later than Friday, June 17, 2016**

**For more information contact the Aging & Disability  
 Resource Center of St. Croix County  
 715-381-4363.**

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  - Stroke Recovery
- Post-Surgical Care • Wound Care
- Respiratory Care • Cardiac Care
- IV Therapy • Physical Therapy
  - Occupational Therapy
  - Speech Therapy

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1663 E. Division Street, River Falls, WI 54022  
 715-426-6000, [www.kinnichealthandrehab.com](http://www.kinnichealthandrehab.com)

# ADRC Manager's Report

From the Desk of  
Brad Beckman

June is finally here, finally looking forward to summer.



The annual countywide card tournament has wrapped up and the winner will be announced at the Annual Countywide Summer Picnic, Friday, June 17 at the Roberts Senior Center beginning at 11 a.m. "Blue Grass" theme for the picnic.

It's time again to nominate someone from St. Croix County for the Outstanding Older Adult. Looking for residents 60 years or older to complete the nomination form and return it to the ADRC.

I would also like to thank the 200 volunteers that were recognized at the luncheon in April, that truly make a difference in the lives of so many St. Croix County residents that we serve.

Mark your calendars for Saturday, September 17 for the 2016 Walk to End Alzheimer's at the Deerfield in New Richmond beginning at 9:00 a.m. The Alzheimer's Association Walk is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. In Wisconsin, over 6,500 participants of all ages will engage their friends, colleagues, family members and neighbors in the effort to end Alzheimer's. So join a team or join the ADRC team for the Walk.

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](mailto:adrcinfo@co.saint-croix.wi.us). You can also visit our website at [www.sccwi.us/ADRC](http://www.sccwi.us/ADRC).

## • FOR YOUR BENEFIT NEWS •

### How long should I keep this?

Submitted by the GWAAR Legal Services Team

Now that tax season is behind us and spring cleaning is ahead – it is a good time to go through old records and determine whether it is time to fire up the shredder or hold on to the records a bit longer.

Below are general recommendations on how long certain documents should be stored.

#### Keep for LESS than 1 Year

- ATM, bank-deposit, and credit-card receipts until you reconcile them with your monthly statements. Once you've done that, shred the paper documents (to avoid ID theft) or securely trash electronic files unless you need them to support your tax return.
- Insurance policies and investment statements until new ones arrive.
- Pay stubs to verify W-2 at the end of the year.

#### Keep for MORE than 1 Year

- Loan documents (until the loan is paid off).
- Vehicle titles until you sell the vehicles.

- Investment purchase confirmations in stocks, bonds, mutual funds or anything else. Keep until you sell the investment so you can establish your cost basis and holding period. If that information appears on your annual statements, you can keep those instead.

#### Keep for 7 Years

- Supporting tax documents (W-2, charitable donations receipts, etc.)

#### Keep Forever

- Essential records such as birth and death certificates, marriage licenses, divorce decrees, Social Security cards, and military discharge papers.
- Defined-benefit plan documents, estate-planning documents, life-insurance policies, and an inventory of your bank safe-deposit box.
- Annual tax returns.

Sources: <http://www.consumerreports.org/taxes/how-long-to-keep-tax-documents/> or <https://www.bankofamerica.com/deposits/manage/how-long-to-keepdocuments-before-shredding.go>.



# WDA Mission of Mercy

WISCONSIN DENTAL ASSOCIATION FOUNDATION



The Wisconsin Dental Association and WDA Foundation will provide FREE dental care through a Mission of Mercy (MOM) program.

DATE	WHERE	TIME	WHO
Friday, June 17, 2016 Saturday, June 18, 2016	Menards Conference Center 5150 Old Mill Plaza Eau Claire, WI 54703	Doors open 5:30 a.m. Patients seen on <b>first-come, first-served</b> basis with approximately 1,000 patients treated each day. Patient quota is typically reached by 10 a.m., so come early!	<b>Adults and children</b> of all ages with limited financial resources or otherwise unable to visit a dental office and who do <b>not</b> have a medically-compromising condition that prohibits safely receiving care are welcome. Children under age 18 must be accompanied by parent or guardian.

**CARE:** Cleanings, fillings, extractions and limited treatment partials offered. **All work provided free** by 1,000 volunteer dental professionals and community helpers donating their time and skills.

**NOTE:** Photo identification, Social Security number or other personal ID/documentation are **NOT** required.

Interpreters will be available to assist patients who speak Spanish, Hmong or American Sign Language.

Answers to other frequently asked patient questions can be found in the Mission of Mercy section under the WDA Foundation tab on WDA.org.

Please do **NOT** wait for the WDA Mission of Mercy to seek care for dental pain, as this could signal a serious condition.

Visit WDA.org for a list of low-cost dental clinics and other information.

**If dental pain is severe and accompanied by a fever or swelling, go to a hospital emergency room immediately!**

*It's the smiles – not the miles – that make it a mission!*

## Privacy • Freedom • Comfort • Safety



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



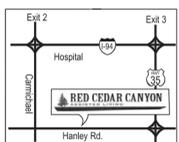
### RED CEDAR CANYON

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3001 HANLEY ROAD • HUDSON, WI 54016

[www.redcedarcanyoncare.com](http://www.redcedarcanyoncare.com)

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



# SUPPORT GROUPS

## Caregiver Clubs -

### 1<sup>st</sup> 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:**

### 2<sup>nd</sup> 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**

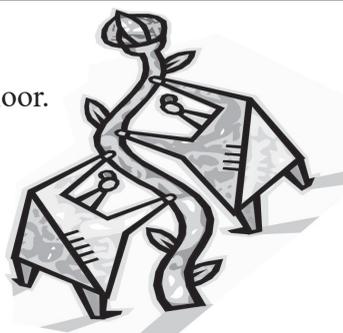
### 3<sup>rd</sup> Thursday of the month at 1 p.m.

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

**1<sup>st</sup> 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](mailto:pastoramelia@firstdaynr.org)

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

**Caregiver Support** – **1<sup>st</sup> 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** – **2<sup>nd</sup> 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** – **2<sup>nd</sup> 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** – **2<sup>nd</sup> 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** – **2<sup>nd</sup> 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*

We are in the road construction season. Actually it has been interesting watching them tear up the road. Watching our birds in the feeder is relaxing. We have many bird magazines, it is fun to try and figure out what kind of birds we see.

We have already had some walks outside smelling the flowers and looking in the windows down town. Hudson is a wonderful little town to enjoy.

Happy birthday to Ilse and Walter. Thanks for the laughs.

**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](mailto: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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# CAREGIVER SUPPORT

Submitted By Tara Murdzek, Caregiver Support Coordinator

## What do all the terms mean?

Submitted by Victoria Johns, Caregiver Support Coordinator ADRC of Central Wisconsin

In our day to day lives we are exposed to numerous terms, abbreviations & acronyms - not to mention an entirely new “language” if you text. It’s often challenging to understand all the terms that are thrown at us daily. Professionals use a variety of terms and sometimes forget that not everyone knows the meaning.

The following list is not all inclusive but rather a sampling of some of the most frequently used terms and acronyms related to caregiving.

**ADRC (Aging and Disability Resource Center):** Locally we have the Aging & Disability Resource Center, which serves St. Croix County. According to the Wisconsin Department of Health Services, “ADRCs are the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where anyone -- individuals, concerned families or friends, or professionals working with issues related to aging or disabilities -- can go for information specifically tailored to their situation. The ADRC provides information on broad range of programs and services, helps people understand the various long term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly-

funded long term care.”

**ADLs (Activities of Daily Living):** Activities of Daily Living include dressing, bathing, and eating and all the necessary activities required to function on a daily basis such as cooking meals, managing finances and completing housework.

**Adult Day Care:** An Adult Day Care facility provides services during business hours Monday through Friday in a group setting. A variety of activities are provided for socialization, physical and mental stimulation. Utilizing an Adult Day Care is a great way for you, the caregiver, to take some time for yourself and have peace of mind that your loved one is safe, engaged and cared for.

**Advance Directives:** An advance directive is a legal document that allows you to communicate your health care wishes. The advance directives used in Wisconsin are the Power of Attorney for Health Care and the Living Will. Both are excellent documents to complete. They allow you to “speak for yourself” and allow your wishes to be known in the event you are no longer able to.

**CBRF (Community Based Residential Facility):** CBRFs are staffed group living settings that provide room, board, supervision and other supportive services to

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.

<p><b>YMCA—Hudson</b> 2211 Vine Street Hudson 1st Thursday 9:30 a.m. – 11 a.m.</p>	<p><b>The Centre</b> 428 Starr Ave New Richmond 2nd Wednesday 1 p.m. – 2:30 p.m.</p>	<p><b>Peace Lutheran Church</b> 2084 County Rd N Baldwin 4th Thursday 1 p.m. - 2:30 p.m.</p>	<p><b>The Westwind</b> 709 N Main Street River Falls Last Tuesday 10 a.m. - 11:30 a.m.</p>
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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

## Driving and dementia

Remember when you were a teenager (or even younger) and you were learning to drive? For those of you who had to take a formal driving test (written and behind the wheel) or who were just given a license; this was a milestone in maturing. Driving for many of us represents independence, adulthood, and a means to earn a living. So when the brain begins to change due to one of the kinds of dementia, it interferes with good judgment, managing visual or spatial relationships, and response times. There are many who were excellent drivers throughout a lifetime who now are being challenged. That happened to my father-in-law. He was not noticing the parking bumpers in lots, was having minor scrapes on the car, and his reaction times were much different. My mother-in-law began to feel unsafe in the car but was unable to deter his driving. His career had required daily driving. So he was alone when things happened. This created a challenge for the family who had to talk with him about the issue—something he would likely not appreciate since he had been such a good driver.

Well, his health intervened. We raised the questions but then his vascular system also was becoming challenged and he was hospitalized. We worked with the doctor to change things related to driving.

There are many resources that address driving issues. There are also suggested topics to raise with a loved one if this is of serious concern. One of the resources I give is a publication from Hartford Insurance about driving and dementia. If you would like a copy, give me a call at the number at the end of this article and I’ll mail one.

For a parent talk about insurance and how you buy it hoping you’ll never need it but it’s there if you do. Discuss driving cessation before something bad happens that might create financial ruin in the household. Discuss how badly your parent might feel if something did happen. Check into public transportation in your area. In this county, there is a medical transportation service available to those who don’t want to or can’t drive. Watch for public education offered by the Alzheimer’s Association that

Dementia Care...continued on page 15

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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:

- June 1 – Making an Herb Garden with Martha Mabis at 10:30 a.m.
- June 2 – Senior Center Board meeting at 10:30 a.m.
- June 9 – Blood Pressure checks at 10:30 a.m.
- June 11 – June Bug Day Parade – come see us in the parade
- June 14 – Live Music by John Terkelson at 11:30 a.m.
- June 15 – Glass Garden Art Making with Martha Mabis at 10:30 a.m.
- June 17 – Countywide Senior Picnic at Roberts 11 a.m. – 1 p.m.
- June 23 – Live music by Rudy Rudesill 10:45 a.m. – 11:45 a.m.
- June 30 – Bingo hosted by Our Family Living at 10:30 a.m.
- Mondays - Dominoes 9:30 a.m.  
 - Cards at 1 p.m.
- Tuesdays - Bingo at 10:30 a.m.  
 - Painters Club 1 p.m.
- Wednesday - Dominoes at 9:30 a.m.
- Thursdays - Bingo at 10:30 a.m.
- Fridays - Game Day  
 - Dominoes at 10 a.m.  
 - Cards at 1p.m.
- Daily - Table of Knowledge at 8:30 a.m.

### Birthdays:

June 6 – John Walker      June 7 – Bob Sell      June 14 – Ilse Hancock

### **The Baldwin Senior Center would like to thank the following:**

- ☺ Martha Mabis for her creativity & fun craft days!! We enjoyed making May Baskets & Glass Garden Art this month & look forward to an Herb Garden class & MORE Glass Garden Art making this month (it's so fun.....it's addictive)!
- ☺ All the volunteers, staff members & players for our Card Tournament on May 4. You all did an outstanding job of organizing & serving our players!!! It was an amazing turnout & so much fun to see so many happy & fun loving individuals!
- ☺ Our Family Living Bingo for continually coming every month & making our Bingo days so much fun!!!
- ☺ Miss Baldwin & her court for being our Bingo callers on May 31 & having lunch with us!!! You gals are doing a wonderful job of representing our great town of Baldwin!
- ☺ Bruesewitz Graphics for doing such an amazing job of creating our new t-shirts & getting them completed & to our members in such a short time.
- ☺ Julie Anderson of Music From The Heart for her wonderful talent of fun music! What a beautiful gift of entertainment you have!!!

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!

*Baldwin Senior Cener...continues on page 12*

## **Deer Park Senior Center**



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

### Activities:

- June 8 – Senior Center Board meeting
- June 15 – Dairy Month treats
- June 16 – Celebrating our Fathers
- June 17 – Countywide Senior Picnic in Roberts
- 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.

### Anniversaries:

June 25 – Josie and Lou Ludovico

### Birthdays:

- June 6 – Ilse Hancock
- June 7 – Arlene Moats
- June 13 – June Saxby
- June 28 – Diane Love
- June 28 – Alfie Schrank

The card tournament is over and congratulations to the winners, whomever they are. Thanks a million to Diane and Josie as they had to cook lunch for three of those extremely busy days. Great job girls!!! We hope all the players had a great time and thank you to the Amery ladies that helped out two Deer Park players.

The June flower is the rose which signifies passionate love and beauty, the birthstone is the pearl which is the most mysterious and beloved of all gems. (according to the source on my computer).

Thanks to everyone that brought a picture of their mother during the week of Mother's Day. They were enjoyed by many that appreciate old pictures. With June celebrating Father's Day we hope many of you would be willing to dig out old photos of your father for us to enjoy also. Our parents, most of them are no longer with us deserve to be celebrated and honored, as well as the ones we can enjoy their company and knowledge and companionship on their special day.

There are many things to enjoy during the month of June. The senior picnic, the park art fair, all month long we celebrate dairy month. The calendar says it is the beginning of summer, let's hope it comes well before the date.

Here's wishing each and every one of you a warm, fun filled summer and a happy Father's Day to all the dads, grandfathers, and great grandfathers. One special June wish is a fun, safe and happy trip to Canada fishing this month to my family of dads, grandad and grandsons. God Bless you all.

The ***Aging & DISABILITY RESOURCE CENTER*** is  
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Mail to: ADRC of St. Croix County  
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 Donation enclosed will help offset the cost of postage \$ \_\_\_\_\_

# ● SENIOR CENTER NEWS ●



## Glenwood City Senior Center

Alfie Schrank, Senior Center Board President  
 Jami Anderson, Nutrition Program Manager  
 316 West Oak St • Glenwood City  
 715-265-7242



### Activities:

- June 4 – Field Trip to Seasons Harvest Greenhouse and the Grain Bin
- June 8 – Senior Center Board meeting
- June 8 & 9 – Fundraiser Jewelry Sale by Linda Meyer from 9:30 a.m. – 11:30 a.m.
- June 13 – Blood pressure/blood sugar check with Char and Kevin at 11a.m
- June 15 – Field Trip to Stillwater Bridge tour and Rusty’s Waterin’ Hole & Chowhouse
- June 17 – Countywide Senior Picnic
- June 18 – Field Trip to Valkyrie Brewery in Dallas, WI
- June 27 – Foot care with Brenda Cogbill, appointment available by calling 715.265.7242
- June 28 – Glenwood City Senior Center “Dairy Days” – see below
- Daily: The Cloudy Boy’s Coffee Group at 8 a.m.
- : Sunshine Girl’s Coffee Group at 9 a.m.
- : Bingo at 10 a.m. (\$.10/game and a total of 15 games played)

**NO BINGO on June 28**

### Birthdays:

- |                          |                         |
|--------------------------|-------------------------|
| June 1 – Mina Lindelof   | June 18 – Loren Olson   |
| June 6 – Don Munkwitz    | June 22 – Arline Olson  |
| June 16 – Darlene Nelson | June 28 – Alfie Schrank |
| June 17 – Lee Quale      |                         |

In celebration of Dairy Month...Rudy Rudesill will be here Tuesday, June 28<sup>th</sup> at 10:30 for “Dairy Days” 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 some dairy treats and stay for lunch ~ it will be served after the show! No bingo today!! The menu will be Oven Baked Pork Chop, Baked Potato with Sour Cream, Creamed Spinach, Chilled Apricots and an Ice Cream Treat. Please make your Reservation by noon Thursday June 23 by calling us at 715-265-7242.

May was another fun month for field trips! We traveled to Menomonie to the Mabel Tainter Theater and saw Barefoot in the Park and had Dinner at Koyote’s Den. We made another trip to Menomonie and visited Cottage Winery what a beautiful place and great vino!

The Living Well Class was a huge success. It was full of information that will be beneficial to all of us in our everyday lives! Thank you to Tara, Chris and Stella for providing us with the opportunity to take part in such an excellent discussion every week.

Thank you to Marge Quale our Senior Board Treasurer for all that you do for our Senior Center – serving on the senior board, calling bingo, serving food, cleaning up, any time we need a helping hand Marge is here to help! We really appreciate all of the time you so graciously donate to us besides holding down your full-time job! And we really love your baked goodies! Thank you from the bottom of our hearts.

The Volunteer dinner was fabulous! Thank you to all the employees at the ADRC for planning such a nice event for all of us to enjoy!

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



## Hudson Senior Center

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

### Activities:

- June 3 – Outdoor Picnic (weather permitting)
- June 9 – Hand and Foot card game at 9 a.m.
  - Piano playing by Kathryn Long
  - Foot care with Dave
- June 10 – Monthly Birthday Celebration
- June 16 – Blood Pressure with DeeAnn from 9:30 a.m. – 11 a.m.
- June 17 – CLOSED – outing to Countywide Senior Picnic at Roberts
- June 21 – Foot care with Nancee
- June 23 – Hand and Foot card game at 9 a.m.
  - Piano playing by Kathryn Long
- June 24 – Outing to Leinenkugel Brewery tour and Lunch
- 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:

- |                             |                            |
|-----------------------------|----------------------------|
| June 1 – Shirley Rehder     | June 14 – Mary Krueger     |
| June 2 – Sandra Gilbertson  | June 17 – Carol McConaughy |
| June 8 – Marie Jensen       | June 25 – Gerald Hoel      |
| June 8 – Barbara Aras       | June 27 – Dean Larson      |
| June 9 – Pauline Feyereisen | June 29 – Robert Sullivan  |
| June 10 – Shirley Nelson    | June 30 – Marla Daharsh    |

Hello June!

This month we have a lot planned at the Senior Center! Who likes picnic’s? Hudson Senior Center does and our first picnic for the Summer will be this month and if you still are in the mood for another fun picnic the annual Senior picnic is this month too! Please take look at the list of Activities at the beginning of the article.

We have a few new things happening at the Senior Center. We have Foot and Hand cards every 2<sup>nd</sup> and 4<sup>th</sup> Thursday. We also have free massages once a month! Please come by the Senior Center and check out all our new and exciting happenings.

This month we will also be taking a tour of the Leinenkugel’s Brewery and having lunch. We are limited on how many people can join us so if this is something of interest please call Melissa at 715-386-8709 as soon as possible.

The Hudson Senior Center is still in great need of volunteers. Please call Melissa at 715-386-8709 if you are interested. I also want to thank everyone that has helped the Senior Center so much the last few months. Hudson Senior center is so appreciative of all your hard work and help!

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



# NUTRITION PROGRAM MENUS



## Hudson Area Nutrition Program June 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: <b>\$4.00 per meal</b> Please pay as much as you can afford, as we rely on donations from participants to keep the program going.</p>		<p><b>1</b> Roast Pork Mashed Potatoes Peas &amp; Carrots Tossed Salad Chef's Dessert</p>	<p><b>2</b> Chicken Subgum White Rice Crisp Noodles Tossed Salad Chef's Dessert</p>	<p><b>3</b> CLOSED 1<sup>st</sup> Picnic</p>
<p><b>6</b> Spaghetti/Meat sauce Italian Green Beans Tossed Salad Garlic Toast Dessert</p>	<p><b>7</b> BBQ Beef Platter Oven Browned Potatoes Buttered Corn Tossed Salad Chef's Dessert</p>	<p><b>8</b> Roast Beef, Au Jus Baked Potatoes Mashed Rutabaga Tossed Salad Apple Pie</p>	<p><b>9</b> Baked Chicken Mashed Potatoes Dressing, Vegetable Coleslaw Chef's Dessert</p>	<p><b>10</b> Baked Cod New Potatoes Broccoli Tossed Salad Chef's Dessert</p>
<p><b>13</b> Chopped Sirloin American Fries Grilled Onion Coleslaw Chef's Dessert</p>	<p><b>14</b> Fried Chicken Mashed Potatoes Peas &amp; Carrots Tossed Salad Chef's Dessert</p>	<p><b>15</b> Baked Ham Au Gratin Potatoes Whole Green Beans/Tom Cottage Cheese/Pineapple Chef's Dessert</p>	<p><b>16</b> Braised Spare Ribs Caraway Potatoes Sauerkraut Cottage Cheese Chef's Dessert</p>	<p><b>17</b> CLOSED Countywide Senior Picnic</p>
<p><b>20</b> Salisbury Steak Mashed Potatoes Buttered Carrots Tossed Salad Chef's Dessert</p>	<p><b>21</b> Chicken ala King Rice Pilaf Tossed Salad Chef's Dessert</p>	<p><b>22</b> Swedish Meatballs Mashed Potatoes Rutabagas Fresh Fruit Chef's Dessert</p>	<p><b>23</b> Chopped Sirloin Grilled Onion Baked Potato Mixed Greens Chef's Dessert</p>	<p><b>24</b> CLOSED Outing</p>
<p><b>27</b> Roast Chicken Mashed Potatoes Kernel Corn Coleslaw Chef's Dessert</p>	<p><b>28</b> Baked Ham, Pineapple Au Gratin Potatoes Peas w/ mushrooms Tossed Salad Chef's Dessert</p>	<p><b>29</b> Roast Beef, Au Jus Baked Potato Mashed Rutabaga Tossed Salad Chef's Dessert</p>	<p><b>30</b> Chicken Subgum White Rice Crisp Noodles Tossed Salad Chef's Dessert</p>	

## 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: <b>\$4.00 per meal</b> Please pay as much as you can afford, as we rely on donations from participants to keep the program going.</p>		<p><b>1</b> Sweet &amp; Sour Chicken Fried Rice Oriental Blend Vegetable Chef's Choice Fruit Dinner Roll Dessert</p>	<p><b>2</b> Cheeseburger on bun Garden Veg. Pasta Salad Chips Cinnamon Applesauce Dessert</p>	<p><b>3</b> Oven Fried Chicken Paprika Roasted Potatoes Green Beans Pears Breadstick Dessert</p>
<p><b>6</b> Roast Turkey Mashed Potatoes &amp; Gravy Broccoli Apricot Dinner Roll Dessert</p>	<p><b>7</b> Western Beef Bake Wax Beans Peaches Dinner Roll Dessert</p>	<p><b>8</b> Beef Stroganoff Buttered Noodles California Blend Vegetable Apricot Halves Bread Slice Dessert</p>	<p><b>9</b> Beef Stir Fry Fried Rice Oriental Blend Vegetables Pineapple Orange Cup Dessert</p>	<p><b>10</b> Spaghetti &amp; Meatballs Island Blend Vegetable Chef's Choice Fruit Breadstick Dessert</p>
<p><b>13</b> Crmy Mush. Chicken Rice Pilaf Side Salad Banana Half Bread Slice Dessert</p>	<p><b>14</b> BBQ Chicken Breast Baked Potato Coleslaw Chef's Choice Fruit Bread Slice Dessert</p>	<p><b>15</b> Sliced Beef Roast Mashed Potatoes &amp; Gravy Glazed Carrots Garlic Cheddar Biscuit Cherry Delight</p>	<p><b>16</b> Cream Chipped Beef Mashed Potatoes Monte Carlo Blend Veg. Pears Bread Slice Dessert</p>	<p><b>17</b> Crispy Shrimp Baked Potato Green Beans Fresh Fruit Cup Dinner Roll Dessert</p>
<p><b>20</b> Chicken Cordon Bleu Mashed Potatoes &amp; Gravy Pickled Beets Peaches Bread Slice Dessert</p>	<p><b>21</b> Glazed Pork Loin Baked Potato Baby Carrots Chef's Choice Fruit Dinner Roll Dessert</p>	<p><b>22</b> Open Face Turkey Mashed Potatoes &amp; Gravy Tomato Onion Salad Fresh Fruit Cup Bread Slice Dessert</p>	<p><b>23</b> Oven Fried Chicken Mashed Potatoes &amp; Gravy Squash Garlic Toast Pineapple Orange Dream</p>	<p><b>24</b> Tuna Herbed Pita Pocket Potato Salad Coleslaw Fresh Fruit Dessert</p>
<p><b>27</b> Chili Side Salad Cornbread Fruit Cocktail Dessert</p>	<p><b>28</b> Smothered Steak Mashed Potatoes &amp; Gravy Country Blend Vegetables Breadstick Fruited Jell-O</p>	<p><b>29</b> Ham Loaf Rice Pilaf Green Beans Peaches Dinner Roll Dessert</p>	<p><b>30</b> Teriyaki Grilled Chicken Buttered Noodles Stir Fry Vegetables Pineapple Chunks Dessert</p>	

## St. Croix County Nutrition Program June 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
Suggested Donation: <b>\$4.00 per meal</b> Please pay as much as you can afford, as we rely on donations from participants to keep the program going.	<b>Happy Father's Day</b> 	<b>1</b> <b>Oven Baked Chicken</b> Whipped Sweet Potatoes Peas and Carrots Bread and Butter Fresh Fruit	<b>2</b> <b>Swiss Steak</b> Mashed Potatoes and Gravy Buttered Beets Bread and Butter Dessert Bar
<b>6</b> <b>Spaghetti and Meat Sauce</b> Green Beans Garden Salad with Dressing Garlic Bread Cookie	<b>7</b> <b>Roast Beef Sandwich and Fixings</b> <b>Cook's Choice Soup</b> Dessert	<b>8</b> <b>Sliced Ham</b> Cheddar Au Gratin Potatoes Rutabagas Bread and Butter Sliced Pineapple	<b>9</b> <b>Sliced Pork Roast</b> Mashed Potatoes and Gravy Vegetable Medley Bread and Butter Fruit Cup
<b>13</b> <b>Pecan Crusted Tilapia</b> Wild Rice Blend Asparagus Bread and Butter Cottage Cheese and Fruit	<b>14</b> <b>Cheese Burger with Fixings</b> Roasted Roots 7 Layer Salad Sherbet	<b>15</b> <b>Sliced Turkey</b> Mashed Potatoes and Gravy Cooked Squash Bread and Butter Cranberry Dessert	<b>16</b> <b>Crispy Baked Chicken Strips</b> Baked Beans Cheesy Cauliflower Bread and Butter Fruit Medley
<b>20</b> <b>Porcupine Meatballs</b> Mashed Potatoes and Gravy Cooked Carrots Bread and Butter Fruit Cup	<b>21</b> <b>Salmon Alfredo Pasta Bake</b> Green Bean Almandine Bread Stick Fruit Parfait	<b>22</b> <b>Sweet and Sour Chicken with Vegetables over Brown Rice</b> Spinach Salad Bread and Butter Cake	<b>23</b> <b>Country Style Ribs</b> Buttered Baby Reds Sunshine Salad Bread and Butter Peach Delight Dessert
<b>27</b> <b>Cook's Choice Menu</b>	<b>28</b> <b>Oven Baked Pork Chop</b> Baked Potato with Sour Cream Creamed Spinach Chilled Apricots	<b>29</b> <b>Egg Salad Sandwich with Lettuce</b> <b>Cook's Choice Soup</b> Pie	<b>30</b> <b>Tuna Noodle Casserole</b> Caesar Salad Bread and Butter Angel Food with Fresh Fruit

# Safe Summer Produce

*Submitted by Brandy Zeuli, Outreach Coordinator*

Summer offers plenty of tasty fresh fruits and vegetables, but whether it comes from the local farmer's market, grocer or even your own garden, produce may become contaminated with harmful pathogens that can cause food poisoning. Just like any food product, precautions should be taken to reduce the risk of food poisoning.

Safely enjoy produce with these tips for preparing raw produce:

- Wash produce before you peel to make sure dirt and bacteria aren't transferred from the knife to your fruits or vegetables.
- Using soap for produce wash is not necessary; for firm produce such as melons or cucumbers, scrub with a clean produce brush.
- Cut away damaged or bruised areas before preparing or eating. Remove outer leaves of lettuce.
- Use two separate cutting boards to avoid cross-contamination: one for raw meats and one for fruits, vegetables and other ready-to-eat foods. Color-coded cutting boards can help you remember which is which.
- Cook raw sprouts (alfalfa, clover, etc.) to significantly reduce the risk of food poisoning.

## Fruit Salad in Seconds

- 1 pint fresh strawberries, sliced
- 1 pound seedless green grapes, halved
- 3 bananas, peeled and sliced
- 1 (8 ounce) container strawberry yogurt

In a large bowl, toss together strawberries, grapes, bananas and strawberry yogurt. Serve immediately.

Sources: eatright.org, allrecipes.com

## The Recipe Box



Recipe Name:	Rhubarb Custard Cake
Author:	Verna Nauer
Town:	Roberts
Season:	Spring (May/June)
Ingredients:	Directions:
1 pkg Yellow or White Cake mix	Mix rhubarb and sugar in bowl; set aside. Mix cake mix as directed and put in greased 9 x13 pan. Put rhubarb/sugar mixture on top of cake batter. Pour whipping cream or 1/2 & 1/2 on top. Bake at 350 degrees for 45 - 60 minutes.
4-5 cup rhubarb (cut)	
1 cup sugar	
1 pint whipping cream or 1/2 & 1/2	



# ● 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:

- June 7 – Shopping after lunch
- June 11 – Outing to Pea Soup Day Parade in Somerset at 11 a.m. with lunch after
- June 14 – Senior Center Board meeting
- June 16 – Monthly Birthday Party – Build your own Sundae!
- June 17 – Countywide Senior Picnic in Robert 11 a.m. – 1 p.m.
- June 21 – Bingo sponsored by Our House at 11 a.m.  
– Shopping after lunch
- June 27 – Foot Care – call for appt. Cost is \$20
- Daily: Bingo at 10:30 a.m.  
: Cards at 12:30 p.m.

### Birthdays:

- June 4 – Eldon Robey
- June 5 – Margurita Maloney
- June 5 – Helen Demulling
- June 5 – John Ball
- June 12 – Cheryl Tuenge
- June 12 – Roger Vehrs
- June 21 – Allan Vehrs
- June 27 – Beverly Beau
- June 30 – Vanessa Frye

June starts our summer fun! Somerset Pea Soup Day Parade will be our 1<sup>st</sup> event. Our bus will leave at 10 a.m. for the parade. Please bring a lawn chair. Refreshments will be provided. After we will have lunch at Not Justa Café and Bar on Hwy 35. Reserve a spot on the bus by calling 715-243-7493. June 14<sup>th</sup> is the Picnic at the Roberts Senior Center with Bluegrass music and history by Dale Martell. Free will donation at the door. You don't want to miss this! Thank you to ARDC of St. Croix County and the Senior Center Board Coalition of St. Croix County for sponsoring this great event! Sure it will be a good time!! RSVP for a ride to this event at 715-243-7493, or join us there!

**Upcoming July Event--**Cedar Lake Pontoon Rides on July 13<sup>th</sup> –1:00pm-5:00pm. Reserve a spot to ride the bus by June 15<sup>th</sup> at 715-243-7493 for a small fee. Or call Community Ed to make you reservation at 715-243-7494. Rain date will be July 14<sup>th</sup>. This event is free and will fill up fast so call early. Mark your calendar!

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 call 715-243-7493.

The New Richmond Senior Center is open Monday - Thursday from 9 a.m. – 2 p.m. Meals are served at noon for a suggested donation of \$4.00 for those over the age of 60. Please make your meal reservation 24 hours in advance, or to schedule a ride. Transportation is available for a small fee. Home delivered meals are also available by calling Brandy at 715-381-4364.

All are welcome to join us for good food, good company and a good time! Looking forward to seeing you here! We love seeing new faces!

*Good Food, Good Time, Good Friends*

## **BALDWIN SENIOR CENTER...**

*continued from page 8*

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.

## 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:

- June 8 – Bingo sponsored by Our House Senior Living
- June 17 – Countywide Senior Picnic - here
- June 20 – Blood Pressure Check with Kathy
- Mondays – Mexican Train Dominoes at 10 a.m.
- Wednesdays – Cards at 10 a.m.

### Birthdays:

- June 21 – Marge Wolske
- June 30 – Fred Kuebker

Thanks to all who helped the day of our card tournament and those who helped before and after. It was a great day. I hope all the players had fun. We certainly enjoyed having you.

Our Stepping On class has finished. Six people participated in this class and we all agreed that we learned a lot and picked up very useful tools to keep us from falling. Thank you to Gary our leader for making the class interesting and fun.

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

We wish to send our thoughts for a speedy recovery to our good friends, Nancy Waughtal, Mike Deneen and Verna Nauer. We miss you and want you back as soon as possible.

Good Neighbor Days is this month. Come to Roberts and enjoy a great time with a great community.

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



## River Falls Senior Center

Marie Deja, Senior Center Board President  
Fay Simone, Nutrition Program Manager  
119 Union St • River Falls • 715-425-9932  
Serving Monday through Friday



### Activities:

- June 6 – Executive meeting at 9:45 a.m.
- June 8 – Pizza & Beer Party hosted by Wellhaven at 4:30 p.m.
- June 9 – Senior Farmer's Market Voucher distribution from 10:30 a.m. – 11:30 a.m.
- June 10 – Foot Care; Cost \$20 – call for appt.
- June 17 – Countywide Senior Picnic at Roberts from 11 a.m. – 1 p.m.
- June 24 – Foot Care; Cost \$20 – call for appt.
- June 28 – 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:

- June 21 – Liz Kreibich
- June 23 – Rod Rommell

*RF Senior Cener...continues on page 17*

# • SENIOR CENTER NEWS •



## Somerset Senior Center

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



### Activities:

- June 7 – Shopping in New Richmond
- June 14– Senior Center Board Meeting at 9 a.m.
  - Blood Pressure
  - Shopping in Somerset
- June 17 – Countywide Senior Picnic in Roberts
- June 21 – Intergenerational Activities with St. Anne’s 4<sup>th</sup> graders
  - Shopping in New Richmond
- June 22 – Farmer Market Voucher distribution at Countryside Apartments
- June 24 – Friday Meal – Broasted Chicken Dinner
- June 28 – Shopping in Somerset
- Wednesdays – Cards from 9 a.m.

**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.

### Broasted Chicken dinner

**Friday, June 24<sup>th</sup>**

**11:30am**

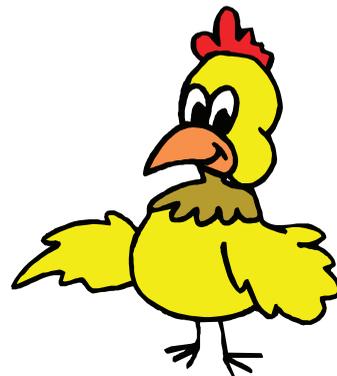
**Somerset Senior Center  
 748 Highway 35  
 Somerset**



**Call 715-247-5354 to  
 RSVP by Wednesday, June 15<sup>th</sup>!**

## Celebrate with the Card Tourney

**Players At  
 The 2016  
 Countywide Senior  
 Picnic, June 17<sup>th</sup> in  
 Roberts!**



### 2016 Card Tournament RESULTS

1 <sup>st</sup> Place-Baldwin	5 <sup>th</sup> Place-Glenwood City
2 <sup>nd</sup> Place-Woodville	6 <sup>th</sup> Place-New Richmond
3 <sup>rd</sup> Place-Somerset	7 <sup>th</sup> Place-Hammond/Roberts
4 <sup>th</sup> Place-Deer Park	8 <sup>th</sup> Place-Hudson



## Woodville Senior Center

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

### Activities:

- June 2 – Center Board meeting at 9 a.m.
- June 14 – Kidsview Bingo at 11 a.m.
  - Lunch & Learn – Bluebird Habitats by Deb Walters at 12 noon
  - Foot Care with Dave Morrison, RN – call 715-781-3947 for appointment
- June 17 – Countywide Senior Picnic at Roberts from 11 a.m. to 1 p.m.
- June 21 – Build Your Own Sundae
- June 22 – Senior Commodities pick-up 11:30 a.m. - 11:55 a.m.
- June 28 – Kidsview Bingo at 11 a.m.
  - Free Blood Pressure Check 9:30 a.m.
- Tuesdays: Bingo at 10 a.m.
- Thursdays: Bingo at 10 a.m.

### Birthdays

- June 5 – Rose Hovde
- June 9 – Gloria Gulich
- June 11 – Joyce Marcott

### A Note from Lyn Larson:

**Tussen Takk...** Means A Thousand Thanks - because a mere thank you to everyone that has been a part of my experience the last 8 years at the Woodville Senior Center would never do! I have truly been blessed with great volunteers, participants, staff and community support. While I am moving on to a full time adventure, a piece of my heart will forever stay in Woodville. Thank you for allowing me to be part of your journey. I am grateful that I had this opportunity. And again I say...Tussen Takk!

The Senior Center has partnered with the Woodville Library to offer a Lunch & Learn session on Bluebird Habitats on Tuesday, June 14<sup>th</sup> at Noon. Deb Walters will be giving us a presentation on Bluebird preservation and habitats. Join us for Lunch and stay for the fun presentation!

**BUILD YOUR OWN SUNDAE:** Join us for lunch on Tuesday, June 21<sup>st</sup> and stay for the special dessert in honor of June is Dairy Month! RSVP

**FOOT CARE:** Is here June 14 & 28<sup>th</sup>. Please call Dave Morrison, RN directly to set up your appointments at 715.781.3947

Please join us for an affordable and nutritious home-cooked lunch that is served Monday-Thursday at noon. Please call 24 hours in advance to reserve your meal. (It's okay to leave a message on the answering machine.)

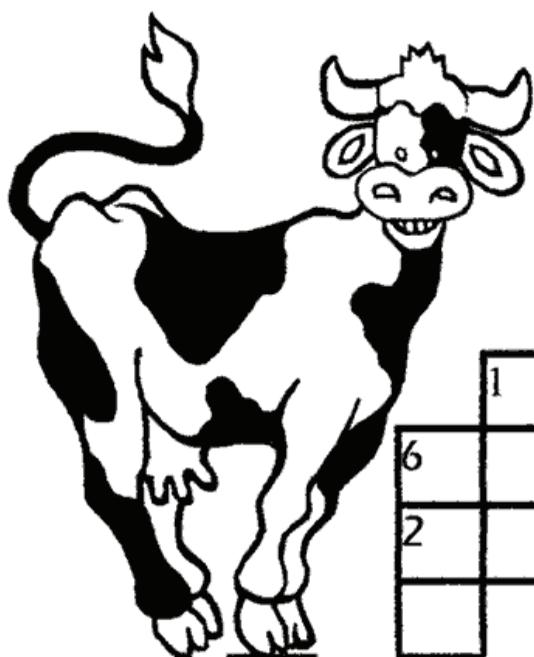
We are located in the Pioneer Building on the corner of Main Street and River Streets. Ramp entrance is located on the backside of building next to Olson's Meats. Seniors 60+ and their spouses may dine for a suggested donation of just \$4.00 per meal! Transportation is available for those in need of a ride for \$1.50 round trip. We look forward to seeing you!

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

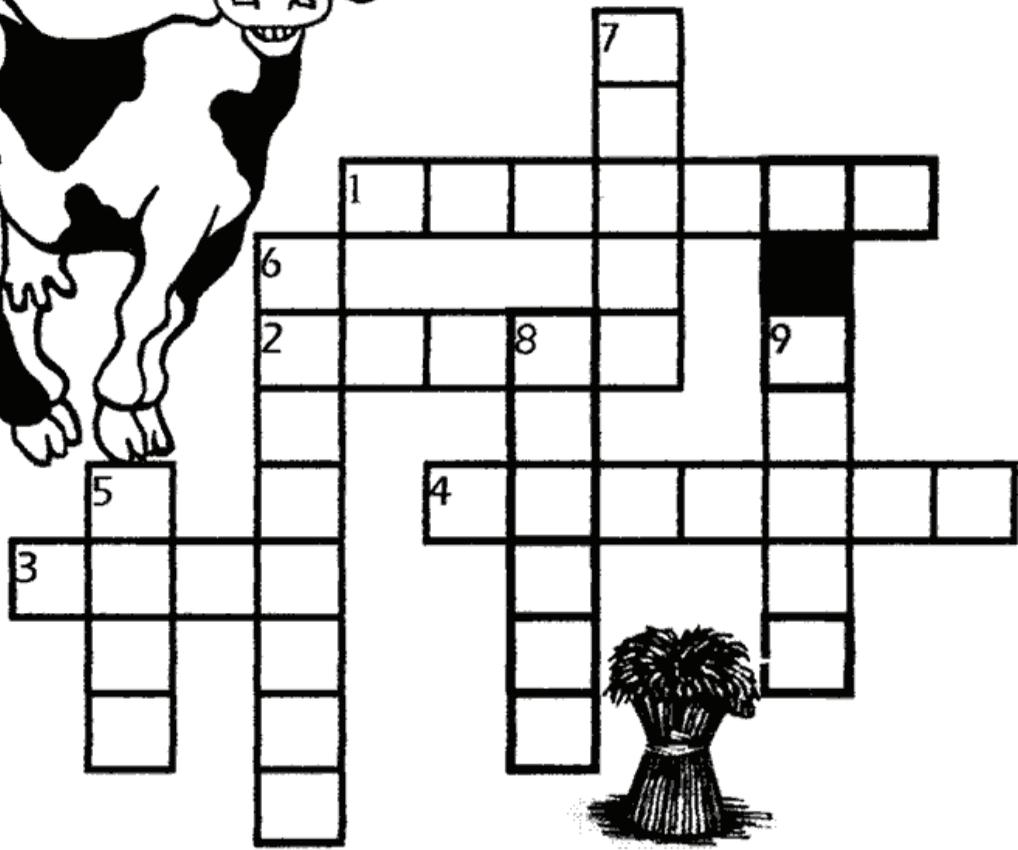
**•United Way •  
 St. Croix Valley**



# TIPS TO STIMULATE YOUR MIND



## ANSWERS FOUND ON PAGE 18



**Across:**

1. We keep complete health \_\_\_\_\_ on each cow, just like your doctor does for you.
2. Wash your \_\_\_\_\_ before you eat. Cows udders are washed before they are milked.
3. Baby calves drink \_\_\_\_\_ to grow strong. People of all ages drink it for strong bones.
4. A veterinarian is a doctor for \_\_\_\_\_.

**Down:**

5. Follow your doctor's advice, for healthy habits, and when you get \_\_\_\_\_.
6. Get regular \_\_\_\_\_ from your doctor. Our herdsman and veterinarian check out our cows.
7. Good nutrition means eating the right kinds of \_\_\_\_\_. Just like kids, our cows are fed the best combination of foods for peak health.
8. You can drink milk with breakfast, lunch and \_\_\_\_\_.
9. Like a parent shops for cereal, our herdsman searches for the highest quality \_\_\_\_\_ and hay to feed our cows.

# CAREGIVER SUPPORT...

*continued from page 7*

5 or more adult residents. They are intended for people who cannot live alone but do not require a nursing home level of care.

**MOW (Home delivered meals or meals on wheels):** This service delivers hot, nutritious meals to people who are homebound. A great way to get the nutrients both you and your loved one needs without having to take the time to prepare the meals. Many people are surprised by how good these meals really are!

**Respite or respite care:** Respite care provides a temporary break from the responsibilities of caregiving. Respite care is provided in-home, at Adult Day Care centers or in a care facility (such as a CBRF). It benefits both you the caregiver and your loved one. By taking some time for yourself, you are able to recharge.

**SNF (pronounced "sniff" - Skilled Nursing Facility):** Also known as nursing homes or long term care facilities, these facilities provide medical care to persons who reside in them. Most provide both short term (rehabilitative) and long term care and are staffed with Registered Nurses, Certified Nursing Assistants, Physical, Occupational and Speech Therapies.

**Supportive home care:** Supportive home care provides in-home non-medical care. Services include (but are not limited to) housekeeping, meal preparation, companionship and assistance with personal cares. Utilizing supportive home is a great way for caregivers to run errands and keep their own medical appointments.

So many programs, services and resources are available to assist on your caregiving journey. If you would like to meet with someone to discuss services and options that can assist you, please call us at 1-800-372-2333.

Source: Wisconsin Department of Health Services. What is an ADRC? <http://www.dhs.wisconsin.gov/lcicare/adrc/>



## 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](mailto:adrcinfo@co.saint-croix.wi.us) or mail it to:

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

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

### Council on Aging & Disabilities Members

- |                           |                |                   |
|---------------------------|----------------|-------------------|
| Dave Ostness, Chair       | 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](http://www.sccwi.us)

**Evergreen Village**  
611 Harriman Ave S.

**IMMEDIATE OPENINGS!**

1 & 2 Bedroom apartments available in Amery for those ages 50 & over. Call for details —  
**Amery Housing Authority**  
715-268-6640

[www.ameryhousingauthority.org](http://www.ameryhousingauthority.org)

**Oak Ridge Place**

*Independent & Assisted Senior Living*

6060 Oxboro Ave. North  
Stillwater, MN 55082

**651-439-8034**  
[www.oakridgeplace.net](http://www.oakridgeplace.net)

# DEMENTIA CARE...

*continued from page 7*

addresses driving issues. Contact me to set up a meeting with you and your loved one to address the issue. If you have observed serious driving issues you may wish to alert local law enforcement to see what they might observe.

More directly, ask the physician for a referral to a driving assessment program. We list those options in our Dementia/Caregiver Guide. If you don't have a copy we'd be happy to send you one. Driving assessments may be available through your local medical clinic so ask if there is an Occupational Therapist who does them.

If not, ask for a referral to Courage Center in Stillwater, MN where a two-part assessment is provided. That number is 612-775-2829. The River Falls Area Hospital-Courage Kenney Sports and Physical Therapy Center offered assistance. The Baldwin Area Medical Center - Occupational Therapy Department can help as well.

If driving skills are really challenged and you

are certain that individual shouldn't be driving, a form can be obtained from the following website: <http://www.dot.wisconsin.gov/drivers/drivers/aging/impaired.htm>

You may contact the Department of Transportation Medical Review Unit in Wisconsin at 608-266-2326 or email [dre.dmv@dot.state.wi.us](mailto:dre.dmv@dot.state.wi.us).

You may contact me at 1-800-372-2333 or 715-381-4411, or email [nancy.abrahamson@co.saint-croix.wi.us](mailto:nancy.abrahamson@co.saint-croix.wi.us) to ask for a free copy of *At the Crossroads* driving booklet from Hartford Insurance.

This is the time of year we all want to be our and about. Let's be safe. If your loved one is still driving and has a diagnosis of some type of dementia please register them for the Silver Alert Program in our state. Registration can also help if your loved one drives across state line. That information is at [swsic@doj.state.wi.us](mailto:swsic@doj.state.wi.us) or 608-245-8952. Wishing everyone safe travels.

## Wisconsin Senior Farmers' Market Nutrition Program (SFMNP)

The Senior Farmers Market Nutrition Program helps seniors to access fresh, nutritious, locally grown fruits and vegetables. In 2016 the coupons will be available in June and distributed to a limited number of qualified households on a first come first serve basis. Households in which the total income is at or below 185 % of the federal poverty guideline, and in which an individual aged 60 + or Native American aged 55+ resides, are eligible to receive coupons. To qualify your income must be:

Household Size	Monthly Income
1	\$1,832
2	\$2,470
*** For each additional household member, add \$642 monthly.	



In 2016, staff of the Pierce and St. Croix County ADRCs will distribute the coupons, on a first come first serve basis, on the dates and times at the following locations: (Glenwood City residents should contact WestCap (715-977-1191).

DATE	COMMUNITY	TIME	LOCATION
Thursday June 9, 2016	River Falls Pierce & St. Croix	10:30 a.m. – 11:30 a.m.	Wellhaven 119 Union St.
		12:30 p.m. – 1:30 p.m.	Oak Park Apartments 808 S Main
Wednesday June 15, 2016	New Richmond	8:00 a.m.- 4:30 p.m.	St Croix County Service Center 1752 Dorset Lane(137)
	Woodville	1:30 p.m.- 3:00 p.m.	Norseman Manor Community Room 240 Church St.
Thursday June 16, 2016	Baldwin	1:00 p.m.- 2:00 p.m.	Cedar Crest Apartments 1810 4 <sup>th</sup> Ave.
		2:30 p.m.-3:30 p.m.	Ann Crider Villa Apartments Community Room 455 12 <sup>th</sup> Ave.
Monday June 20, 2016	New Richmond	8:00 a.m. – 4:30 p.m.	St Croix County Service Center 1752 Dorset Lane(137)
Tuesday June 21, 2016	Hudson	8:00 a.m.- 12:00 noon	St. Croix County Government Center 1101 Carmichael Road Room 1406
	New Richmond	8:00 a.m. – 4:30 p.m.	St Croix County Service Center 1752 Dorset Lane(136)
Wednesday June 22, 2016	Somerset	10:00 a.m.- 12:00 noon	Countryside Apartments Community Room 509 Germain
Thursday June 23, 2016	Hudson	8:00 a.m. – 12:00 noon	St. Croix County Government Center 1101 Carmichael Road Room 1406

### Easy Funeral Trust & Expense Planning

#### BENEFITS OF AN IRREVOCABLE FUNERAL TRUST

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

For more information, please contact:



**715-243-6148**

New Richmond • Somerset • Hudson • Dresser



John Harrington  
[jharrington@fn-cb.com](mailto:jharrington@fn-cb.com)

### Freeman Drug

Prescription, DME/HME, Compounding Specialists

Leah Gavin & Colleen Horeish

Registered Pharmacists

Phone: 715- 425-2255

Toll-free: 1-800-944-0905

Fax: 715-425-2889

After Hours: 425-9422



104 S. Main Street•River Falls, WI 54022

# ATTENTION FREE PRESCRIPTION MAILING

Seniors -

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

*Mail deliveries can be made daily*

Check out our prescription prices.

We are very competitive

without the big store hassles!

Senior Citizen

10% Price Discounts

Everyday!

(Excludes Sale Items, Food & Film Processing)

OUR PRESCRIPTION DEPT. IS OPEN:

MONDAY-FRIDAY 9:00 A.M. TO 5:30 P.M.

SATURDAY: 9 TO 12 NOON SUNDAY:

CLOSED

(Please note: Prescriptions can only be picked up during above hours when pharmacist is on duty.)

Emergency Number Call 778-4289 Ask for Matt.

STORE HOURS: MONDAY-FRIDAY 9:00 A.M.

TO 5:30 P.M.

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

TO 12 NOON

# Spring Valley Drug & Do It Best Hardware

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

Proprietors - Matt & Mary Huepfel



625 North Main Street, River Falls, Wisconsin 54022  
Phone: 715-425-7640/Fax: 715-425-8530

**Public Notice of Section 8 Housing Choice Voucher Program Waiting List Opening**

River Falls Housing Authority will re-open the Section 8 Housing Choice Voucher waiting list beginning at 8:30am June 1, 2016. The waiting list will remain open for applications through December 30, 2016 at 5:00pm.

Completed applications will be accepted by mail, fax or in person at the office of the Housing Authority, 625 N Main St., River Falls WI 54022 during the following business hours: Monday, Wednesday, Friday 8:30am-5:00pm or Tuesdays and Thursdays from 8:30am-12:30pm.

Application forms may be viewed and printed at [www.rfhousing.org](http://www.rfhousing.org). Application forms are also available at the above address. Application forms will be mailed to interested parties by calling 715-425-7640. Applications will be accepted from families with children, families or individuals living with disabilities and persons who are over 62 years old. Please note that applications are not complete and CANNOT be processed until the application has been filled out in its entirety and a copy of a photo ID for all adults and a Social Security card for every household member has been provided.

Eligible applicants must have gross annual household incomes less than 50% of the area median income;

1 person	2 persons	3 persons	4 persons	5 persons	6 persons
\$30,050	\$34,350	\$38,650	\$42,900	\$46,350	\$49,800

The Section 8 Housing Choice Voucher Program is a program designed to assist very low income families, the elderly and the disabled to afford decent, safe and sanitary housing in the privately-owned rental market. Those who qualify for the program will pay approximately 30% of their adjusted monthly income for their share of a monthly rent and utilities and RFHA, which administers the federal program, provides funds for the remainder.

When RFHA has received a completed application, applicants will be placed on the waiting list in the order received. A letter will be mailed to the address on the application confirming the waiting list placement. Placement on the waiting list does not indicate that the family is, in fact, eligible for assistance. A final determination of eligibility will be made when the family is selected from the waiting list.

Those interested should complete the application and return it with the required documents to the Housing Authority office by December 30, 2016 at 5:00pm with no exceptions.

River Falls Housing Authority shall not discriminate because of race, color, national origin, sex, religion, familial status or disability in leasing, rental, occupancy, use or other disposition of housing or related facilities. The Housing Authority shall, upon request by a person or persons with a disability make reasonable accommodation to enable such persons to apply.

5/13/2016  
Anne McAlpine, Executive Director



Providing Affordable Housing for Senior Citizens, Persons with Disabilities and Families.  
Managers for Family Homes, Edgewater, Riverview Manor, Briarwood, Oakpark,  
Windmill Place, Watertower, & St. Croix Manor Apts.  
This institution is an equal opportunity provider and employer



What is the easiest way to count a herd of cattle?  
- Use a cow-culator.

**OTHER SUPPORT GROUPS...**

*continued from page 6*

**Cancer Support Group – 2<sup>nd</sup> 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 – 2<sup>nd</sup> 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 – 3<sup>rd</sup> 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 – 3<sup>rd</sup> 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 – 3<sup>rd</sup> Wednesday of the month, 10 a.m.** Boutwell's Landing – Brownstone Community Room; 5450 Nolan Parkway, Oak Park Heights, MN 55082. Sponsored by the Courage Kenny Rehab Institute. Call 651-241-3373.

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

**Fibromyalgia Support Group – 4<sup>th</sup> 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 – 4<sup>th</sup> 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 – 4<sup>th</sup> 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 8<sup>th</sup> Street, New Richmond. For more information call 715-243-2760.

**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

Don't Miss Another Moment



Hearing Is Believing with AGX Invisible Hearing Aids



Call today to schedule an appointment!

Hudson Hospital & Clinics  
**715.338.3179**  
Baldwin Area Medical Center  
**715.684.3311**  
Westfields Hospital  
**715.243.2600**

HudsonHearing.com  
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**CARDINAL CAPITAL MGMT**

# SPOTLIGHT ON SS...

*continued from page 4*

and scenarios to help you decide the best time for you to retire. It's available at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

And when that time comes, you can apply for retirement benefits online at [www.socialsecurity.gov/planners/about.htm](http://www.socialsecurity.gov/planners/about.htm). It can take as little as 15 minutes from start to finish. In most cases, once you submit your electronic application, that's it, you're done—no papers to sign or documents to submit.

Learn more about Social Security retirement benefits by reading our publication on the subject at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

When you're ready to retire, the best place to apply is from the comfort of your home computer, with some of your favorite music playing in the background. Now that's a great start to a healthy retirement!

# RF SENIOR CENTER...

*continued from page 12*

June 30 – Joanne Smith

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 trip to the Black Hills and Mt. Rushmore has been cancelled. The deposits have been sent out. If you have not had your deposit returned please give the Senior Center a call.

The Farmers Marker Vouchers will be distributed at Wellhaven to those who qualify. Please see page 15 of the ADRC News for the qualifications and details of the program.

Wellhaven will be hosting a pizza and beer party on June 8<sup>th</sup> at 4:30 p.m. All seniors are invited to attend. See you there!

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@presenter.com](mailto:rfsc1@presenter.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.

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## Have you heard of the Commodity Supplemental Program for seniors?

- Are you age 60 or older?
- Is your gross household income at or below \$1,287 for 1 person or \$1,736 or 2 persons?

If you answered yes to both questions, then you qualify for a free box of commodity foods each month. Each box will contain a 2-pound block of cheese as well as the following items:

Peanut butter, juice, pasta, protein, canned vegetables, canned fruit, shelf stable milk, dry milk and cereal.

**If you have two people in your household that qualify then you will get two boxes!**  
Please call Melissa J. Larson at 715-977-1191 to learn where locally you can sign up for this nutrition program for seniors!



## Social Security Cards issued by Woolworth

*Submitted by Denise Gillen, Disability Benefit Specialist*

The most misused SSN of all time was (078-05-1120). In 1938, wallet manufacturer the E. H. Ferree company in Lockport, New York decided to promote its product by showing how a Social Security card would fit into its wallets. A sample card, used for display purposes, was inserted in each wallet. Company Vice President and Treasurer Douglas Patterson thought it would be a clever idea to use the actual SSN of his secretary, Mrs. Hilda Schrader Whitcher.

The wallet was sold by Woolworth stores and other department stores all over the country. Even though the card was only half the size of a real card, was printed all in red, and had the word "specimen" written across the face, many purchasers of the wallet adopted the SSN as their own. In the peak year of 1943, 5,755 people were using Hilda's number. SSA acted to eliminate the problem by voiding the number and publicizing that it was incorrect to use it. (Mrs. Whitcher was given a new number.) However, the number continued to be used for many years. In all, over 40,000 people reported this as their SSN. As late as 1977, 12 people were found to still be using the SSN "issued by Woolworth."

Mrs. Whitcher recalled coming back from lunch one day to find her fellow workers teasing her about her new-found fame. They were singing the refrain from a popular song of the day: "Here comes the million-dollar baby from the five and ten cent store."

Although the snafu gave her a measure of fame, it was mostly a nuisance. The FBI even showed up at her door to ask her about the widespread use of her number. In later years she observed: "They started using the number. They thought it was their own. I can't understand how people can be so stupid. I can't understand that."

Source: [www.socialsecurity.gov](http://www.socialsecurity.gov)



*Mrs. Whitcher compares the Social Security card "issued by Woolworth" with her own real card of the same number.*



*The card that started all the fuss!*

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*Strong, Secure Families  
Sustainable Communities*

**WEST CAP COMMUNITY NEEDS ASSESSMENT**

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

*Thank you for helping us with this important project!*

**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/>

**Tips to Stimulate Your Brain**

**ANSWERS**

**Across**

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2. Hands
3. Milk
4. Animals

**Down**

5. Sick
6. Checkups
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Eileen LaFavor, Administrator or Admissions Staff at (715) 684-3231

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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](http://www.sccwi.us/safemedsdrop) for program information.

# JUNE 2016 COMMUNITY CALENDAR...

...continued from page 2

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

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

**Nutrition in the News:** Wednesdays from 10:15 a.m. - 11 a.m. Join us as Linda Stefonek, presents ideas on adding variety to your menu plan. Learn about and sample nutrient rich foods and how to prepare them. Take home the

[recipes](#) to share with family and friends! The Centre, 428 South Star Ave, New Richmond, WI. Call 715-246-2252 for more information.

**Blood Pressure Clinic:** Every Thursday from 12:30 p.m. - 4:30 p.m. at Westfields Hospital, 535 Hospital Road, New Richmond, WI.

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

and spend time together. Come in and check it out for yourself. Hazel Mackin Library, 311 West Warren St., Roberts, WI.

**Town Celebrations:**

**June Bug Days - Baldwin**

June 9 - 11, 2016 - Annual community event celebrating the start of summer! Live music, community dinner, softball tournament, pony rides, mini-rod pull, garage sales, Fun Run, car show, parade and Coronation! Visit <http://www.junebugdays.com/> for more details.

**Pea Soup Days - Somerset**

June 9 - 11, 2016 - Soap Box Derby races, golf tournament, carnival, live music, parade, softball tournament, fireworks. Visit <http://peasoupdays.com/events> for more details.



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**KIDS VIEW**  
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## It's time to start thinking about the Fair! County Pride, County Wide

July 20, 21, 22, 23, and 24, 2016

**ALL ENTRY FORMS MUST BE RECEIVED BY JUNE 17<sup>th</sup>!**

1. Senior Citizens Division is limited to persons 62 years of age or over.
2. Senior Citizens tags can be picked up on Wednesday of the fair week from 11-7:30 p.m. Exhibits must be brought in on Wednesday beginning at 11 a.m. and must be placed by 8 p.m. on Wednesday.
3. Items may be exhibited only once at the St. Croix County Fair.
4. At the discretion of the local fair, items or articles may be selected from the Open Division classes in any of the following departments:

114....Plants & Soil Sciences	121....Woodworking
115....Flowers and House Plants	125....Foods and Nutrition
116....Natural Sciences	126....Clothing
118....Cultural Arts	127....Knitting & Crocheting
119....Photography	128....Home Furnishings

**General Rules:**

1. Articles will be judged on the Danish judging system which means each entry will receive a ribbon
2. All entry forms must be to Cindy VanDyk (904 131<sup>st</sup> Ave, New Richmond, WI 54017) by June 17<sup>th</sup>. If you have questions, call 715-246-5486

**Registration forms and rules are available from the Aging Disability Resource Center of St. Croix County, or any one of our local Senior Citizen Centers.**

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