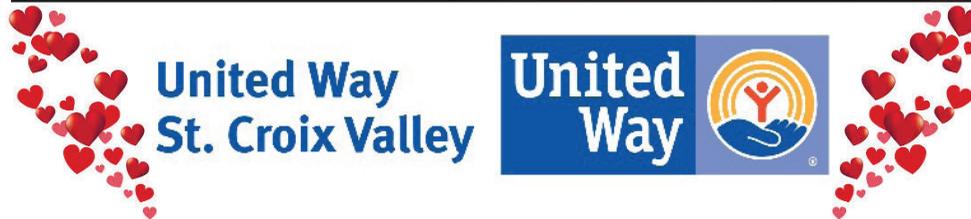


What's Inside:

- Community Calendar.....pg 2
 - For Your Benefit News.....pg 3
 - Spotlight on Social Security..pg 4
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 - DayAway Club.....pg 6
 - Caregiver Support.....pg 7
 - Dementia Care.....pg 7
 - Sr Center News.....pgs 8,9,12 & 13
 - Nutrition Program Menus..pg 10-11
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- Other info:**
- ADRC Contact List.....pg 2
 - Donation Form.....pg 2
 - Request ADRC Form.....pg 8

Nothing says 'LOVE' like a bag full of fruit

Love Bags were packed and delivered to all the Home-Delivered Meal participants before Valentine's Day. The Love Bags are made possible through a generous donation made to the United Way.



IRS telephone scam shows no signs of slowing

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

A pervasive IRS telephone scam surfaced around 2013 and shows no signs of letting up. Since 2013, the IRS has issued over fifteen warnings regarding this particular scam, calling it "sophisticated and aggressive." To date, the Treasury Inspector General for Tax Administration has received reports of 736,000 scam contacts from all states in the country, with nearly 4,500 victims paying over \$23 million as a result. While this is an ongoing scam year-round, the IRS cautions that people are more at risk the closer we get to tax season. In this highly successful scam, the scammer calls a vulnerable person and threatens them, usually saying that he or she owes taxes. The scammer further threatens that if the money is not paid immediately, the person will be arrested. Recent immigrants are more at risk, with scammers using threats of deportation, arrest, loss of a business, utility shut-off, or driver license revocation. The scammer usually demands cash, wire transfer, prepaid debit cards, or even checks or money orders deposited into a bank account. The scammers are usually very specific about the way the "owed tax" must be paid. Most IRS and consumer warnings mention the middlemen (the recipients and/

IRS Telephone Scams...
continued on pg 17

What Happened in 2015?



Aging Programs	
Program	Details
Congregate Nutrition	29,225 meals provided ** 9,051 volunteer hrs given ** 166 volunteers **
Home-Delivered Meals	21,682 meals
Volunteer Medical Transportation	1,506 rides ** 1,991 volunteer hrs given ** 48 volunteers **
Specialized Transportation Program	22,662 one way trips ** 17,112 meals delivered
DayAway Adult Respite	1,739 respite hours
**Increase from 2014	

Aging and Disability Resource Center		
	ContinuUs	IRIS
Clients that have transitioned	356	240*
*One of the highest referral rate in Wisconsin		
Elderly Benefit Specialist	458 clients ** 800 information only contacts (not unduplicated)**	
Disability Benefit Specialist	163 open cases **	
Dementia Care Specialist	282 clients served 33 Business and group trainings 4 Memory Cafes	



Sunday, March 13, 2016

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

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Website: www.sccwi.us/ADRC

email: ADRCinfo@co.saint-croix.wi.us

Brad Beckman, ADRC Administrator

Liza Gibson & Mike Traynor, Elder Benefit Specialists

Marian Mottaz, Disability Benefit Specialist

Denise Gillen, Kelly Weber, Cia Westphal,

Information & Assistance Specialists

Tracy Davis, Community Services Coordinator

Nancy Abrahamson, Dementia Care Specialist

Tara Murdzek, Caregiver Support Coordinator

Randi Hanson, Preventative/Nutrition Program Coordinator

Brandy Zeuli, Outreach Coordinator

Renea Aeschliman, Program Support Specialist

Pam Searcy, Administrative Assistant

◆◆◆ADRC KEY SERVICES INCLUDE◆◆◆

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

Notifying the Public of Rights Under Title VI

ADRC of St. Croix County

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

Donation Designation Form

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

Please designate this donation:

In Memory of _____ or
In Honor of _____

And notify _____
Address _____

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

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

- ___ Medical Transportation
- ___ Site Transportation
- ___ Other _____

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

Please send receipt to:

Name _____
Address _____

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

Your gift is deductible to the extent provided by law.

COMMUNITY CALENDAR OF EVENTS MARCH 2016

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

Job Center – Wednesday, March 2 at the Woodville Community Library, 124 South Main Street, Woodville. A Job Center expert come to the library to meet with anyone interested in job searching ideas, how to look online for jobs, how to type up a resume or check the one you have, interviewing tips, etc. Call toll-free to Aracely (emphasis on the “Cel”) at 888-258-9966 to make an appointment. You no longer need to get to a state workforce site, they are coming out to the local libraries to meet people now!

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

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

Technology Night: Thursday, March 10 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, March 11 from 11:45 a.m. – 1:30 p.m. Come and join us for a great potluck lunch – Knee Pain and Arthritis by Dr. Nicholas Weiss. 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.

Job Center – Wednesday, March 17 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, March 23 at 11 a.m. The Woodville Community Library, 124 South Main Street, Woodville, is seeking for more people to join their Monthly Book Club.

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

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

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

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

Community Calendar...
continues on page 19

WHO TO CALL

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

Council on Aging & Disabilities Members

Dave Ostness, Chair
Jim Schrieber, Vice Chair
Ron Kiesler

George Zaske
Laurie Pelnar
Patricia Jonas
Virginia Drath

Alfred Schrank
Mary Ellen Brue
Paulette Anderson
Jerry Adams

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

●●● FOR YOUR BENEFIT NEWS ●●●

Social Security Disability 101

Submitted by Marian Mottaz, Disability Benefit Specialist

1. Social Security Disability Insurance=Title II: (SSDI) Based on work credits paid to SSA (FICA) need 20 credits to collect, 40 credits to be fully insured. SSDI is all Federal dollars. Look at recipient only. Look at current recipient wage to deny: substantial gainful activity (SGA) in 2016 = \$1130.00 gross in monthly wages. Other income, (i.e. disability payments through work, retirement) and assets do not affect SSDI. Need to be on SSDI for 2 years before eligible for Medicare.
2. Supplemental Security Income= Title XVIII: (SSI) typically called the program of last resort. For people who have never worked and/or haven't earned enough credits and/or have lost their insured status due to not working the past 7 years. Federal and State dollar combination. Financially sensitive: under \$2000.00 in income and assets. This program counts spousal income and assets as well as recipients. When approved recipient also is also awarded a WI Medicaid/ Forward Health benefit.
3. 18-22 year old: If child is currently on SSI and approaching their 18th birthday, parents need to call the local SSA office and they will manage the application and transition for child to adult benefits. If not on SSI pre 18, they cannot apply until the month of their 18th birthday as SSA will look at parent's income/assets pre 18th birthday.

NOTE: PLEASE LET PARENTS KNOW THAT IF THEY HAVE A TRUST FOR THEIR CHILD, IT NEEDS TO BE A SPECIAL NEEDS TRUST THAT AN ATTORNEY DRAFTED AND WAS APPROVED THROUGH THE COURT SYSTEM.

4. Our local SSA Office is Eau Claire: 1-866-815-2924. 4120 Oakwood Hills Parkway, Eau Claire WI 54701. The local office does not make the determination for disability. They

SS Disability 101...continues on page 4

Homestead Tax Credit

by the GWAAR Legal Services Team

The Homestead Tax Credit is a benefit for renters and home owners with low or moderate income. The credit amount depends on one's income and the amount of property taxes or rent one paid. A person will generally receive a higher credit when income is lower and property taxes/rent is higher. The maximum credit one may receive is \$1,168. To obtain the credit, a person must complete a Wisconsin Homestead Credit Claim Form (Schedule H-EZ or Schedule H). The deadline for submitting a 2015 Wisconsin Homestead Credit Claim Form is April 15, 2020. Below is the criteria to qualify for the homestead credit:

- Your household income must have been less than \$24,680 for 2015.
- You must have been a legal resident of Wisconsin for all of 2015, from January 1 through December 31.
- You must have been 18 or older on December 31, 2015.
- You cannot be claimed as a dependent on someone else's 2015 federal income tax return. (Note: This limitation does not apply if you were 62 or older on December 31, 2015.)
- You must have been the owner or renter of your Wisconsin homestead during 2015.
- You must not have lived in housing that is exempt from property taxes for the entire year. (Note: Property owned by a municipal housing authority is not considered tax-exempt for homestead credit purposes if that authority makes payments in place of property taxes to the city or town in which it is located. If you live in public housing, you should check with your rental manager.)
- You must not, at the time of filing a claim, be living in a nursing home and receiving Title XIX medical assistance.
- You must not be claiming Wisconsin farmland preservation credit for 2015.
- You must not be claiming the veterans and surviving spouse's property tax credit on the 2015 real estate taxes.
- Only one claim may be filed per household (married couple residing together).
- No claim may be filed on behalf of a person after his or her death.
- You must not have received Wisconsin Works (W2) payments of any amount or county relief payments of \$400 or more for each month of 2015.

See the AARP Tax Assistance schedule for dates, times and locations. For more information, please visit: www.revenue.wi.gov/faqs/ise/home.html#home1



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Contact: Deanna Schmidt, Housing Manager

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Spotlight on Social Security



...Replacing your Social Security card online

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

We strive to provide you world-class service. With that in mind, Social Security rolled out a new service that allows some of our customers to request a replacement Social Security card online.

The new online version of the [Application for a Replacement Social Security Card](#) allows people in some states to request a replacement card online through our secure *my Social Security* portal without traveling to a field office. You can create or log into your personal *my Social Security* account at www.socialsecurity.gov/myaccount.

Currently available in the District of Columbia, Michigan, Nebraska, Washington, and Wisconsin, it's an easy, convenient, and secure way to request a replacement card online.

When you open a *my Social Security* account, we protect your information by using strict identity verification and security features. The application process has built-in features to detect fraud and confirm your identity.

In certain cases, security experts at Social Security will contact you to ensure it is a legitimate application. We only issue a replacement card if there's no suspicion of fraud and only mail it to a verified address.

To take advantage of this new service option, you must:

- Have or create a *my Social Security* account;
- Have a valid driver's license in a participating state or the District of Columbia (or a state-issued identification card in some states);
- Be age 18 or older and a United States citizen with a domestic U.S. mailing address (this includes APO, FPO, and DPO addresses); and
- Not be requesting a name change or any other changes to your card.

We plan to add more states, so we encourage you to check with us later in the year!

Before you request a replacement card online, you may want to consider whether you need to get a replacement card at all. Most times, knowing your number is what's important. You'll rarely need the card itself, perhaps only when you get a new job and have to show it to your employer.

If you decide that you do need a replacement card, log into your personal *my Social Security* account and select "Request a Replacement Card." Next, answer the screening questions to confirm eligibility, complete personal data, and you're done!

See how easy that was? For more information, please visit www.socialsecurity.gov.

SS DISABILITY 101...

continued from page 3

process the applications and appeals and send them to Disability Determination Bureau (DDB) in Madison who makes the decision. The case is assigned to an Examiner and a Doctor (M.D.) who gets all the records and makes the decision.

5. Time lines: Initial application is now taking 6 months for a decision.

Appeal/reconsideration is now taking 6-9 months for a decision.

Administrative Law Judge (ALJ) hearing is now a one year wait for hearing.

THINGS TO KEEP IN MIND:

- SSA is Federal Law with a medical and vocational basis.
- Basic criteria is one needs to have a severe medical condition that has lasted or is expected to last at least 12 months or expected to end in death.
- One needs a medical listing, (Per SSA Program Operational Manual System (POMS) which are SSA law/rules) as well as how this medical condition affects your ability to function on a daily basis.
- Function is based on the Residual Functional Capacities such as sitting, walking, standing, concentration pace persistence and ability to maintain appropriate social functioning, to name a few.
- One needs to be currently treating and have an M.D.'s documentation that meets the SSA rules.
- M.D's have the highest validity with SSA; then NP, PA, RN, Therapists, SW.
- If one is abusing alcohol, drugs, (illegal or RX) SSA will deny unless the person has been sober for at least 3-6 months as they want to see if their conditions still persist without alcohol or drugs.
- Tell people to wrap their heads around "why can't you work?"

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- ✓ Speech Therapy
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- ✓ Short Term Respite Stays



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ADRC Manager's Report

From the Desk of Brad Beckman

March is the month of Daylight saving time, St. Patrick's Day, Good Friday and Easter.

First, I would like to do a shout out to ADRC staff and everybody that brought soups, desserts, bread for our fundraiser for Secret Santa program. The collaboration effort with all the divisions of Health and Human Services and Veterans is very much appreciated!

As we look forward to 2016, we need to look back on accomplishments thru the ADRC on 2015. Many areas and services we provide had seen increase in participants and numbers. (See ADRC March newsletter for What Happened in 2015).

Also, this month we will continue to provide AARP tax assistance with volunteers see provided schedule.

The Annual Countywide Senior Card Tournament starts in March, I am looking forward to getting to the Sites and participant in the tournament.

If you have any questions about the ADRC, don't hesitate to call 1-800-372-2333 or email at adrcinfo@co.saint-croix.wi.us. You can also visit our website at www.sccwi.us/ADRC.

Announcing publication of the Dementia/Caregiver Resource Booklet

Submitted by Nancy Abrahamson, Dementia Care Specialist & Tara Murdzek, Caregiver Support Coordinator

This is the month we are highlighting the *release* of our **Dementia/Caregiver Resource Booklet**. This is a project that combined efforts from St Croix Department of Public Health and the Aging and Disability Resource Center staff—Tara Murdzek, Caregiver Support Coordinator and myself. Collaborating together between departments is a fantastic opportunity to share information—to get the word out to a broader audience.

Over the years we have received many requests or questions consistent among caregivers. This is our attempt at putting everything into one booklet that is easily carried in purse or pocket. We hope this helps you shop for services by knowing questions to ask and terms for types of service. We hope this helps you see how many resources are at your fingertips so you avoid doing this caregiving journey alone.

Recently a caregiver called me to inform me of a significant health situation he was facing. He started the conversation by saying, "I remember what you told me after we first met, that the health of the caregiver is often what goes before the person with the chronic illness. I

really see that now." We want to keep caregivers healthy!

At the ADRC we want *everyone* to remain healthy. That's why we teach healthy aging classes, answer questions about Social Security/Medicare/Medical Assistance/SSDI, provide information and assistance, offer socialization through senior centers or Memory Cafes, support and educate you in informational groups, offer transportation or respite services, and provide caregiver support and dementia services to individuals with a diagnosis. So give us a call, tell your friends and neighbors that your tax dollars provide an amazing amount of assistance at no charge. Invite one of our staff to give a talk at a local civic organization or faith community.

To receive a copy of the booklet, please call our main desk and ask to have one mailed. Or, you may pick one up. Be certain to clarify that you want the Dementia/Caregiving Resource Booklet not the Resource Directory.

Let us know when you receive the resource booklet what is helpful or what isn't there that would be helpful. We are going to try this out for several months before editing it (unless it's perfect).

Adult Protective Services for St Croix County

Submitted by Jo Anne Friedell, APS Social Worker

Adult Protective Services (APS) assist older adults and adults-at-risk who may be victims of physical abuse, neglect, financial abuse, or self-neglect.

For adults who are found to be legally incompetent and are a danger to themselves or others, the Department of Human Services provides protection and services. For adults who are competent and act in unhealthy or unsafe ways, the Department of Human Services encourages individuals to accept services which will result in a healthier and safer day to day life for themselves and others.

Protective services are intended to

assess the degree to which an individual is at risk and to offer services which help the individual be safe and healthy. These services are usually voluntary, although in certain situations services may be court ordered.

Adult Protective Services include:

- Elder Abuse and Neglect (adults ages 60 and older suspected of abuse or neglect)
- Adults at Risk Services: vulnerable adults suspected of abuse or neglect ages 18 – 59 (with developmental disabilities, physical disabilities, brain injury, or mental health and alcohol and drug abuse issues)

- Court-ordered Guardianships and Protective Services (legal methods for appointing an alternative decision-maker)

Adult-at-Risk is a person age 18-59 and is diagnosed with developmental disabilities, physical disabilities, brain injury, or mental health and alcohol and drug abuse issues.

Elderly: *are persons* age 60 and older who may also suffer from abuse/neglect.

What qualifies as abuse and neglect for APS?

- **Physical abuse** is the willful infliction

APS for St. Croix Cty...

continues on page 14

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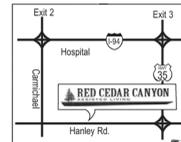


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SUPPORT GROUPS

Caregiver Clubs -

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

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

TOPIC:

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

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

TOPIC:

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

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

TOPIC:

****Respite care is available in Hudson & New Richmond with advance registration.**

Call Tara at 715-381-4366 for details. For more information call 1-800-372-2333.

Other Area Support Groups:

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

Look Good...Feel Better – 1st Monday of the month, 7 p.m. at Westfields Hospital and Clinics. Cosmetology professionals help patients in cancer treatment with makeup application, dry skin, discolored nails, choice and care of a wig, scarves, turbans and hats. Register by calling 715-243-2640, free

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

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

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

Parkinson's Support Group – 2nd Tuesday of the month, 10 a.m. at Hudson Hospital –

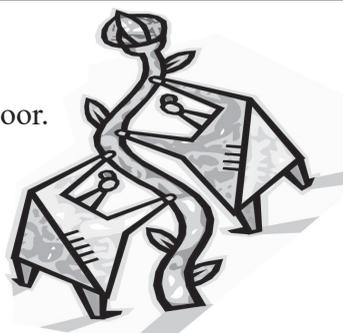
405 Stageline Rd, Hudson, WI 54016. Contact Vicky Hakala at 651-436-1331.

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

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

Cancer Support Group – 2nd Wednesday of the month, 6:30 p.m. – 8 p.m. at the Classrooms at River Falls Area Hospital. Programs are FREE and open to cancer survivors and

Other Support Groups
...continues on page 16



DAYAWAY CLUB

Submitted by Stephanie Koski, DayAway Manager

Feels warm when we can see the sun shining. Still feeding the birds out our window. We saw a beautiful cardinal and of course the squirrels enjoy the food too. We had a wonderful holiday season and celebration. We made Christmas cards for the veterans. Made Christmas gifts for family.

Our program is growing and we welcome all. Come spend the day with us and see what we do. We have coffee and treats along with a lot of talking and laughs. We also play games do crafts watch movies and even have a delicious lunch.

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

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

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

Worried about the “What ifs?”

Are you one of those people who is kept awake at night worrying about the “What Ifs”? Are you caregiving for a loved one and worry about all of the things that could go wrong or the unforeseen obstacles that may come your way? There is a cure for these “What Ifs”, and it’s easy and most often painless.

What is the secret cure you ask? Well, it begins with you.

There is a famous quote by Benjamin Franklin: “People don’t plan to fail, they just fail to plan.” The secret cure is planning. Of course, you can’t plan for every unforeseen event, but you can plan for those events that could be a possibility.

Start today and think about your “What Ifs”. Sit down, take out a piece of paper, and write them down. Write them in list order. Prioritize them. Then, for each item, think about a solution to that item. Maybe it’s hiring some in-home assistance. Maybe it’s asking family or a neighbor for help. Don’t be closed-minded about possible solutions. Maybe you can’t think of solutions and need some assistance with that. Contact the St. Croix County Aging and Disability Resource Center or the County Caregiver Support program at 1-800-372-2333. We have many resources and programs that may be able to assist you.

Many of the “What Ifs” come in the form of emergencies. Maybe it’s an emergency

for the caregiver, or maybe with the care receiver. One solution for some caregivers is to hire in-home care assistance. A little known fact about in-home care providers is that you don’t have to use them 24/7. You can use their services as little or as much as you need. The first step is to develop a relationship with an in-home care agency. For example, you could use their services for one hour a month. (What caregiver wouldn’t like one hour of respite? I’m sure you could find something to do for that hour!) Then, when that emergency arises and you need help immediately, you have that agency ready and able to come and assist. You know them, and they know you. Check one of your “What Ifs” off your list, or maybe even two or three of them.

The next step in your cure is to share your plan with your family and support system so they are aware. That way, when the emergency happens, they know their part of the plan.

Again, not every single emergency or obstacle can be anticipated or avoided, but planning will take away most of your “What Ifs”. Once you, your family, and your support system are aware of your newly-found cure, you will sleep better at night knowing you have a plan in place.

Julie Seeman, Family Caregiver Support Specialist, Rock County Council on Aging

DEMENTIA CARE

FREE online training called “Dementia Generalist Training for Family and Friends.”

There are approximately **450 free coupons** available to friends or family members who are caring for someone with dementia.

This training is a valuable educational resource, especially for caregivers who have limited access to community support groups or educational opportunities.

The “Dementia Generalist Training for Family and Friends” coupon codes can be used through **June 30, 2016**.

This three-hour online course made available through UW-Oshkosh answers common questions about dementia and provides instruction about providing safe in-home care. It also emphasizes the importance of self-care for those who give so much of themselves in order to help others.

Caregivers can choose to watch short segments of the training over multiple sittings, or watch the whole training at one sitting.

Please complete the following steps to register for one free **Dementia Generalist Training for Family and Friends** opportunity:

- Register at: <https://wss.ccdet.uwosh.edu/stc/dhsdementia>.
- While registering, you will be asked for a payment source. Enter the following Coupon (Promo) Code number: **46616D696C79**.
- Once registration is completed you will receive an email with log-in information to take the training. This may take up to one business day after you have submitted your registration information.
- Complete the training per the email instructions within six months of registering for the promo code to remain valid.
- Please provide feedback about the training to the ADRC staff person who provided you with the free training information.

Thank you!

MEMORY CAFÉ OPPORTUNITIES



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

YMCA—Hudson 2211 Vine Street Hudson 1st Thursday 9:30 a.m.—11 a.m.	The Centre 428 Starr Ave New Richmond 2nd Wednesday 1 p.m.—2:30 p.m.	Peace Lutheran Church 2084 County Rd N Baldwin 4th Thursday 1 p.m. - 2:30 p.m.	The Westwind 709 N Main Street River Falls Last Tuesday 10 a.m. - 11:30 a.m.
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Sponsored by the ADRC of St. Croix County; The Centre in New Richmond; YMCA-Hudson; The Lutheran Home, River Falls; Interim; Our House; and WITC-New Richmond

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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



Deer Park Senior Center

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

Activities:

- March 3 – Senior Center Board meeting
- March 10 – Blood Pressure Checks
- March 17 – St. Patrick’s Day Party at 11 a.m. (wear green and play some fun Irish games with prizes). Prizes will be awarded for the “Best Dressed”
- March 31 – Our Family Living bingo at 10:30 am.
- 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:

- March 1 – Vern Vasfaret
- March 4 – Martha Mabis
- March 12 – Jocelyn Dixon
- March 19 – Art Jacobson
- March 26 – Howard Mabis
- March 29 – Norma Bee

Please join us at the **Baldwin Senior Center** for a meal, Dominoes, Bingo or one of our days with speakers or entertainment! We love to see new faces & meet new members of our community!

The Baldwin Senior Center would like to thank Phillis & Paul Chapin for the kind donation of coffee & The Community Pre-School staff for the generous donation of donuts!

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

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

Activities:

- March 9 - Senior Center Board at 9 a.m.
- March 23 – Annual Card Tournament in Glenwood City
- March 30 – Annual Card Tournament in Deer Park
- Daily - Men’s coffee round table news at 11:15 a.m.
- Daily - great food, great friends, great coffee, and all the news we need to know and then some.

Birthdays:

- March 4 – Arvid Flanum
- March 6 – Agnes Tamoshaitis
- March 9 – Clarence DeLawyer 95 years young!
- March 27 – Jean Krumm

Anniversaries:

- March 23 – David & Arlene Anderson
- March 28 – Glen & Pat Shilts 63 years – Congratulations!

Here we are thinking about March which is inspirational (to me) as it means winter is coming to an end. Easter, spring, flowers and warmer weather are all so exciting to those of us that love the warmer weather. Let’s hope the ground hog is right.

I checked on the birthstone for the March birthdays and it is Aquamarine, a beautiful stone which is a symbol of youth, hope and health. The flower of the month is daffodil and that is a sign of devotion and affection. Both the stone and the flower are pretty exciting. Happy March Birthdays.

Mark your calendars, the famous senior card tournament begins on the 23rd. MANY THANKS TO Renee Boe for arranging our Valentines centerpieces. They are professional. We appreciate them and her excellent job.

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

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.

8 years

Lyn Larson, Woodville Nutrition Program Manager

17 years

Pam Searcy, Administrative Assistant

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.

The *Aging & Disability Resource Center* is the best source of information for active older adults and individuals with a disability in St. Croix County
I'd like to receive the ADRC New at home!
Please add my name to the mailing list.

Name _____
 Address _____
 City _____ State _____ Zip _____

Mail to: ADRC of St. Croix County
1752 Dorset Lane, New Richmond, WI 54017
Donation enclosed will help offset the cost of postage \$ _____

● SENIOR CENTER NEWS ●



Glenwood City Senior Center

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



Activities:

- March 3 – Tara Murdzek Caregiver Programs & other services offered by the ADRC
- March 5 – Field Trip to The Mabel Tainter Theater – Guys & Dolls
- March 9 – Community Health Needs Conversation – Natasha Ward, RDN, CD from 10 a.m. - 11:30 a.m.
 – Senior Center Board meeting at 1 p.m.
- March 14 – Blood pressure/blood sugar check with Char and Kevin at 11 a.m.
- March 19 – Field Trip to The National Eagle Center - Wabasha, MN
- March 23 – Annual Countywide Card Tournament at Glenwood City Senior Center
- March 28 – Foot care with Brenda Cogbill, appointment available by calling 715.265.7242
- March 30 – Annual Countywide Card Tournament at Deer Park Senior Center
- 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)
(9 a.m. start on March 3, 8, 9, and 15; NO BINGO on March 23)

Birthdays:

March 27 – Whynelda Johnson

What a busy month March is turning out to be! We are starting out the card tournament here in Glenwood City on March 23! If you are a card player call us to sign up at 715.265.7242!

On March 3 at 10:30 a.m. Tara Murdzek from the ADRC will be here to discuss the Living Well Workshop that will be offered here at the senior center on Thursday afternoons starting in April. *If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the Living Well Workshop can help you take charge of your life!* Please call 715.265.7242 by noon March 2 to reserve your lunch our menu is Chow Mein with Vegetables over Rice, Garden Salad Dressing and Fruit Cup.

Please join us for a Community Health Conversation! The Healthier Together-Pierce St. Croix Coalition wants your feedback about how to improve the health of senior citizens in your community. Three health priorities have been chosen, and we need your input for strategies to impact these health issues in your community. Please join us for this community conversation at the Glenwood City senior center on Wednesday, March 9 from 10 a.m. - 11:30 a.m. Please call 715.265.7242 by noon Tuesday, March 8th to reserve your lunch our menu is Sliced Roast Beef, Mashed Potatoes & Gravy, Beets, and Fruit Cocktail!

We have had so many people bringing in treats I can’t name them all!! SO... Thank you to EVERYONE who have been bringing in treats the last month! We all love eating them every day!

The Ice Sculptures near Maiden Rock were just beautiful!!! We are so lucky to have been able to have seen them! We also enjoyed a great meal together at Common Man Brewing in Ellsworth – if you are in the area you need to try this place it is awesome!

Thank you to John Terkelsen for playing at our Valentine party! We always love hearing your music!

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

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



What is out in the yard all summer and Irish?
 Paddy O' Furniture



Hudson Senior Center

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

PHOTO
 COMING
 SOON!

Activities:

- March 8 – Hand Massage with Our House Senior Living at 10 a.m.
- March 10 – Foot and Hand card game at 9 a.m.
 – Piano playing by Kathryn Long
- March 11 – Monthly Birthday Celebration
- March 17 – St. Patrick’s Day party
 – Blood Pressure with DeeAnn from 9:30 a.m. – 11 a.m.
- March 18 – Cookie Factory trip and lunch at the Westwind at 11 a.m. Call Site to sign up.
- March 24 – Foot and Hand card game at 9 a.m.
 – Piano playing by Kathryn Long
- March 25 – Yes Dorothy – All Dogs Go to Heaven video at 10 a.m.
- Mondays – Men’s Coffee Group meeting at 8 a.m.
- Tuesdays - Shopping after lunch (call 24 hours ahead to reserve ride)
- Wednesdays - Men’s Coffee Group meeting at 8 a.m.
- Thursdays - Shopping after lunch (call 24 hours ahead to reserve ride)
- Fridays - Men’s Coffee Group meeting at 8 a.m.
- Daily - Bingo at 9:30 a.m. (except Tuesdays – 10 a.m.)
 – Piano playing with Judi Langmack

Birthdays:

- | | |
|-------------------------------|-----------------------------|
| March 2 – Evelyn Christenson | March 13 – Gay Williamson |
| March 3 – Borgie Sherva | March 15 – Harriet Enloe |
| March 4 – Pauline Kobylarczyk | March 17 – Lisa Caruso |
| March 6 – Richard Wiegel | March 20 – Renee Krassau |
| March 9 – Terry McDonough | March 27 – Judy Hagen |
| March 10 – Frances Milner | March 31 – Shirley Peterson |

Spring is in the Air!

First, I want to take a moment to express my appreciation for all of the Hudson Senior Center congregates! You guys have really stepped up and have been so helpful and patient. We are still in need of volunteers. If you are interested in helping the Hudson Senior Center or know anyone that may be interested please don’t hesitate to call Melissa at 715-386-8709.

The Hudson Senior Center has a lot going on in March! This month our St Croix County Senior Card Tournament starts. If you’re good a cards, enjoy playing cards or want to start call Melissa at 715-386-8709 and you will be signed up. This is also a great opportunity to meet more people in your community and go see the other senior centers.

Do you have the Luck of the Irish? On St. Patrick’s Day if you wear something green your name will be placed in a drawing for a prize!

A lot is going on at the Hudson Senior Center, from hand massages, field trips, shows and music. Come check us out and stay for some lunch!

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.

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

*There are good ships, and there are wood ships,
 the ships that sail the sea.
 But the best ships are friendships,
 and may they always be.
 ~ Irish Blessing ~*

NUTRITION PROGRAM MENU

Hudson Area Nutrition Program March 2016 Menu

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

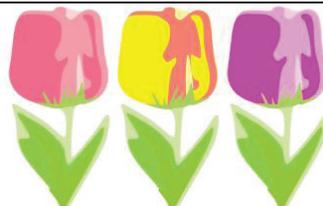
Monday	Tuesday	Wednesday	Thursday	Friday (On-Site Dining Only)
Suggested Donation: \$4.00 per meal Please pay as much as you can afford, as we rely on donations from participants to keep the program going.	1 Chicken ala King Rice Pilaf Tossed Salad Dessert	2 Spaghetti w/ meat sauce Sauté Zucchini Garlic Toast Tossed Salad Chef's Dessert	3 Chopped Sirloin Grilled Onion Baked Potato Mixed Greens Chef's Dessert	4 Fried Shrimp Tater Barrels Carrot Vichy Coleslaw Chef's Dessert
7 Roast Chicken Mashed Potatoes Kernel Corn Tossed Salad Chef's Dessert	8 Baked Ham Au Gratin Potatoes Peas w/ mushrooms Tossed Salad Dessert	9 Braised Beef Tips Hunter Style Buttered Noodles Grilled Tomato Tossed Salad Chef's Dessert	10 Chicken Subgum White Rice Crisp Noodles Tossed Salad Chef's Dessert	11 Mac & Cheese Tomato/Bacon Vegetable Tossed Salad Garlic Toast Chef's Dessert
14 Spaghetti/Meat sauce Italian Green Beans Tossed Salad Garlic Toast Dessert	15 BBQ Beef Oven Browned Potatoes Buttered Corn Tossed Salad Chef's Dessert	16 Roast Pork Loin Mashed Potatoes Red Cabbage Tossed Salad Chef's Dessert	17 Corned Beef & Cabbage Irish Potatoes Carrot Points Minted Pears Chef's Dessert	18 Baked Cod New Potato Broccoli Tossed Salad Chef's Dessert
21 Chopped Sirloin American Fries Grilled Onion Coleslaw Chef's Dessert	22 Fried Chicken Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	23 Baked Ham Au Gratin Potatoes Whole Green Beans/Tom Cottage Cheese/Pineapple Chef's Dessert	24 Braised Spare Ribs Caraway Potatoes Sauerkraut Cottage Cheese Chef's Dessert	25 Fish Fry Tater Barrels Broccoli Spear Tossed Salad Chef's Dessert
28 Salisbury Steak Mashed Potatoes Buttered Carrots Tossed Salad Dessert	29 Chicken ala King Rice Pilaf Tossed Salad Dessert	30 Swedish Meatballs Mashed Potatoes Rutabagas Fresh Fruit Chef's Dessert	31 Chopped Sirloin Grilled Onion Baked Potato Mixed Greens Chef's Dessert	

River Falls Nutrition Program March 2016 Menu

119 Union Street - 715-425-9932

Serving Monday – Friday

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

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Donation: \$4.00 per meal Please pay as much as you can afford, as we rely on donations from participants to keep the program going.	1 Meatball Vegetable Cass. Buttered Beets Orange Pineapple Cup Garlic Breadstick Dessert	2 Chili Peas & Carrots Cornbread Fruit Cup Dessert	3 Teriyaki Grilled Chicken Buttered Noodles Oriental Blend Vegetables Peaches Dessert	4 Lemon Baked Cod Potato Wedge Coleslaw Fruit Cocktail Dinner Roll Dessert
7 Sweet & Sour Chicken Parslied Noodles Stir Fry Vegetables Bread Slice Dessert	8 Beef Stew Baked Potatoes Coleslaw Chef's Choice Fruit Dessert	9 Roast Turkey Mashed Potatoes & Gravy Island Blend Vegetable Dessert	10 Spaghetti & Meatballs Green Beans Fruit Garlic Breadstick Dessert	11 Tuna Salad Sandwich Stewed Tomatoes Sunny Pears Breadstick Dessert
14 Turkey Cheddar Casserole Green Beans Apricot Halves Garlic Cheddar Biscuit Dessert	15 Beef Stroganoff Buttered Noodles Cabbage and Carrots Dinner Roll Dessert	16 Cream Chipped Beef Mashed Potatoes Green and Gold Beans Dinner Roll Dessert	17 Stir Fry Pork Vegetable Fried Rice Oriental Blend Vegetable Pineapple Orange Cup Dessert	18 Potato Crunch Pollok Scalloped Potatoes Tomato Cucumber Salad Bread Slice Dessert
21 BBQ Grilled Chkn Brst Baked Beans Coleslaw Dinner Roll Dessert	22 Cheeseburger French Fries Carrots Fruit Cup Dessert	23 Open Face Turkey Mashed Potatoes & Gravy Capri Blend Vegetable Dessert	24 Oven Fried Chicken Mashed Potatoes & Gravy Squash Bread Slice Dessert	25 Chicken Cordon Bleu Rice Pilaf Island Blend Vegetables Bread Slice Dessert
28 Glazed Ham Baked Sweet Potato Cauliflower Dinner Roll Dessert	29 Broccoli Cheese Cass. 5 way Blend Vegetable Fruit Bread Slice Dessert	30 Pot Roast Mashed Potatoes & Gravy Carrots Bread Slice Dessert	31 Marinara Chicken & Cheese Mashed Potatoes & Gravy Green Beans Breadstick Dessert	

St. Croix County Nutrition Program March 2016 Menu

Serving Mondays through Thursdays at the following locations:

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

Monday	Tuesday	Wednesday	Thursday
	1 Old Thyme Ham with Raisin Sauce Boiled Potatoes Green Beans Bread and Butter Dessert Bar	2 Burger with the Fixings Macaroni Salad Cook's Choice Pie	3 Chow Mein with Vegetables over Rice Garden Salad with Dressing Bread and Butter Fruit Cup
7 Hamloaf Baked Potato and Sour Cream Creamed Spinach Bread and Butter Cookie	8 Egg Salad Sandwich with Lettuce Cook's Choice Soup Peach Delight Dessert	9 Sliced Roast Beef Mashed Potatoes and Gravy Harvard Beets Bread and Butter Fruit Cocktail	10 Turkey, Broccoli and Rice Bake Sunshine Salad Bread and Butter Angel Food Cake
14 Potato Crusted Fish Hashbrowns Winter Squash Bread and Butter Banana	15 Mushroom Hamburger Steak Mashed Potatoes and Gravy Buttered Peas Bread and Butter Mandarin Oranges	16 Spaghetti and Meat Sauce Garlic Bread Marinated Vegetable Salad Coconut Pudding Dessert	 17 St. Patrick's Day Celebration Cook's Choice Menu
21 Sirloin Tips in Gravy over Buttered Noodles Carrots Bread and Butter Shortcake	22 Cook's Choice Menu	23 Chicken ala King with Vegetables over Homemade Biscuit Salad Dessert	24 Seasoned Pork Chops Potatoes Cabbage Au Gratin Bread and Butter Rosy Pears
28 Cook's Choice Soup and Sandwich Fruit Crisp	29 Stuffed Chicken Breast Au Gratin Potatoes Lemon Pepper Brussels Sprouts Bread and Butter	30 Cabbage Rolls Vegetable Salad Dessert	31 Baked Cod Sweet Potatoes Asparagus Bread and Butter

“Savor the flavor of eating right”

Submitted by Brandy Zeuli, Outreach Coordinator

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2016 is “Savor the Flavor of Eating Right” which encouraged everyone to take time to enjoy food traditions. There is an obvious social component to food. Whether a nightly family dinner, special holiday occasion or social gathering, food often plays a central role. This year's theme also encourages appreciating the pleasures of food, great flavors and social experiences food can add to our lives. Taking time to appreciate the flavors, textures and overall eating experience is important. We often eat quickly and mindlessly. Instead, try following this tip to help you savor the flavor of your food: Eat slowly.

How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods- that's the best way to savor the flavor of eating right. Being a mindful eater can help you reset both your body and your mind and lead to an overall healthier lifestyle.

Sources: <http://www.nationalnutritionmonth.org/nnm/>



The Recipe Box



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

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

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



Bad Weather Closings

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

Home Delivered Meal Participants



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

● SENIOR CENTER NEWS ●



New Richmond Senior Center

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

PHOTO
COMING
SOON!

Activities:

March 1 – Shopping after lunch
March 3 – Eat Smart Nutritional Educational Program by Sarah, UW Extension at 12 p.m.
March 8 – Senior Center Board meeting
March 10 – Eat Smart Nutritional Educational Program by Sarah, UW Extension at 12 p.m.
March 15 – Bingo sponsored by Our House
– Shopping after lunch
March 16 – St. Patrick's Day Party! Dress your best in O'Green!! Irish music performed by John & Maureen Brunner
March 17 – Eat Smart Nutritional Educational Program by Sarah, UW Extension at 12 p.m.
March 22 – Monthly Birthday Party
March 24 – Eat Smart Nutritional Educational Program by Sarah, UW Extension at 12 p.m.
March 29 – Shopping after lunch
March 31 – Eat Smart Nutritional Educational Program by Sarah, UW Extension at 12 p.m.
Foot care with Nancee is available – call the Senior Center for details and appointment. Cost is \$20.00
Every other Tuesday – Shopping

Birthdays:

March 9 – David Bibeau
March 17 – Herb Zacharias
March 20 – LaVerne Mealey
March 24 – Jan Emerson
March 27 – Marilyn McCarthy
March 27 – Rhonda Shilts

As of February 1, I have become new Nutrition Program Manager. I'm getting to know everyone, the routine and trying to keep things running as smoothly as it has been. I would like to give a huge Thank You to Sue Meyer for volunteering to come in to "show me the ropes"! Also, thank you to the drivers, Kent, John D. and John B. Your help is greatly appreciated! I look forward to planning things and meeting everyone at the other centers.

Just a little about myself. I come from a family of 13, live in New Richmond and have 2 adult children and 5 grandchildren ages 4 to 14. I enjoy spending as much time as I can with them. Along with my 5 sisters, we owned a restaurant for 24 years which was known as Crossroads at the Corners. We sold it 3 years ago. I do some darning and love to read. I prefer to be outside in the summer and love to fish! I am looking forward to getting to know the interests of everyone at the center, so we can plan activities together.

A special thank you to John and Maureen Brunner for entertaining us with singing and music for our Valentine's Party. It was a huge success.

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

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

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

Roberts Senior Center

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

PHOTO
COMING
SOON!

PHOTO
COMING
SOON!

Activities:

March 2 – Guest Speaker: Tara Murdzek, ADRC Caregiver Support Coordinator
March 9 – Foot Care with Dave
March 16 – St. Patrick's Day and 1st day of Spring party
March 21 – Blood Pressure Check with Kathy
March 23 – Annual Countywide Card Tournament in Glenwood City
March 30 – Annual Countywide Card Tournament in Deer Park
Mondays – Mexican Train Dominoes
Wednesdays – 31 Card Game

Hello everyone. Happy St. Patrick's Day, Happy 1st Day of Spring and last but not least Happy Easter. Lots of happy days this month.

Tara Murdzek, ADRC Caregiver Support Coordinator, will be coming to speak to us on Wednesday, March 2, 2016. She will be talking about her services that are available and other services that the ADRC has to offer. Please if you are a care giver or know someone who is come and listen to Tara. She really knocks herself out to help people find solutions to their care giver problems.

Tara is also setting up a "Stepping on Falls" prevention classes here in Roberts. These will begin on Monday, April 4, 2016 from 1 p.m. to 3 p.m. The class will be held every Monday afternoon from April 4th through Monday, May 16th. The class is limited to 10 people so if

you are interested please call 715-749-3755. Class information will be available in can be found in the newsletter. This class is very informative and has many benefits for all of us seniors.

We will celebrate St. Patrick's Day and the 1st day of spring on Wednesday, March 16. Maybe a leprechaun will show up. You never know.

Don't forget to go to Senior Coffee and Cookies at the Roberts Library on Friday mornings starting at 10 a.m. The reports that I have been getting are that everyone has been having a really good time.

We will be having regular blood pressure checks on the third Monday of each month again. Kathy Jensen from Hammond has volunteered to do this for us. Thank you for this Kathy.

We will also be having foot care once a month. The cost is \$20.00 and is performed by a nurse. An appointment is necessary and lasts about 20 minutes. Please call me at 715-749-3755 to register.

Volunteers are always welcome.

The Roberts Senior Center is open on Mondays and Wednesday from 10 a.m. to 2 p.m. with lunch being served at noon. We are located at the Roberts Park Building, 317 N Park St, Roberts, WI 54023. To reserve a meal please call 715-749-3755 24 hours in advance. Please include your name and the day on which you plan to dine. Those 60 and over can dine for a suggested donation of \$4.00/meal. If you are interested in receiving meals at home we do deliver as well. Please call the Aging & Disability Resource Center in Hudson at 1-800-372-2333 for further information about the home delivered meal program.

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



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:

March 2 – AARP Tax Assistance from 9 a.m. – 1 p.m.
March 4 – Foot Care; Cost \$20 – call for appt.
March 7 – Executive meeting at 9:45 a.m.
March 18 – Foot Care; Cost \$20 – call for appt.
March 22 – National Goof Off Day
March 29 – General meeting at 1 p.m. Bingo afterwards with Pot 'O Gold drawing
March 30 – AARP Tax Assistance form 9 a.m. – 1 p.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:

March 2 – Rosemary Dusek
March 7 – Alan Stewart
March 16 – Patrick Burns
March 18 – Jim Killian
March 20 – Judy Johnson
March 20 – Stan Ramberg
March 23 – Beth Amacher
March 25 – Marie Deja
March 28 – Evelyn Baker
March 30 – Bob Guggenbuehl

If you are planning to have assistance with your taxes, be sure to bring your copy of last year's tax return, current year's tax forms – W2 forms, SS-1099 form and any other miscellaneous forms you have received. The AARP Tax Assistance will be here on Wednesdays March 2 and 30 from 9 a.m. – 1 p.m. on a first come first serve basis.

Remember to set your clocks ahead on Sunday, March 13 for the beginning of daylight savings time.

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

Senior Center trips planned for 2016 include:

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

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

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

● SENIOR CENTER NEWS ●



Somerset Senior Center

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



Activities:

- March 1 – Shopping in New Richmond
- March 4 – Dining Out
- March 8 – Senior Center Board Meeting at 9 a.m.
 - Blood Pressure
 - Birthday Celebrations
 - Shopping in Somerset
- March 15 – Shopping in New Richmond
- March 17 – St. Patrick’s Day Celebration
- March 22 – Shopping in Somerset
- March 24 – Easter Celebration
- March 29 – Shopping in New Richmond
- Wednesdays – Cards from 9 a.m.

Birthdays:

- March 9 – Terry McDonough
- March 27 – Kathy Nelson

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.



Woodville Senior Center

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



Activities:

- NO Center Board meeting
- March 1 – Lunch & Learn – “Eat Smart, Live Strong” at 12:15 p.m.
- March 8 – Lunch & Learn – “St. Croix County Recycling” at 12:15 p.m.
- March 16 – AARP Tax Assistance at Norseman
- March 23 – Senior Commodities pick-up 11:30 a.m. - 11:55 a.m.
- March 23 – Annual Countywide Card Tournament in Glenwood City
- March 29 – Oh, Baby! Photo Contest winners announced!
- March 29 – Free Blood Pressure Check 9:30 a.m.
- March 30 – Annual Countywide Card Tournament in Deer Park
- Tuesdays: Bingo at 10 a.m.
- Thursdays: Bingo at 10 a.m.

Birthdays:

- March 9 – Alice Bertelson
- March 10 – Gordon Grinley
- March 11 – Celia Frieberg
- March 19 – Jim Wickboldt
- March 27 – Gladys Winberg

TUSSEN TAKK (*A Thousand Thanks!*)

We are grateful for all the Volunteers and Community Support we receive throughout the year. Thanks to all the folks that donate treats for coffee, Valentine’s and Birthdays! We are humbled and awed by the generous donation of the Marvin & Bessie Johnson Family. The memorial donation is a beautiful way to honor their memories. We are proud to have been such an important part of their lives. We are blessed by your generosity.

“Eat Smart, Live Strong” final learning session is March 1 at 12:15 p.m. Mary Lestrud, UWEX will provide us with information, samples, recipes, and great ways to meet our health and exercise goals.

Oh, Baby! Photo Contest: Bring in a picture of yourself from newborn to age 6. Turn into Lyn by March 15th! Don’t tell others which is yours, everyone will have to guess! Contest winners will be announced on March 29th!

Let the Games Begin! We are trying to get board game days going on Monday and/or Wednesday mornings from 10:30 a.m. - 11:45 a.m., before lunch. Check with Lyn or Barb B. for more details.

We are located in the lower level of the Pioneer Building, below the Woodville Post Office on the corner of Main and River Streets. Ramp entrance is located on the backside of building, next to Olson’s Meats. Please call 24 hours in advance to reserve your affordable and delicious home-style lunch. Seniors 60+ and their spouses may dine for a suggested donation of just \$4.00 per meal! Transportation is available for those in need of a ride for a nominal charge. We look forward to seeing you!

REMINDER: If the Baldwin-Woodville School District Closes **DUE TO THE WEATHER**, the Senior Center will be closed too, with no homebound delivery either. Please plan ahead and have a couple of frozen dinners in case of such a closing. The B-W School Closing Hotline Number is 684-2200.



Have you heard? The Countywide Senior Card Tournaments are starting!!!

Euchre, 500 & Cribbage

Begin March 23rd

Contact your local Senior Center for more details.

2016 Card Tournament Schedule			
Date	Time	Place	Maximum # of Players
March 23	9:30 – 11 am	Glenwood City	10/team
March 30	9:30 – 11 am	Deer Park	10/team
April 6	9:30 – 11 am	Woodville	10/team
April 13	9:30 – 11 am	New Richmond	10/team
April 20	9:30 – 11 am	Ham/Roberts	10/team
April 27	9:30 – 11 am	Somerset	8/team
May 4	9:30 – 11 am	Baldwin	10/team
May 11	9:30 – 11 am	Hudson	6/team
May 18	9:30 – 11 am	Amery	12/team



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

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

**•United Way •
St. Croix Valley**



APS FOR ST. CROIX CTY... *continued from page 5*

of physical pain, injury or unreasonable confinement. It includes, but is not limited to: choking, slapping, hitting, bruising, or causing pain, injury or suffering. Inappropriate medications or tying or locking a person up. It also includes sexual abuse.

- **Physical neglect** includes failing to attend to a person's medical, hygienic, nutrition & dietary needs.
- **Emotional abuse** involves creating emotional pain, distress or anguish through the use of threats, belittling, intimidation or humiliation. This includes yelling or threats of harm and/or isolation, or on-verbal actions such as throwing objects.
- **Emotional neglect** includes actions to isolate from visits or contact by family and friends.
- **Financial exploitation** is the misuse or mishandling of an elder's money or property or assets without consent, under false pretense, or through coercion and/or manipulation. This includes fraud, scams, theft, "phishing"- tricky e-mail messages.
- **Abandonment** involves desertion by anyone who assumed caregiving responsibilities for an adult or deserting the caregiving needs
- **Neglect** occurs when a caregiver's failure to provide adequate food, shelter, clothing, medical or dental care results in significant danger to the physical or mental health of an older person in his/her care. It can take the form of withholding food, medications or access to health care professionals.
- **Self-neglect** involves seniors or adults with disabilities who fail to meet their own essential physical, psychological or social needs, which threaten their health, safety and well-being. Includes failure to provide adequate food, clothing, shelter and health care for one's own needs.

What if you just have a "feeling" about a situation but can't verify the details?

APS workers are professional social workers trained to handle just such a situation. Based on your report, the agency will assess the situation and determine how best to respond. Since laws and regulations vary widely across the United States, only your local APS agency can determine the best course of action in any given situation

What should I do if I think that a vulnerable adult or elderly person is being abused or neglected?

In St. Croix County call: (715) 246-6991 and ask to speak with Adult Protection Intake between the hours of 8 a.m. - 4:30 p.m. After hours, dial 911.



TIPS TO STIMULATE YOUR MIND

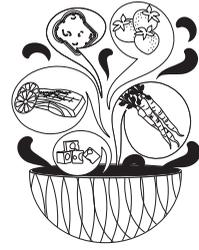
National Nutrition Month® 2016

Vegetable Word Search for Adults

Words may be horizontal or vertical.

1. Acorn squash
2. Artichokes
3. Arugula
4. Asparagus
5. Broccoli
6. Brussels sprouts
7. Carrots
8. Cauliflower
9. Cucumber
10. Eggplant
11. Endive
12. Garlic
13. Jicama
14. Kale
15. Mushrooms
16. Okra
17. Radicchio
18. Radish
19. Tomatillos
20. Turnip
21. Zucchini

B F G I L M O P Q A C D M X G N N P U Z N W F E
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Academy of Nutrition and Dietetics



Circles of Life Conference

Circles of Life is Wisconsin's annual conference for parents and family members who have children with disabilities and professionals who support them.

April 21 - 22 at the Country Springs Hotel, Waukesha, WI

The Circles of Life Conference is an annual statewide conference for families of children and youth with disabilities or special health care needs and professionals who support them. The conference is a unique opportunity for participants to develop new skills, learn up to date information, and form lasting relationships.

Go to www.circlesoflifeconference.com to register before April 1. For more information, find them on Facebook or visit the Circles of Life web site.

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Proposed legislative action could affect St. Croix County Veterans

Submitted by Dale Cotch, St. Croix County Veterans Services

If a Bill proposed by a couple of state legislators gets passed the assistance to St. Croix County Veteran might decrease. Under current law each county in Wisconsin must elect or appoint a County Veteran Service Officer (CVSO). CVSOs act as a local resource, to offer benefits access (for both state and federal benefits), assistance and advocacy with the individual Veteran's interests first and foremost. Without the assistance of local county level Veteran benefits experts, our most vulnerable Veterans and their widows would be tragically underserved.

A proposed Bill that would make changes to current CVSO operations. This Bill proposes to make CVSOs optional for counties, and in their place to provide a consortium or regional Veteran Service Office. This Bill would also eliminate the requirement that a CVSO be a Veteran.

I struggle to understand the reasoning behind moving CVSO operations out of the County to a regional location (i.e. combine two or more counties with one CVSO). With this plan it is the homebound and infirm, the veterans in local assisted living facilities and nursing homes, who cannot transport themselves to a central benefit office to be served that would suffer. Although we face a decreasing veteran population in Wisconsin,

this population is an aging population. This, in combination with the injuries and exposures suffered by our veterans over the last decade of war, serves to increase the complexity and urgency of our veterans' needs.

On the issue of having a non-Veteran as a CVSO, I think this too is a huge mistake. Many times over the past eight years of doing this type of work I have been able to get a Veteran to open up with me because I'm a Veteran, I can speak the same language as they do. This is especially true when I'm dealing with a Veteran suffering from Post-Traumatic Stress Disorder or Traumatic Brain Injury. With a non-Veteran advocate I believe that connection would be lost.

Further, it would be cost prohibitive for a state-wide consortium to provide the level of services currently being delivered by CVSOs. This proposal will not match --much less improve-- the level of services to our state's most vulnerable veterans and their widows. Because of these facts I disagree with the ideas of regionalizing the CVSO services and allowing a non-Veteran as a CVSO. I strongly believe that St. Croix County Veterans are best served by having a Veteran CVSO in St. Croix County. Contact your local legislators and share your opinion; see chart at right.

WISCONSIN LEGISLATORS

Governor Scott Walker
115 East Capitol
Madison, WI 53702
608-266-1212
govgeneral@wisconsin.gov

Adam Jarchow, 28th Assembly District State Capitol, Rm 19 N P.O. Box 8952 Madison, WI 53708 608-267-2365 Rep.Jarchow@legis.wi.gov	John Murtha, 29th Assembly District State Capitol, Rm 309 N P.O. Box 8953 Madison, WI 53708 608-266-7683 Rep.Murtha@legis.wi.gov
Dean Knudson, 30th Assembly District State Capitol, Rm 220 N P.O. Box 8953 Madison, WI 53708 608-266-1526 Rep.Knudson@legis.wi.gov	Sheila Harsdorf, 10th Senate District State Capitol, Rm 18 S P.O. Box 7882 Madison, WI 53707-7882 608-266-7745 Sen.Harsdorf@legis.wi.gov

WISCONSIN LEGISLATORS

Tammy Baldwin, United States Senator 205 5 th Avenue South, Room 216 La Crosse, WI 54601 608-796-0045	Ron Johnson, United States Senator 517 E Wisconsin Ave Milwaukee, WI 53202 414-276-7282
Sean Duffy, United States Representative 208 Grand Avenue Wausau, WI 54403 715-298-9344	

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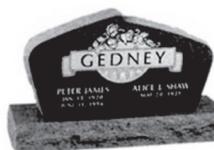


715-243-6148

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John Harrington
jharrington@fn-cb.com



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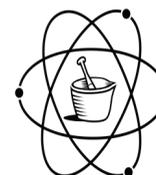
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OTHER SUPPORT GROUPS...

continued from page 6

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

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

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

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

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

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

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

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

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

DEMENTIA PRESENTATIONS

Friday, March 4

Memory Loss and Dementia: What is it?

The incidence of dementia will increase from 115,000 currently to 242,000 in 2040. It is a costly disease. Learn about treatable and untreatable dementia such as depression or Alzheimer's disease. Find out about the 10 warning signs, how and where to a diagnosis, healthy living skills, and how to plan for what's coming. Handouts will be available.

Friday, March 11

Effective communication when someone has dementia and how to support the caregiver.

When the brain changes due to dementia communication must change as well. This will cover developing effective communication skills with the person with a diagnosis of Alzheimer's disease and what the disease inspired behaviors mean. Learning how to support caregivers will be included in the presentation.

Friday, March 18

Valuable Resources in St. Croix County for Caregiver and Person with Dementia

We are resource rich in St. Croix County. Learn what is available and how to access resources for those who are aging or disabled and the general public. Discussion will include resources for the person with the diagnosis as well as the caregiver, friends and neighbors.

LOCATION:

Friday Memorial Library
155 E First St.
New Richmond, WI 54017

TIME: 1 p.m. – 2 p.m.

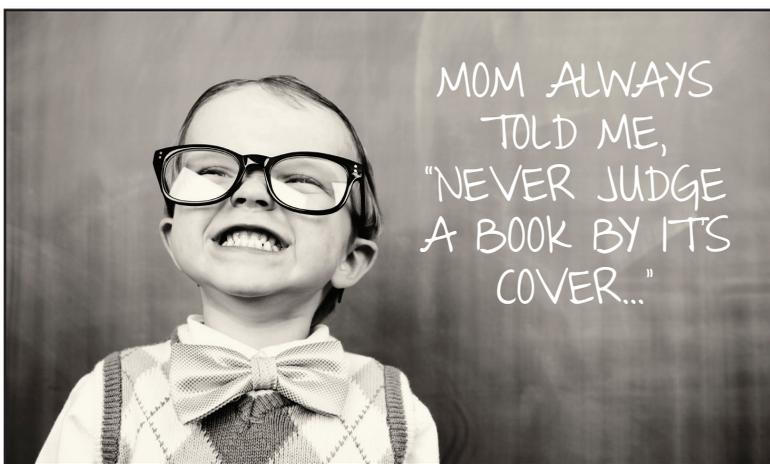


Plan to attend one or all three sessions on dementia. The information will be presented by Nancy Abrahamson, ADRC Dementia Care Specialist. Nancy has 30 years of experience as a social worker in health care, caregiving and with dementia. She will present, answer questions, and provide handouts during the valuable one hour sessions. The Aging and Disability Resource Center is your "go to" place for questions about benefits for elderly or those between ages 18 and 59 who are disabled; medical transportation, caregiver resources, information and assistance, senior nutrition, adult respite, and dementia.

AGING & DISABILITY RESOURCE CENTER OF ST. CROIX COUNTY

1752 Dorset Lane
New Richmond, WI 54017
1-800-372-2333

www.sccwi.us/adrc



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By choosing The Lutheran Home Campus for your living & care needs, you are choosing outstanding services & amenities, delicious dining options and a socially enriching lifestyle. But above all you are choosing an out of this world commitment to provide you with the very best care and support available.

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Elder & Disability Benefit Specialist Recommendation & Request...

To continue to provide efficient and prompt service to as many clients as possible, we would



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

Thank you - Liza, Marian & Michael

WELCOME HOME

Lovely St. Croix Co Locations
for Seniors & Disabled Adults

Updated 1br - Rent based on income
Heat paid + electric allowance

877-495-3008

715-688-2272



CARDINAL CAPITAL MGMT

IRS TELEPHONE SCAMS...

continued from page 1

or owners of the bank accounts) in these IRS scams as being the scammers themselves. However, in a recent Wisconsin case, an older person with memory issues was discovered to have multiple bank accounts open at different banks and over 20 credit/debit cards with names on them that were not his own. He had transactions — both money coming in and going out — that he could not explain. He also could not explain why he had so many bank accounts. He cashed checks mailed to him without knowing who they were from or what they were for. This behavior had been going on for several years. Most likely, he was receiving telephone threats for his failure to comply with the scammers. Whether a person is being targeted for either layer of this scam, the recommendations are the same:

- If you're concerned about owed taxes, call the IRS directly at 1-800-829-1040.
- The IRS will always send taxpayers a written notification of any tax due via U.S. Postal mail. The IRS will not call a person without first sending a bill in the mail.
- Never give bank information (debit card, PIN, account numbers) over the phone. The IRS never asks for this information over the phone.
- The IRS does not demand payment without offering the opportunity to question the amount owed or appeal the decision.
- The IRS will not threaten to bring in the police or other agencies to arrest you for not paying/complying.
- If you receive such a phone call, call and report

it to the Treasury Inspector General for Tax Administration at 800-366-4484 and include the words "IRS Telephone Scam."

Some of the additional warnings from the IRS include:

- The main tactic the scammers use is fear. They will threaten, insult, bully, harass, and confuse the victims. If they threaten arrest or revocation of driver licenses, the victim will usually receive another phone call from a different person pretending to be from the police department or DMV to make the threat seem credible.
- The scammers are able to make their telephone numbers mimic one from the IRS so it looks legitimate on caller ID.
- The scammers will often follow up with emails claiming to be from the IRS to support their threats.
- Scammers generally use common first and last names and often have fake IRS ID badge numbers.
- In many cases, scammers already know a lot about the victim, including the last four digits of his or her social security number. This is probably the most pervasive and persistent scam in recent history. Help yourself and any vulnerable adults in your life avoid falling victim by educating yourself and others. Keep this checklist handy if you get a suspicious call this tax season.

For more information, please visit: www.irs.gov/uac/Tax-Scams-Consumer-Alerts

FALLS PREVENTION

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

STEPPING ON CLASS SCHEDULE:

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

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

Pre-registration required
715-381-4366

WHO CAN BENEFIT

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

WHAT YOU WILL LEARN

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

Topics include:

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

Building confidence and reducing falls.

An effective program for older people.



PRE-REGISTRATION REQUIRED:

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

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Peter H. Kilde *Executive Director*



WEST CAP

West Central Wisconsin Community Action Agency, Inc.

EFFECTIVE 8/11/2015

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

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

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

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

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

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

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

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

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

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

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2016 SOUPS ON COOK OFF WINNING RECIPE

Reuben Soup – Teresa Kvam, Public Health

- ½ C onion, chopped
- ¼ C celery, chopped
- 3 Tb butter or margarine
- ¼ C flour
- 3 C water
- 4 tsp instant beef bouillon or 4 beef bouillon cubes
- ½ pound corned beef, shredded
- 1 C sauerkraut, well drained
- 3 C half and half
- 3 C shredded Swiss cheese
- 6-8 slices rye or pumpernickel bread, toasted & cut into triangle quarters

In a large saucepan, cook onion and celery in butter until tender; stir in flour until smooth. Gradually stir in water and bouillon and bring to a boil. Reduce heat; simmer uncovered for 5 minutes. Add corned beef, sauerkraut, cream, and 1 cup of the cheese. Cook for 30 minutes or until slightly thickened, stirring frequently. Ladle into ovenproof bowl. Top each with a slice of bread and put some cheese on top of the bread. Place in oven under broiler until the cheese melts and browns ever so lightly.

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

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



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Memory Care • 1310 Circle Pine Dr. • New Richmond, WI 54017 • 715-246-7655

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Memory Screening

A memory screen is a wellness tool that helps identify possible changes in memory and thinking. It creates a baseline for a person who may be experiencing some memory issues so future changes can be monitored. It's free and confidential and takes about ten minutes. It can be done in your home or at a county site.

Early detection is critical to treating memory issues. Just as blood pressure, cancer, diabetes or stroke screening contribute to prevent and better treatments, so do memory screens. Get immediate results after the screen to share with your physician and to keep for future comparison. A memory screen can indicate the value of pursuing a good medical work-up to rule out treatable causes of memory problems. We provide lists of clinics who provide that service.

Screening events are listed to the right. Each event will start with a description of the Dementia Specialist Services at the ADRC lasting about 20-30 minutes. Then individual appointments for memory screens will be administered every fifteen minutes. Call 715-381-4360 to schedule a memory screen and state which location you want.

ADRC
of St. Croix County

Aging & Disability Resource Center
of St. Croix County

1752 Dorset Lane
New Richmond, WI 54017

1-800-372-2333

www.sccwi.us/ADRC

Memory Screen and Dementia Presentation

Event Dates:

Wed., March 30th
1 p.m. – 1:30 p.m.: Dementia Presentation
1 p.m. - 2:30 p.m.: Memory Screen
River Falls Public Library Meeting Room
140 Union St
River Falls, WI 54022

Thurs., March 31st
1 p.m. – 1:30 p.m.: Dementia Presentation
1:30 p.m. - 3 p.m.: Memory Screen
Hazel Mackin Library
311 W Warren St
Roberts, WI 54023

Baldwin Care Center, Inc. Campus Includes:

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

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

Birch Haven
640 Elm Street . Baldwin, WI 54002
Assisted Living and Memory Care Unit

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

Birchwood Apartments
1600 Birchwood Drive . Baldwin, WI 54002
Independent Elderly Apartments

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

For more information, please contact:
Eileen LaFavor, Administrator or Admissions Staff at (715) 684-3231

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.



Feel better.

Be in control.

Do the things you want to do.

Join Us

Thursdays
April 7, 14, 21, 28
May 5 & 12

1 p.m. - 3:30 p.m.

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216 West Oak Street
Glenwood City, WI 54013

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To Register Call:

Tara Murdzek
715-381-4360

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ADRC SOUPS ON! SOUP COOK OFF

The ADRC hosted the 3rd Annual Soups On Cook Off/Fundraiser at the St. Croix County Services Center on Tuesday, February 2.

Winners of the Soups On cook off:



Reuben Soup by Teresa Kvam, Public Health
Recipe can be found on page 18



Fire Roasted Tomato Bisque by Kelly Weber, ADRC



Chicken Wild Rice by Nancy Peabody, Medical Records

Congratulations!!

Proceeds of the fundraiser will go to benefit the ADRC Secret Santa program for elderly and persons with disabilities.

Sunday, March 20, 2016



AARP Tax Assistance

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

Hudson Government Center - 1101 Carmichael Road, 381-4360
9 a.m. - 3 p.m. on Mondays in Room 1216, Mar. 7, 14, 21, 28; April 4

Baldwin Senior Center - Municipal Board Room @ 400 Cedar St., 684-2979
9 a.m. - 1 p.m. on Wednesday, March 23

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

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

WITC - New Richmond - 1019 S. Knowles Ave, New Richmond; 246-6561
9 a.m. - 3 p.m. on Wednesday, April 6

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

Please bring the following with you when you come:

- Copy of last year's income tax return(s);
- W-2 forms from each employer;
- Unemployment compensation statements;
- 1095-B forms from Wisconsin Department of Health Services if you receive Medical Assistance
- SSA-1099 form if you were paid Social Security benefits;
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets;
- 1099-misc. showing any miscellaneous income;
- 1099-R form if you received a pension or annuity;
- All forms indicating federal income tax paid;
- Dependent care provider information (name, employer, ID, SS#);
- All receipts or canceled checks if itemizing deductions;
- Social Security numbers for all dependents.

The St. Croix County Government Center now has added security and a screening station upon entering the building. Please be prepared to go through a metal detector and to have all of your belongings screened. Please allow for extra time.

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