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For Better or Worse: Memory loss, dementia & caregiving

Former WI Gov. Martin Schreiber tells his family story

The Hudson Community Foundation in cooperation with the Aging and Disability Resource Center of St. Croix County is holding a public forum on the growing impact of dementia, memory loss and caregiving on area individuals and families. Dementia is increasing rapidly and most of us aren't prepared to understand and manage it. Caregiving sneaks up on people. There will be an opportunity to learn about the resources available to caregivers—many without cost.

about the impact of his wife's condition on him, their relationship and his children. His presentation talks about the loss, the grief, and the loneliness the disease creates and he does so with compassion and some humor.

"For Better or Worse: Memory Loss, Dementia and Caregiving" will be on Thursday, Oct. 13, 2016 beginning at 6:30 p.m. at Bethel Highlands, 504 Frontage Road, Hudson. It is open to the public.

The featured speaker will be former Wisconsin Gov. Martin Schreiber whose wife, Elaine, has Alzheimer's disease. Marty Schreiber has held many prominent positions, including Governor of Wisconsin and Founder of a successful government affairs consulting firm. None of Marty's endeavors prepared him for the role as caregiver for his wife, Elaine, who is living with Alzheimer's disease. Schreiber speaks openly

In addition to Schreiber, two local caregivers will share their stories. Roberts farmer, Arlen Strate, just recently lost his wife Laurie to early onset dementia. Emily Smith of Hudson is caring for her father Craig, a former Hudson firefighter and ironworker, who at age 53, is living with frontal temporal lobe dementia.

Nancy Abrahamson, ADRC of St. Croix County's Dementia Specialist, will talk about what is being done to address the impact of dementia on the

For Better or Worse...continues on pg20



**MEDICARE
PART D
PULLOUT
INSIDE**

**2016
MONSTER MASH
BINGO BASH!!**

October 21 at 11 a.m. – 1 p.m.
Roberts Park Building
312 N Park St
Roberts, WI 54023

Please join us for some hauntingly homemade chili, chilling costumes, eerie bingo (.05/card – bring your nickels).

Free will donation for the chili at the door.
Proceeds to benefit the Senior Center Board

Call your local Senior Center for transportation.

Hosted by the Aging & Disability Resource Center and Senior Center Board Coalition.

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

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AGING & DISABILITY RESOURCE CENTER OF ST. CROIX COUNTY

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

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

Brad Beckman, ADRC Administrator

Liza Gibson & Mike Traynor, Elder Benefit Specialists

Denise Gillen, Carolyn Greunke, Disability Benefit Specialist

Sheila Fallon, Kelly Weber, Cia Westphal,

Information & Assistance Specialists/Options Counselors

Tracy Davis, Community Services Coordinator

Nancy Abrahamson, Dementia Care Specialist

Tara Murdzek, Caregiver Support Coordinator

Randi Hanson, Preventative/Nutrition Program Coordinator

Brandy Zeuli, Outreach Coordinator

Renea Aeschliman, Program Support Specialist

Pam Searcy, Administrative Assistant

◆◆◆ADRC KEY SERVICES INCLUDE◆◆◆

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

Notifying the Public of Rights Under Title VI

ADRC of St. Croix County

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

Donation Designation Form

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

Please designate this donation:

In Memory of _____ or
In Honor of _____

And notify _____
Address _____

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

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

- Medical Transportation
- Site Transportation
- Other _____

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

Please send receipt to:
Name _____
Address _____

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

Your gift is deductible to the extent provided by law.

COMMUNITY CALENDAR OF EVENTS OCTOBER 2016

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

Job Center - Wednesday, October 5 from 12:30 p.m. - 2:30 p.m. at the Woodville Community Library, 124 South Main Street, Woodville. A Job Center expert come to the library to meet with anyone interested in job searching ideas, how to look online for jobs, how to type up a resume or check the one you have, interviewing tips, etc. Call toll-free to Aracely (emphasis on the "Cel") at 888-258-9966 to make an appointment. You no longer need to get to a state workforce site, they are coming out to the local libraries to meet people now!

Senior Potluck - Friday, October 7 from 11:45 a.m. - 1:30 p.m. Bring a dish to pass, spend some time socializing. Free for all participants. The Centre, 428 South Star Ave, New Richmond, WI. Call 715-246-2252 for more information.

Wheelchair Clinics: Tuesday, October 11 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!

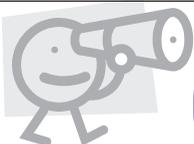
Technology Night: Thursday, October 13 from 5:30 p.m. - 7:45 p.m. Hazel Mackin Community Library - 311 West Warren Street, Roberts, WI 54023. Call 715-749-3849 to reserve a slot for FREE help with your tech questions. No question is a bad question.

Job Center - Thursday, October 18 at the Baldwin Public Library, 400 Cedar Street, Baldwin from 10 a.m. - 12 p.m. A Job Center expert come to the library to meet with anyone interested in job searching ideas, how to look online for jobs, how to type up a resume or check the one you have, interviewing tips, etc. If this time does not work for you, call toll-free

Community Calendar... continues on page 19

WHO TO CALL

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



Out & About

What have St. Croix Seniors been up to lately?

We are all Thankful to Les Crosby's daughter Shelly for bringing her Miniature Horses to use in the Rustic Lore Parade! It was such a treat to have Don and Jackie to be pulled by them. It also was fun to have the ADRC bus with some our "regulars" take part in the parade.

Thank you to all our volunteers that threw candy & treats for the parade and also thank you to Laverne for driving the bus and cleaning up after the horses!



2016 End of Summer Salad Fundraiser ~WINNING RECIPE~

Spinach Tortellini Salad – Laurie Diaby-Gassama, Public Health

- Fresh Spinach
- Red Onion
- Chopped Carrots
- Sliced Grape Tomatoes
- Sliced Feta Chees
- Craisins

- Fresh Cilantro or basil
- Package of Cheese Tortellini
- Caramelized pecans (coat pecans in melted butter and sugar, bake at 350 degrees for 15 minutes)

Dressing

- ½ c olive oil
- 1 tsp salt
- ½ tsp pepper

- 8 Tbsp sugar
- 8 Tbsp white wine vinegar
- 1/8 c. balsamic vinegar

AARP Tax-Aide Program Free Tax Service – District 7

The AARP Tax-Aide Program provides free tax preparation services all over the country. We are looking for volunteers to help with this community outreach project here in Northwest Wisconsin. Currently we have volunteers in Amery, Chetek, Grantsburg, Hudson, Rice Lake, Spooner, Superior, Washburn and Webster.

We are in particular need of a local coordinator for the Grantsburg location. We would like to provide this service in the counties of Ashland, Sawyer, Rusk, Pepin and Buffalo but currently do not have volunteers in those areas.

If you would like to volunteer or find out more about this program you can find information at the www.aarp.org. Sign up runs through October with training beginning in November. You may also contact the District Coordinator, Lisa Swenson, at 719-649-3341.

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International Day of Older Persons 2016

Take a stand against ageism
By Kate Holt; HelpAge International

For older people, ageism is an everyday, yet heart-breaking, challenge. Overlooked for employment, restricted from social services and stereotyped in the media, ageism marginalizes and excludes older people in their communities, at the very time of life where enjoyment could be paramount.

Ageism is everywhere, yet is the most socially normalized of any prejudice. It begins when the media portrays old people as “senile” and “doddering” on television. It occurs when the doctor applies a more “relaxed” attitude towards screening an older person for preventable illness, or uses care guidelines meant for younger people. It manifests as the policymaker who, subconsciously or actively, prioritises against policies that would channel investments into infrastructure for ageing societies. These attitudes, pervasive yet invisible, lead to the marginalisation of older people within our communities and have negative impacts on their health and well-being.

More concerning is that older people who internalize ageist attitudes die sooner. Research reveals that older people who have negative attitudes towards aging live 7.5 years shorter than those with positive attitudes, and have poorer recovery from disability and disease (*Levy BR, Slade MD, Kunkel SR, Kasl SV. Longevity increased by positive self-perceptions of aging. Journal of Personality and Social Psychology 2002 83(2):261-270*). Older people who feel they are a burden may also perceive their lives to be less valuable, putting them at risk of depression and social isolation.

This year, we challenge everyone to identify and question

International Day of Older Persons
...continues on page 17

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Peter H. Kilde Executive Director



WEST CAP

West Central Wisconsin
Community Action Agency, Inc.

The Wisconsin Home Energy Assistance Program (WHEAP) for St. Croix County is administered by

West CAP at 525 Second Street, Glenwood City, WI 54013 for Federal Fiscal Year 2017.

WHEAP provides eligible households heating assistance, non-heat electric assistance, emergency services, and furnace assistance. The regular WHEAP season runs from October 1, 2016 through May 15, 2017, with Weatherization extending to September 30, 2017. 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 – 3:30 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
October 12, November 9, December 14, 2016
January 11, February 8, March 8, April 12, May 10, 2017
 - **St. Croix County Government Center**
1101 Carmichael Road
Hudson
October 27, November 17, December 8, 2016
January 18, February 15, May 9, 2017

GROSS INCOME GUIDELINES FOR THE 2016-2017 WHEAP SEASON 60 PERCENT OF STATE MEDIAN INCOME

Size of Family	One Month	Three Month	Annual Income
1	\$2,181.00	\$6,544.00	\$26,174.00
2	\$2,852.00	\$8,557.00	\$34,228.00
3	\$3,524.00	\$10,571.00	\$42,282.00
4	\$4,195.00	\$12,584.00	\$50,336.00
5	\$4,866.00	\$14,597.00	\$58,389.00
6	\$5,537.00	\$16,611.00	\$66,443.00

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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ADRC Manager's Report

From the Desk of Brad Beckman

October - Fall time with colorful leaves, apple picking, and football are in to full swing.

We just completed the 10th Annual Regional Caregiver Conference at WITC in New Richmond.

Also, October is time for open enrollment for Medicare Part D plans, it would be a good time to call the ADRC and request a Medicare Part D plan finder form so one of the two Elder Benefits Specialists can assist you with finding a plan to best suits your needs.

It's Monster Mash Bash time, Friday, October 21st at Roberts Senior Center, please join us for homemade chili, costume contest and bingo.

We just moved the New Richmond Senior Center to the City of New Richmond Civic Center 156 East 1 Street, phone number 715-888-1205. Please check it out, enjoy a great meal on Monday - Thursday serving lunch at 11:30 p.m.

Don't forget to get registered to vote on Tuesday, November 8th, many local, State and Senator and Representatives to vote for in Wisconsin and President of the United States. Get informed on the issues and make your voice heard.

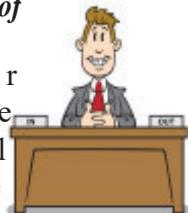
If you have any questions about the ADRC, don't hesitate to call 1-800-372-2333 or email at adrcinfo@co.saint-croix.wi.us. You can also visit our website at www.sccwi.us/ADRC.

Adult Home Care

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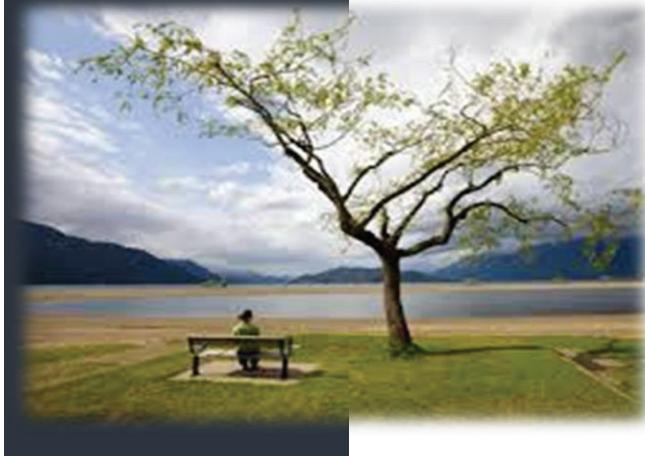


Aging & Disability Resource Center of St. Croix County

1752 Dorset Lane
New Richmond, WI 54017

1-800-372-2333

www.sccwi.us/ADRC



Memory Screening

Learn about **Brain Health and Dementia**—how to promote brain health, what dementia is and is not, 10 warning signs, why early recognition is essential, and the importance of planning if one is diagnosed with a type of dementia will be given at each location at the beginning. Nancy Abrahamson, Dementia Care Specialist for the ADRC of St. Croix County will present. Some libraries will offer a second presentation called **Caregiving and Dementia**—resources for maintaining your health and getting assistance for your loved one. Both last about 45 minutes leaving time for questions.

CALL the ADRC at 1-800-372-2333 to set up a memory screen appointment with the receptionist at the location of your choice. The appointment will last approximately 15 minutes and the screening is done in a private room by the ADRC Dementia Care Specialist or an ADRC Information and Assistance Specialist to respect your privacy. Some screens will be done for those may have already heard the presentation.

We are your tax dollars at work so take advantage of this great opportunity. Everything is free and confidential.

Memory Screen Event Dates:

Mon., October 10th

9:30 a.m. - 10 a.m.
Hammond Public Library
850 Davis St
Hammond, WI 54015

Mon., October 10th

12:30 p.m. - 3 p.m.
River Falls Public Library
Smith Meeting Room
140 Union St
River Falls, WI 54022

Wed., October 19th

1 p.m. - 3 p.m.
Baldwin Library
Board Rm
400 Cedar St
Baldwin, WI 54002

Thurs., October 20th

1 p.m. - 3 p.m.
Friday Memorial Library
155 East 1st Street
New Richmond, WI 54017

Wed., November 2nd

10 a.m. - 12 p.m.
Hudson Area Library
2nd Floor
700 1st Street
Hudson, WI 54016

Mon., November 7th

1 p.m. - 3 p.m.
Hazel Mackin
Community Library
311 W Warren St
Roberts, WI 54023

Wed., November 9th

11 a.m. - 1 p.m.
Somerset Public Library
208 Hud St
Somerset, WI 54025

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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. Chair massages provided last half hour of group.

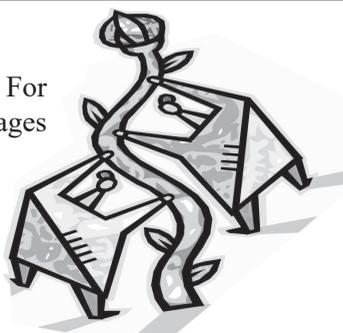
2nd Friday of the month at 9:30 a.m.

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

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

Government Center, Hudson. For those caring for someone with a chronic disease. Chair massages provided last half hour of group.

****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 - free

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,

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

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

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

Parkinson's Support Group

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

Alzheimer's Support Group

- 2nd Tuesday of the month, 3 p.m. at Park View Home, Woodville. Contact Harriet Link at 715-688-6088

St. Croix Valley Alzheimer's Support Group

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

Cancer Support Group - 2nd Wednesday of month, 6:30 p.m. - 8 p.m. at the

Other Support Groups ...continues on page 15

DAYAWAY CLUB

Submitted by Stephanie Koski, DayAway Manager

I have been doing this job for almost four years now. I can honestly say I thoroughly enjoy it. It is very rewarding, fun and fulfilling. We have a great group of people here. Listening to them to talk to others, I have heard. "I come her to laugh with you, we always have fun, this is a safe place to be, everyone is fun to have around."

With the holidays around the corner we look forward to making crafts and singing some Christmas carols.

If you are interested in coming for the day to see what we are about call Tara Murdzek, Caregiver Support Coordinator at 800-372-2333.

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

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

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

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

Mondays - Crossing Point Building, 220 Vine Street, Hudson

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

Thursdays - Crossing Point Building, 220 Vine Street, Hudson



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CAREGIVER SUPPORT

Submitted By Tara Murdzek, Caregiver Support Coordinator

Preparation pays off for Caregivers

During the years I worked as a Caregiver Coordinator I talked with caregivers about home safety, caregiver burnout, self-care for the caregiver and also ways to prepare for the future. Throughout that time, I also watched my father's health decline, and in turn watched my mother become a full time caregiver.

As I visited with my mother about various things related to caregiving I slowly realized that I too had become a caregiver. Once I accepted this role I decided it was time to start paying attention to the many things I had encouraged other caregivers to do, mainly getting legal paperwork in order. I had never actually talked to my parents about their healthcare wishes, whether or not they have a will or powers of attorney, where they stand financially in case someone needs nursing home care or what type of insurance they have. I decided to start addressing these issues with my mom whenever we would visit my parents in South Dakota.

When I was only a "daughter", a trip to visit my parents was like a mini-vacation. Mom would have a pan of caramel rolls waiting along with other favorite foods. I would kick back on the couch and let the grandparents play with my kids and just enjoy the visit. When I added "caregiver" to my role, the visits began to have more of a purpose than just a relaxing time. I began to talk with my mother about the not-so-fun topics of estate

planning, advance directives and long term care. I discovered that it is a lot easier to encourage other people to do these things than to actually do them yourself. I returned from these visits tired, frustrated and a bit sad. Caregiving truly is a stressful thing.

Over the past year I learned a lot about my parents. I now know that they have POA papers in place. I know the names and locations of all their insurance policies. I know their feelings regarding healthcare and end-of-life issues and I helped them start inquiring about financial assistance in case there is a need for long term care. Discussing these topics was not fun and there were many times I wondered if I was making a big deal out of nothing. I thought it might be easier to just wait until we really needed the information and figure things out at that time.

Last week I got that dreaded call - my dad was admitted to the hospital with pneumonia and chronic heart failure. I made an emergency trip to SD to help my frantic mother. As I was driving across southern Minnesota I thought about the things we would need - POA papers, insurance policies and answers to questions about resuscitation. I was so relieved that mom and I had taken the time and effort to go over all of these things earlier. Dealing with the decisions and emotions of Dad's current situation was stressful enough by itself. I could not

Caregiver Support...continued on page 15

DEMENTIA CARE

Submitted by: Nancy Abrahamson, Dementia Care Specialist

Moving a relative

Being comfortable in our own home is the most desirable for most of us. So when dementia starts to threaten independence we have to be thinking about what happens when we no longer can remain in that environment. I frequently receive calls from family members wondering what to do when a move seems necessary for health and safety. Steps to take are described in the rest of this column.

Years ago I helped individuals with dementia move into our special care unit. Before they every moved in I have detailed conversation with them about their spouse, sibling or parent as follows:

1. Where were they born and did they grow up?
2. What was their adult work life (career, job, homemaker...) like?
3. Who was in their family or origin?
4. Who did they marry (if they did) and how many children were there?
5. What have been their leisure pursuits as a child, a teen, a young adult, and after until now?
6. How have they handled stress/challenges in life?
7. What behaviors do you typically see post diagnosis and how to you handle them?
8. Daily lifestyle: how did they dress, manage cares, eat, maintain intimate relationships, bathe or shower, and so on.
9. What music did they like? Did they read newspapers, books or watch TV (what shows).

You get the picture. In other words, the more I could find out

Dementia Care...continued on page 14

MEMORY CAFÉ OPPORTUNITIES

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

The Memory Café for the Baldwin area is not meeting through the end of 2016. However, we encourage folks to attend in Hudson, New Richmond or River Falls - check out the locations below. For more information, contact the Dementia Care Specialist at 715-381-4360.

<p>YMCA 840 Carmichael Rd Hudson 1st Thursday 9:30 a.m. - 11 a.m.</p>	<p>The Centre 428 Starr Ave New Richmond 2nd Wednesday 1 p.m. - 2:30 p.m.</p>	<p>The Westwind 709 N Main Street River Falls Last Tuesday 10 a.m. - 11:30 a.m.</p>
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● SENIOR CENTER NEWS ●



Baldwin Senior Center

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



Activities:

October 6 – Senior Center Board meeting at 10:30 a.m.
October 7 – Maple Leaf Apple Orchard/Ellsworth Creamery Tour leave at 1 p.m.
October 12 – Rudy Rudesill Entertainment at 10:45 a.m.
October 13 – Blood Pressure Checks at 10:30 a.m.
October 21 – Monster Mash Bash at Roberts Senior Center from 11 a.m. – 1 p.m.
October 27 – Our Family Living Bingo at 10:30
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:

October 3 – Wally Shefland
October 9 – Dick Torgerson
October 14 – Francis Dees
October 22 – Dixie Holzer
October 30 – Wayne Willink

The Baldwin Senior Center would like to thank the following:

- ☺ Debra Johnson & Dorothy Albert for the fresh garden tomatoes
- ☺ Joyce McFadden for the fresh produce
- ☺ Marvin Ramsden for being our chauffer to the Brewery Tour.
- ☺ Rudy Rudesell for the foot stomping entertainment.
- ☺ Howard Mabis for chauffeuring us on the Maple Leaf Apple Orchard, Ellsworth Creamery and the Cottage Winery.

We thoroughly enjoyed our trip to the Leinenkugel's Brewery in Chippewa Falls in August. A fun time was had by all & a special thank you to Marvin Ramsden for being our chauffer for the day & picking such a delicious stop for lunch!

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

The Baldwin Senior Center is open Monday through Thursday for activities from 9 a.m. -1 p.m. with the lunch 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 hrs. 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.

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.



Deer Park Senior Center

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



Activities:

October 14 – Senior Center Board meeting at 9 a.m.
October 21 – Monster Mash Bingo Bash at the Roberts Senior Center 11 a.m. – 1 p.m.
Mondays: Coffee at 8 a.m.
Tuesdays: Coffee at 8 a.m.
Daily: food, coffee, great friends, and wonderful meals.
Please join us, we always welcome new friends, our old (long time sounds better) friends are special.

Birthdays:

Oct. 3 – Rosemary Gillis
Oct. 8th – Sonja Ramsey
Oct. 15 – Lois Hammelman
Oct. 18 – Herb Sorenson
Oct. 20 – Dick Kobs

Anniversaries:

Oct. 21 – Bonnie and Jerry Lachmann. Best wishes to all of you as you celebrate your special day.

Another summer has flown by and winter is just around the corner, they say time does fly when you are having fun and we do have fun at our center each day. The laughter and the friendship are very evident. Not to mention the great food. Thank you Diane and Josie for all your hard work making us all those great meals.

We wish Arlene M. well in her new home and the best to David too, change is sometime difficult but we all wish you both the best.

Thanks once again to Sam Erickson for the many bags of corn that he brought us. It was a real treat and went home with many participants. Also thanks to Audrey and Wayne for the tomatoes and anyone else that provided us with the veggies.

October is fire prevention month, when you see a fireman or woman, stop and say thank you, also the first responders too they are very dedicated people.

Something I neglected to mention last month was to congratulate Char Croes as she was the Outstanding Older Adult of St. Croix County. She is very deserving of the award and I am proud to have nominated her.

The birthstone for October is the opal signifying hope (we HOPE) for a short mild winter.

Time to think about getting your flu shot and remember the Monster Mash Bash, the ADRC office staff put a lot of work into this event, to make it an enjoyable day.

HAPPY FALL Y'ALL

From the Happiness Book:

A friend is a push when you're stopped, a word when you are lonely, a guide when you're searching, a smile when you're sad; a friend is a someone that understands your past, believes in your future, and accepts you today just the way you are.

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● SENIOR CENTER NEWS ●



Glenwood City Senior Center

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



Activities:

October 1 – Trip to Danzinger Winery and Bucknuckles for Lunch
October 4 – Senior Center Board meeting
October 8 – Osceola Train Ride and Ready Randy's for Lunch
October 10 – Blood Pressure and Blood Sugar with Kevin and Char
October 15 – Trip to Pine Tree Apple Orchard
October 16 – St. Croix Chateau for an Oktober Festival
October 21 – Monster Mash at Roberts Senior Center
October 31 – Footcare with Brenda Cogbill, appointments available by calling 715.265.7242

Daily: The Cloudy Boy's Coffee Group at 8 a.m.

: Sunshine Girl's Coffee Group at 9 a.m.

: Bingo at 10 a.m. (\$.10/game and a total of 15 games played)

Birthdays:

October 6 – Carole Colkind
October 26 – Bernice Cassellius
October 27 – Isabel Karas

September was an active month for us here in Glenwood City – Rustic Lore was a fun weekend as usual and we squeezed in quite a few trips!

The field trip ideas just keep comingwe went on 3 in September. We went back to Dallas this time to see the Pottery store and back to Clickers for their delicious bread pudding! The next was to Aamodt's Apple Orchard and Winery and to the Gusthaus for the Oktoberfest Festival. Last for the month was to Stillwater for a fall Boat ride on the St. Croix River and a fantastic lunch on the boat.

Thank you to Mary Lestrud for your weekly talks during September! They were very enjoyable as usual. It's always nice to learn some new ideas and your samples are always delicious!☺ Thank you Mary!

We have 4 trips planned for October so far....I'm working on putting together some trips for us in November and December if you are ever interested in joining us, give me a call or stop in and see us! 715.265.7242☺

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.



**When a witch lands,
where does she park?
In a broom closet**

**Why did the mummy go
on vacation?
He needed to unwind.**



Hudson Senior Center

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

Activities:

October 7 – Amish Tour in Augusta and lunch 9 a.m.
October 4 – American History Discussion group 1 p.m. – 2 p.m.
October 13 – Hand and Foot card game at 9 a.m.
– Piano playing by Kathryn Long
– Foot care with Dave
October 20 – Blood Pressure with DeeAnn from 9:30 a.m. – 11 a.m.
October 14 – Birthday party
October 18 – American History Discussion group 1 p.m. – 2 p.m.
October 21 – CLOSED for Monster Mash Bash in Roberts
October 27 – Hand and Foot card game at 9 a.m.
– Piano playing by Kathryn Long
– Foot care with Dave
October 28 – Halloween costume contest party, lunch and root beer floats starting at 11 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.
– Euchre 1 p.m. – 4 p.m.
Thursdays - Shopping after lunch (call 24 hours ahead to reserve ride)
Fridays - Men's Coffee Group meeting at 8 a.m.
– Piano music with Judi
Daily - Bingo at 9:30 a.m. – 10:30 a.m.

Birthdays:

October 5 – Wesley Pap
October 8 – Virginia Bertelsen
October 11 – Robert Erdmann
October 12 – Shaney Johnson
October 13 – Joan Richie
October 13 – Mary Luebke
October 14 – Betty Willert
October 14 – Maxine McConaughy
October 16 – Marian Ruhde
October 24 – Julie Boumeester
October 25 – Myrtle Speilman
October 29 – Nancy Robinson

October is full of spooktacular events!

October 7 – join the Hudson Senior Center on an Amish tour and lunch in Augusta, WI. We will learn about the Amish, see their schools, homes and gardens. The cost is \$12 and does not include cost of lunch. Please call Melissa 715-386-8709 or stop by the Senior Center to sign-up.

October 28 – The Hudson Senior Center will be celebrating Halloween with a costume contest and Root beer floats! Join us wearing you best or scariest costume in a chance to win a prize. Then stay for Lunch and Root beer floats with a requested donation of \$4

Our American History discussion group started with a great success and will continue every 1st and 3rd Tuesday of the month from 1pm-2pm. Please stop by have some great lunch and stay for the discussion group!

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

Hudson Senior Center...continues on page 16



NUTRITION PROGRAM MENUS



Hudson Area Nutrition Program October 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)
3 Chopped Sirloin American Fries Grilled Onion Coleslaw Chef's Dessert	4 Fried Chicken Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	5 Baked Ham Au Gratin Potatoes Whole Green Beans/Tom Cottage Cheese/Pineapple Chef's Dessert	6 Spaghetti w/Meat Sauce Zucchini Tossed Salad Garlic Toast Chef's Dessert	7 Fish Fry Tater Barrels Broccoli Spear Tossed Salad Chef's Dessert
10 Salisbury Steak Mashed Potatoes Buttered Carrots Tossed Salad Chef's Dessert	11 Chicken ala King Rice Pilaf Tossed Salad Chef's Dessert	12 Swedish Meatballs Mashed Potatoes Peas & Mushroom Fresh Fruit Chef's Dessert	13 Chopped Sirloin Baked Potato Grilled Onion Mixed Greens Chef's Dessert	14 Fried Shrimp Tater Barrels Carrots Vichy Coleslaw Chef's Dessert
17 Roast Chicken Mashed Potatoes Kernel Corn Coleslaw Chef's Dessert	18 Baked Ham, Pineapple Au Gratin Potatoes Peas w/ mushrooms Tossed Salad Chef's Dessert	19 Braised Spare Ribs Caraway Potatoes Sauerkraut Tossed Salad Chef's Dessert	20 Chicken Subgum White Rice Crisp Noodles Tossed Salad Chef's Dessert	21 CLOSED
24 Spaghetti/Meat sauce Italian Green Beans Tossed Salad Garlic Toast Chef's Dessert	25 Roast Pork Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert	26 Old Thyme Hotdish Broccoli Spear Tossed Salad Garlic Toast Chef's Dessert	27 Baked Chicken Mashed Potatoes Dressing, Vegetable Coleslaw Chef's Dessert	28 Baked Cod New Potatoes Broccoli Tossed Salad Chef's Dessert
31 Chopped Sirloin American Fries Grilled Onion Coleslaw Chef's Dessert	What did the ghost say to the man at the coffee shop? <i>Scream or sugar!</i>	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.		

River Falls Nutrition Program October 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
3 BBQ Chicken Baked Beans Creamy Cucumber Fruit Dinner Roll Dessert	4 Cheeseburger on Bun Potato Salad Coleslaw Chef's Choice Fruit Dessert	5 Pot Roast Mashed Potatoes & Gravy Mixed Vegetables Bread Slice Mandarin Orange Cake	6 Country Fried Steak Mashed Potatoes & Gravy Squash Fruit Garlic Cheddar Biscuit Dessert	7 Open Face Philly Sandwich Green Beans Chips Chef's Choice Fruit Dessert
10 Marinara Chicken w/ Cheese Buttered Noodles Wax Beans Breadstick Dessert	11 Smothered Chopped Steak Mashed Potatoes Corn Chef's Choice Fruit Sliced Bread Dessert	12 Glazed Ham Baked Sweet Potato Peas Dinner Roll Fruit Crisp	13 Oven Fried Chicken Baked Potato Carrots Pineapple Bread Slice Dessert	14 Tuna Noodle Casserole 5 Way Blend Vegetables Chef's Choice Fruit Garlic Cheddar Biscuit Dessert
17 Smothered Chkn Brst Baked Potato Peas Peaches Bread Slice Dessert	18 Spaghetti & Meatballs Green Beans Chef's Choice Fruit Breadstick Dessert	19 Open Face Turkey Mashed Potatoes & Gravy Capri Blend Veggies Creamy Fruit Fluff Dessert	20 Ham Loaf Baked Potato Corn Spiced Apples Dinner Roll Dessert	21 Crispy Shrimp Baked Potato Carrots Banana Bread Slice Chocolate Pudding
24 Sweet & Sour Chicken Parslied Noodles Stir Fry Vegetables Bread Slice Fruit Crisp	25 Beef Stew Cauliflower Pears Biscuit Dessert	26 BBQ Pulled Pork on bun Creamy Cucumber Chips Fruited Jell-o	27 Crmy Mshrm Chicken Baked Potato Carrots Rosy Applesauce Dinner Roll Cookie	28 Lemon Baked Cod Paprika Potatoes Coleslaw Chef's Choice Fruit Breadstick Dessert
31 Turkey Cheddar Casserole Green Beans Chef's Choice Fruit Dinner Roll Brownie	Suggested Donation: \$4.00 per meal Please pay as much as you can afford, as we rely on donations from participants to keep the program going.		What type of gum do ghosts chew? <i>Boo Boo Gum</i>	

St. Croix County Area Nutrition Program October 2016 Menu

Serving Mondays through Thursdays at the following locations:

Baldwin – 684-2979 **Deer Park** – 269-5301 **Glenwood City** – 265-7242 **New Richmond** – 888-1205 **Somerset** – 247-5354
Woodville – 698-2152 **Roberts** – 749-3755 serving Mondays & Wednesdays

Monday	Tuesday	Wednesday	Thursday
<p>3 Sliced Ham Cheesy Hash Brown Potatoes Buttered Squash Bread and Butter Cookie</p>	<p>4 Chicken Pot Pie with Vegetables Cook's Choice Salad Apple Dessert</p>	<p>5 Roast Beef Dinner Mashed Potatoes and Gravy Diced Beets Bread and Butter Fruit Cup</p>	<p>6 Lemon Pepper Baked Fish 3 Cheese Macaroni Cooked Carrots Bread and Butter Mandarin Oranges</p>
<p>10 Cook's Choice Menu</p>	<p>11 Boiled Dinner Garden Salad with Dressing Bread and Butter Spice Cake</p>	<p>12 *New Menu Item* Beef Tacos Spanish Rice Bread and Butter Banana</p>	<p>13 Turkey Broccoli Bake Asian Slaw Bread and Butter Brownie</p>
<p>17 Ham and Scalloped Potatoes Green Bean Almandine Bread and Butter Chilled Apricots</p>	<p>18 Beef Stroganoff over Buttered Noodles Asparagus Bread and Butter Dessert</p>	<p>19 Beer Battered Tilapia Wild Rice and Carrots Bread and Butter Gingersnap Fluff</p>	<p>20 Chicken Breast in Cheesy Broccoli Sauce Potatoes Bread and Butter Sunshine Salad</p>
<p>24 Swiss Steak Mashed Potatoes and Gravy Vegetable Medley Bread and Butter Chocolate Mousse</p>	<p>25 Bratwurst and Bun Sauerkraut Roasted Roots Pineapple</p>	<p>26 Oven Baked Pork Chops Baked Potato and Sour Cream Buttered Peas Bread and Butter Lemon Pudding Fruit Dessert</p>	<p>27 Cheeseburger Casserole Shredded Carrot Salad Bread and Butter Dessert Bar</p>
<p>31 Chicken Salad on a Croissant Cook's Choice Soup Ice Cream</p>		<p>Where does a ghost go on Saturday night? <i>Anywhere where he can boo-gie.</i></p>	<p>Suggested Donation: <u>\$4.00 per meal</u> Please pay as much as you can afford, as we rely on donations from participants to keep the</p>

Health benefits of Vitamin A

Submitted by Brandy Zeuli, Outreach Coordinator

Now that fall is here, pumpkin, butternut squash and sweet potatoes come to mind as far as fall foods go. An important nutrient these foods have in common is Vitamin A, also called retinol, helps your eyes adjust to light changes when you come in from outside and also helps keep your eyes, skin and mucous membranes moist. Other benefits from Vitamin A include increased protection from bacterial and viral infections, proper immune functioning and cancer protection.

Vitamin A can be found in two principal forms in foods:

- Retinol, the form of Vitamin A absorbed when eating animal food sources, including dairy products, fish and meat
- The carotenes such as Beta-Carotene. These are plant pigments which the body converts into Vitamin A.

Vitamin A deficiency is very rare in the United States. However, vitamin A deficiency is common in many developing countries, often because residents have limited access to foods containing the Vitamin A from animal based food sources and they do not commonly consume available foods containing beta-carotene due to poverty.

Because Vitamin A is fat soluble, the body stores excess amounts and these levels can accumulate. Excess vitamin A can have some dangerous side effects, depending on which form it is in.

Eating a normal diet full of variety, won't cause a problem. Remember, you only need small amounts of any vitamin.



Ingredients:

- 6 Tablespoons chopped onion
- 4 Tablespoons margarine
- 6 cups peeled & cubed butternut squash
- 3 cups water
- 4 cubes chicken bouillon
- ½ teaspoon dried marjoram
- ¼ teaspoon ground black pepper
- 1/8 teaspoon ground cayenne pepper
- 2 - 8oz packages cream cheese

Directions:

1. In a large saucepan, sauté onions in margarine until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender.
2. Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil.

Sources: www.ods.nih.gov; www.allrecipes.com

Bad Weather Closings

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

Home Delivered Meal Participants

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

● SENIOR CENTER NEWS ●



New Richmond Senior Center

Laura Rebhan, Senior Center Board President
 Patty Shatswell, Nutrition Program Manager
 156 East First Street • New Richmond
 715-888-1250



Activities:

- Oct. 11 – Senior Center Board meeting at 10 a.m.
 – Shopping after lunch
- Oct. 18 – Bingo sponsored by Our House at 10:30 a.m.
- Oct. 19 – Monthly Birthday Party
- Oct. 21 – Monster Bash at Roberts Senior Center
- Oct. 24 – Foot care by Nancee at 9 a.m. - \$20 fee
- Oct. 25 – Shopping after lunch
- Oct. 31 – Halloween Party
- Daily: Bingo at 10:30 am
 :Cards at noon

Birthdays:

- | | |
|----------------------------|--------------------------|
| Oct. 1 – Alnora Imrie | Oct. 14 – Fred Kressley |
| Oct. 3 – Marilyn Sirkorski | Oct. 18 – Don Holmberg |
| Oct. 6 – Michael Johnson | Oct. 28 – Carol Francis |
| Oct. 6 – Frank Hall | Oct. 30 – Donna Mechelke |
| Oct. 7 – Sherian Boldt | |

WE DID it! Our Senior Center moved to our new location in the lower level of The New Richmond Civic Center on September 2nd and we have been busy getting settled in and organized for the past month. We are enjoying our new space, it's bright and cheerful! Everyone is welcome to stop in for a cup of coffee and to visit. Thank You to the Civic Center for welcoming us to enjoy this space! A special Thanks to Sarah and Larry of the Civic Center for all your help with everything we needed. Thank you to ALL that helped with the move and thanks to Sue Meyer, who volunteered to help with the move and helped to unpacked and organize the kitchen. We love the new refrigerator, dishwasher and our kitchen!!

Daily activities include bingo at 10:30 and cards at noon. We are always looking for new players to join in and enjoy the fun. Stop in and join us. We always like meeting new friends!

We are in need of people to serve on the Senior Center Board which is an important part of our Center, and also in need of volunteers to help us out. If you, or know anyone that would be interested in either, please give us a call.

Also, since we have moved we will be closed on election days which will be **Tuesday November 8th**. Please mark your calendar.

The New Richmond Senior Center's new address is **156 East First Street and our NEW telephone number is 715-888-1205**. We are open Monday – Thursday from 8:30 a.m. - 1:30 p.m. We serve a delicious lunch at 11:30 a.m. with a suggested donation of \$4.00 for those over 60. There is a \$6.50 charge for those under 60. Please call 24 hrs. in advance to reserve a meal and please call by noon on Thursday to reserve a meal for Monday. Transportation is always available for a small fee. Please call 24 hrs. in advance to reserve a spot on the bus on shopping days. Home-delivered meals are also available for those who qualify by calling Brandy, ADRC Outreach Coordinator, at 715-381-4364.

Come join us for Good Food,

Good Times and Make some New Good Friends!

Hope to see you here!



River Falls Senior Center

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



Activities:

- Oct. 3 – Executive Board Meeting at 9:45 a.m.
- Oct. 14 – Foot Care; Cost \$20 – call for appt.
- Oct. 25 – General Meeting followed by bingo
 – Hand and Shoulder massage at 9:30 a.m.
- Tuesdays - Exercise at 9 a.m.
 - 500 at 6:30 p.m.
- Wednesdays - Euchre at 1 p.m.
- Thursdays - Exercise at 9 a.m.
- Fridays - Bridge & 500 at 1 p.m.

Birthdays:

- | | |
|---------------------------|-----------------------|
| Oct. 7 – Romelle Kelly | Oct. 27 – Arthur Rice |
| Oct. 8 – Bea Henessey | Oct. 29 – Rita Roth |
| Oct. 18 – Lorraine Feltes | Oct. 29 – Lee Matzek |
| Oct. 24 – Sue Pierson | |

The next senior trip will be to Washington DC on April 24 to May 4, 2017. Cost will be \$835.00 per person for double occupancy. Call for more details. Who can't use a little more exercise? A Mayo Clinic study suggests increased fitness may help to reduce cognitive impairment. Wellhaven is the place to come on Tuesdays and Thursdays at 9 a.m.

Check out the River Falls menu and pick out a day to come to the Senior Center. Our lunches are great and we ask for a \$4.00 donation. We look forward to seeing you here Monday – Friday from 11:30 a.m. – 12 p.m. The River Falls Senior Center is located within the Wellhaven Senior Apartments, 119 Union Street. The office is open from 10 a.m. - 1 p.m. Monday thru Friday. Please call the Senior Center with any questions, suggestions for news or ideas you have at 715-425-9932 or email rfsc1@pressenter.com. For information on Home-Delivered Meals please call the ADRC of St. Croix County at 1-800-372-2333.

PHOTO
COMING
SOON!

Roberts Senior Center

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

PHOTO
COMING
SOON!

Activities:

- October 11 – Community Dinner
- October 12 – Bingo sponsored by Our House Senior Living
- October 17 – Blood Pressure Check with Kathy
- October 21 – Monster Mash Bingo Bash from 11 a.m. – 1 p.m.
- Mondays – Mexican Train Dominoes at 10 a.m.
- Wednesdays – Cards at 10 a.m.

Activities:

- Oct. 21 – Lois Hall
- Oct. 29 – Chris Stork

We would like to extend our sympathy to the family of Marilyn Delander. Marilyn was one of our dear friends and we shall miss her at our Center. The Roberts Senior Center would like to thank Charlie and Vera Grant and Ted and Judy Schieffer for their donations to the Senior Center in memory of Marilyn.

We will be having our Community Dinner on Oct. 11, 2016. We will be celebrating Octoberfest. Please give us a call to make your reservations. We

Roberts Senior Center...continues on page 16

● SENIOR CENTER NEWS ●



Somerset Senior Center

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



Activities:

- October 4 – Shopping in Somerset
- October 7 – Dining Out
- October 11 – Senior Center Board meeting at 9 a.m.
 - Blood Pressure
 - Birthday Celebrations
 - Shopping in New Richmond
- October 14 – Trip to Apple Orchard
- October 18 – Intergeneration time with St. Anne’s 4th Graders
 - Shopping in Somerset
- October 21 – Monster Mash Bingo Bash at Roberts Senior Center from 11 a.m. – 1 p.m.
- October 25 – Shopping in New Richmond
- Wednesdays – Cards from 10 a.m. – 11:30 a.m.

Birthdays:

- October 6 – Eloris Rivard
- October 18 – Alice Mullan
- October 30 – Camilla Langness

All are encouraged 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.



GRIEF SUPPORT GROUP

6 week grief support group for adults who are grieving the death of a loved one.

New Richmond:

Mondays

Oct. 3, 10, 17

6 pm - 7 pm

New Richmond United Methodist Church
 209 E 2nd St.

New Richmond, WI 54017

River Falls:

Tuesdays

Oct. 25

Nov. 1, 8, 15, 22, 29

6 pm - 7 pm

St. Bridget Catholic Church
 211 East Division St.
 River Falls, WI 54022

Anyone is welcome to participate in the group and the sessions are free.

Group facilitator: Julia Rajtar, M.A.P.S., BCC
 Grief Support Coordinator

To register rsvp by email at:

julia.rajtar@bakken-young.com

or call: 715-781-4003.

Please see our web site: www.bakken-young.com for additional groups and other grief support resources.



Woodville Senior Center

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



Activities:

- Oct. 6 – Center Board Mtg. at 9 a.m.
- Oct. 7 – Maiden Rock Winery & Cidery Tour & Lunch at Twin Bluffs in Nelson – leaving at 10 a.m.
- Oct. 11 – Foot Care with Dave Morrison, RN – call 715-698-2152
- Oct. 11 – FUNDRAISER EVENT: Donate while you Dine Night from 4 p.m. - 7 p.m. Culvers in Baldwin
- Oct. 19 – Senior Commodity Distribution Pickup at noon
- Oct. 21 – Monster Mash Bash 11 a.m. – 1 p.m. – Roberts Park Building
- Oct. 25 – Free Blood Pressure Check 9:30 a.m.
- Mondays: Dominoes (Mexican Train) at 9:30 a.m.
- Tuesdays: Bingo at 10 a.m.
- Thursdays: Bingo at 10 a.m.

Birthdays

- Oct. 3 – Ralph Bader
- Oct. 3 – Sharon Fregine
- Oct. 3 – Carole Lynum
- Oct. 7 – Kay Dahlin
- Oct. 16 – Art Jensen
- Oct. 16 – Marie Terkelsen
- Oct. 23 – Allen Delander

3rd Annual Culver’s Cares Night! Come Dine at Culver’s of Baldwin, Tuesday, October 11th from 4 p.m. - 7 p.m. A portion of all sales during this time at the Baldwin Culver’s will be donated to the Woodville Senior Center. Invite your friends! The more diners that come, the better the fundraiser. Thanks for your support!

UP COMING FIELD TRIPS – On Oct. 7 we will be taking a Fall trip to the Maiden Rock Winery & Cidery. On Sat., Dec. 3, we plan to attend “A Little House Christmas” at the Menomonie Theater Guild. Call now if you wish to join us as we will be ordering tickets soon.

THANK YOU “About two months ago, I fractured my ankle and being off my feet certainly created more work for my co-workers. They have been so kind and helpful this whole time. Among many things, Dena or Bob pick me up in the mornings and Sharon takes me home. Cindy brought me in a new pair of knee pads and Ellie came with a four-prong cane which I hopefully can use soon. To put it in their words...“we’re a team”. I am so grateful to be part of this team! Also, a special thank you to Sue DeJong for volunteering daily to help me out and to all the diners for their patience. Woodville Senior Center is an awesome place!” *Jill*

FOOT CARE is offered the 2nd Tuesday of the month at the Woodville Senior Center for a cost of \$25/session. It includes:

- **Foot Assessment of skin & nails**
- **Foot soak**
- **Brief Medical History**
- **Nail Trimming**
- **Smooth Rough Nails/Surfaces with Dremel**
- **Apply Lotion**

Please call 715-698-2152 to set up an appointment.

DINE WITH FRIENDS! Lunch is served Monday-Thursday at noon. Please call 24 hours in advance to reserve your affordable and delicious home-style lunch. (It’s okay to leave a message on the answering machine.)

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

United Way • St. Croix Valley





TIPS TO STIMULATE YOUR MIND

It's no trick that to treat your brain, it's important to "use it or lose it!"

Q N W S K E L E T O N R T Y U
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 F O I U D B M Y J K L M L U N
 O B B T V L X R Z Q W U E N G
 O C R L C T A A K Y C P U T N
 M O S N I H B C V A C P X E I
 N S P O I N A S R U B E E D N
 I T I C X L S D N B O W L E R
 K U D J B A T K N B N V C I T
 P M E M O N S T E R E Z N B H
 M E R O M U M M I E S P I M G
 U S Q O T W C A T Y K U G O I
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- | | | | |
|---------|-------------|-----------|----------|
| Bat | Costumes | Halloween | Pumpkin |
| Black | Creepy | Haunted | Scary |
| Bones | Dracula | Monster | Skeleton |
| Broom | Frightening | Mummies | Spider |
| Caldron | Ghosts | Night | Witch |
| Cat | Goblins | Owl | Zombie |

DEMENTIA CARE...

continued from page 7

the better picture of that individual I could prepare for staff who would be caring for them. Prior to their move in date here are steps to take:

1. If they understand they have to move then ask them to help plan the furniture and personal items to take.
2. If they don't understand you will plan by considering those pieces of furniture more dear to them and appropriate for the amount of space they have.
3. Consider room layout when you look for places because the closer you can approximate the relationships between where the bed is from the bathroom (similar to home environment) the easier it will be for a personal with vision or memory issues to adapt to the new setting.
4. If you are able have everything moved in (and you may need help) before your loved one arrives at the new setting. You may wish to plan using the next step ahead of time.
5. For those who have high anxiety anyway and ask the same question repeatedly about the move; AVOID telling them in advance. Simply get their favorite person to get them in the car for lunch and/or a short drive, ending up at the new location. Then tell them you are stopping for tea or coffee. (alert the staff ahead of time so they can have it ready and on a table or in the room).
6. Once you've arrived spend enjoyable time together and then announce you have to go but they'll be in this "resort," or observation room (at the direction of their doctor) for a time. Don't state an exact time.
7. Announce they will stay and leave immediately avoiding any drawn out pleas for you staying or them going.
8. Have a picture album put together with the names of each person in the picture labelled on the sleeve. This gives the aid something to talk about when they are in providing service to you loved one.
9. And, because most admissions personnel do not get a history of the person along with their preferences and interventions for disease produced behavior, you have a printed copy with you about your sibling, spouse or parent to give to them.

If you would like to borrow a copy of the book, *Moving a Relative*, give me a call and I can loan it to you. Repeatedly caregivers tell me it really made a difference for them when moving became timely.

The Recipe Box



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

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

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

Council on Aging & Disabilities Members

Dave Ostness, Chair
 Jim Schrieber, Vice Chair
 Ron Kiesler

George Zaske
 Laurie Pelnar
 Patricia Jonas
 Virginia Drath

Alfred Schrank
 Mary Ellen Brue
 Paulette Anderson
 Jerry Adams

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



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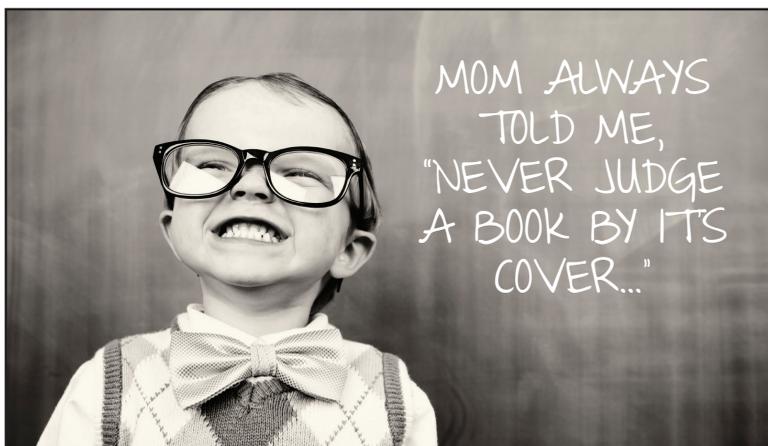
continued from page 7

imagine the added stress of having to fumble through files searching for legal documents or not knowing anything about how to finance a nursing home placement.

As it turned out, all those unpleasant conversations and planning for the future really did pay off! Regardless of how uncomfortable it was to talk to my mom about advance directives, end-of-life decisions and personal finances, I was glad I was bold enough to do so before the crisis hit home.

My dad survived the pneumonia but was too weak to return home to mom. We placed him in a nursing home for rehabilitation with hopes of moving back home. Time will tell whether or not this will be possible. As for now, my dad has adjusted beautifully to life in a memory care wing of the local nursing home and my mother struggles with loneliness and guilt. Ahh, the life of a caregiver.

Jane Mahoney, Greater Wisconsin Agency on Aging Resources



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THE LUTHERAN HOME
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RIVER FALLS



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continued from page 6

Classrooms at River Falls Area Hospital. Programs are FREE and open to cancer survivors and their loved ones. Contact River Falls Area Hospital at 715-307-6430 for more information.

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

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

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

2866. FREE and open to the public.

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

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

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

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

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

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

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CAREGIVER SUPPORT...

continued from page 7

imagine the added stress of having to fumble through files searching for legal documents or not knowing anything about how to finance a nursing home placement.

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Jane Mahoney, Greater Wisconsin Agency on Aging Resources

HUDSON SR CENTER...

continued from page 9

As always we are located at 1320 Wisconsin St at the Christian Community Home Campus, in the Marie Blakeman Community Center. We are open Mondays through Fridays from 9 a.m. – 1 p.m. All seniors 60+ can dine for a requested donation of \$4.00. If you are under 60 years of age there is a \$6.50 charge

for the meal. Transportation is available upon request. Please call the Senior Center at 715-386-8709, 24 hours in advance for your meal or transportation reservation during business hours. Please come and join us for an affordable and nutritious home-cooked lunch that is served at 11:30 am.



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CARDINAL CAPITAL MGMT

ROBERTS SENIOR CENTER...

continued from page 12

would love to have you!

If you get a chance come join us for Bingo. The girls from Our House do a great job and we have a lot of fun.

We are going to try and have the 4K Classes come for a Halloween Parade at the Center. We will set the date for this as soon as possible.

Don't forget the Monster Bash!

The Roberts Senior Center is open on Mondays and Wednesdays from 10 a.m. to 1 p.m. with lunch being served at noon. We are located at the Roberts Park Building, 312 N. Park St., Roberts, WI. To reserve a

meal please call 715-749-3755 24 hours in advance. Please include your name and the day on which you plan to dine. Those 60 and over can dine for a suggested donation of \$4.00/meal. If you are interested in receiving meals at home, we do deliver as well. Please call the Aging & Disability Resource Center in New Richmond at 1-800-372-2333 for further information about the home-delivered meal program.

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

AGING DISABILITY RESOURCE CENTER NEWS READERS' CHOICE AWARDS

Readers of the ADRC News are encouraged to complete the following survey and submit it to the ADRC of St. Croix County Friday, October 14th. (Attn: Renea Aeschliman, 1752 Dorset Lane, New Richmond, WI 54017). We'd like to highlight those "favorite spots" which make St. Croix County such a great place to live, work, play, and retire! We will announce the results from this survey in the November issue of the ADRC News. Thank you for your participation!

- | | |
|--|---|
| Best Place to Get Coffee | Best Place to Go Dancing |
| Best Place to Get Exercise | Best Store which offers a Sr Citizens' Discount |
| Best Restaurant which offers a Sr Citizens' Discount | Best Place to Visit with the Grandchildren |
| Best Place to Become Involved as a Volunteer | Best Place to Catch a Movie |
| Best Place to Enjoy a Concert | Best Place to Enjoy a Play |
| Best Place to Get an Ice-Cream Cone | Best Place to Get Your Hair Cut |
| Best Local Radio Station | Best Local Museum |
| Best Resource to Learn Something New | Best Source of Information on Topics of Aging |

We make a living by what we get, but we make a life by what we give.
Winston Churchill

THANK YOU

for the numerous gifts given to older adults & individuals with a disability in St. Croix County by the dedicated staff who celebrate anniversaries this month with the Aging & Disability Resource Center. Please join us in expressing appreciation to these public servants.

1 year
Cindy Kuhr, Nutrition Program Cook Aide - Woodville

2 years
Chris Stork, Nutrition Program Manager - Roberts

14 years
Renea Aeschliman, ADRC Program Support Associate

18 years
Cia Westphal, ADRC Information & Assistance Specialist

28 years
Denise Gillen, ADRC Disability Benefit Specialist

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

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Source: <https://nfb.org/audio-newspaper-service>

INTERNATIONAL DAY OF OLDER PERSONS...

continued from page 4

these internalized ageist attitudes, and to understand the serious impact that these attitudes have.

The theme of the International Day of Older Persons for 2016 is "Take A Stand Against Ageism". This year, the World Health Organization adopted the Global Strategy and Action Plan on Ageing and Health and a related resolution at the 69th World Health Assembly, in which the WHO Director-General is called on to lead a Global Campaign to Combat Ageism, to support local and international partners in their efforts to change policies and practices.

International Day of Older Persons

A demographic revolution is underway throughout the world. Today, there are around 600 million persons aged 60 years and over world-wide. This number will double by 2025 and will reach two billion by 2050, with the vast majority of older persons in the developing world.

In order to recognize the important contributions that older people make to

our world, while raising awareness towards issues of ageing, the United Nations designated 1 October as the International Day of Older Persons. The World Health Organization works together with our partners and affiliates to commemorate this day and raise awareness for the continuing challenges facing older people.

Source: http://www.who.int/ageing/events/idop_rationale/en/

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Financial Assistance for Eye Care



Many state and national programs provide financial assistance to people in need of eye care and corrective eyewear. You may want to contact the following organizations if you need help covering the cost of an eye exam and glasses or contact lenses.

EyeCare America—EyeCare America provides access to eye care for the medically underserved and those at increased risk for eye disease through a corps of 7,000 volunteer ophthalmologists dedicated to serving their communities. Founded in 1985, EyeCare America is the public service program of the Foundation of the American Academy of Ophthalmology. For more information, contact the EyeCare Program helpline toll-free at 1-800-222-EYES (3937), 24 hours a day, 7 days a week, or visit <http://www.eyecareamerica.org>.



Lions Clubs International Foundation—Lions Clubs International is a service organization whose local club members are all volunteers. A local Lions club in or near your community may sponsor a program that may help you buy corrective eyewear or obtain eye health care. To find a Lions club near you, access the Club Locator at <http://www.lionsclubs.org/EN/find-a-club.php>.



VISION USA—Volunteers In Service In Our Nation (VISION USA) provides basic eye health and vision services, free of charge, to low-income, uninsured individuals and their families. Participating optometrists of the American Optometric Association have been donating their services to VISION USA since 1991. For more information, visit <http://www.aoa.org/visionusa.xml>, or call 1-800-766-4466, 7:00 a.m. to 7:00 p.m., CST, Monday through Friday.



In addition to the programs above, you may also want to contact a social worker at a local hospital or other community agency. Social workers often are knowledgeable about community resources that can help people facing financial and medical problems.

For more information, please visit <http://www.nei.nih.gov/healthyeyes/financialaid.asp>.



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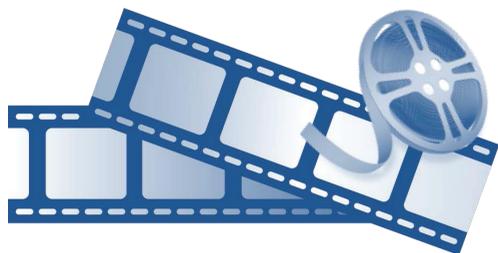
- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, antilock brakes and new technology found in cars today
- Ways to monitor your own and others' driving skills and capabilities
- The effects of medications on driving
- The importance of eliminating distractions, such as eating, smoking and using a cellphone



After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others.

Wisconsin insurance companies are not mandated to give a discount for completing this class. Contact your insurance for information on this matter. This is a four (4) hour course. Cost is \$15 (AARP Member); \$20 (Non-AARP Member) payable to AARP.

New Richmond: Oct. 5, 9 am to 1 pm; New Richmond School District Office – Community Room . Call 715-243-7421 to register. Instructor will be Franklin Addison.



Caregiver Movie Series!

Watch for information in your local newspaper and join us in for this series of movies on...

Tuesday, October 18	Thursday, November 3	Tuesday, November 15	Thursday, December 1
Alive Inside	Glen Campbell – I'll Be Me	My Neighbor Phil	Still Alice

The movies will be viewed at
Woodland Hills
441 Stageline Rd
Hudson, WI 54016
Please RSVP to 715-716-5200



Collaboration between ADRC of St. Croix County, Presbyterian Homes & Services Woodland Hills, Comfort Keepers, Senior Care Authority and WITC-New Richmond.



Baldwin Care Center, Inc. Campus Includes:



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

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

Birch Haven

640 Elm Street . Baldwin, WI 54002

Assisted Living and Memory Care Unit

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

Birchwood Apartments

1600 Birchwood Drive . Baldwin, WI 54002

Independent Elderly Apartments

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

For more information, please contact:

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

Elder & Disability Benefit Specialist Recommendation & Request...

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



Thank you -
Liza, Carolyn, Denise & Michael



Boardman Meadows

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

Units include

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

715-246-5510

Contact: Deanna Schmidt, Housing Manager

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



Mon - Wed - Friday 9am to 4pm

Sat & Sun -Closed

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.



OCTOBER 2016
COMMUNITY CALENDAR...

...continued from page 2

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, October 26 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.

ADRC NEWS
 at Westfields Hospital, 535 Hospital Road, New Richmond, WI.

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



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 faster healing**

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Wound Healing Center

amerymedicalcenter.org
 715-268-0175

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

Committed to the Community.



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

We are a campus environment, housing four facilities:



PARK VIEW HOME
Senior Care Center



PARK PLACE
Independent Living Apartments



PARK PLACE NORTH
Assisted Living



KIDS VIEW
Childrens Learning Center



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



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- ◆ Spacious common areas and attractive patios
- ◆ On-site laundry facilities

We look forward to meeting you!

(715) 778-5535

www.svhcs.org
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2 Bedroom Apartment Available

Holiday Memory Essay Contest

Like snowflakes, Christmas memories gather and dance - each beautiful, unique and too soon gone.

*As the holidays fast approach, now is a time when many memories come alive with the season. The ADRC would like to hear your stories. Essays are to be no more than 300 words in length and should describe special holiday memories or traditions. Essays will be published in the December 2016 ADRC News. Please mail, e-mail, or deliver your essays, along with this form, by **Thursday, November 3, 2016** to:*

ADRC of St. Croix County
 Attn: Renea
 1752 Dorset Lane
 New Richmond, WI 54017
 -or-
adrcinfo@co.saint-croix.wi.us

Please include your name, address, birth date.

FOR BETTER OR WORSE...

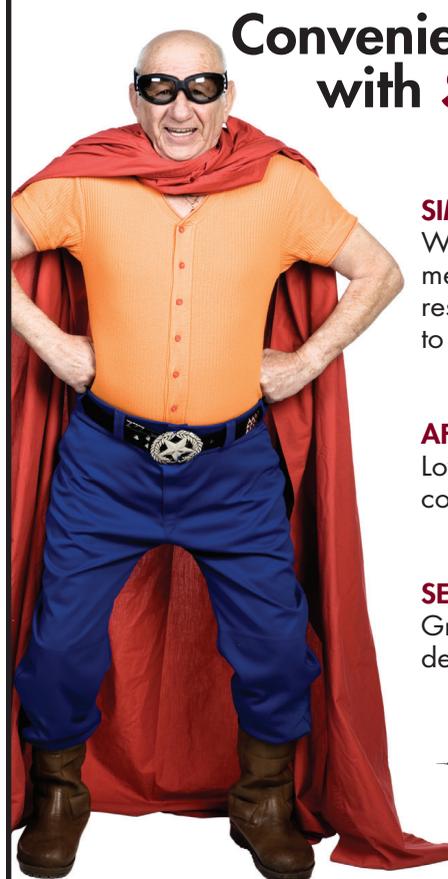
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community, the screening and resources available through the ADRC and the county-wide initiatives to make Hudson and the rest of the county "dementia friendly." There will be an opportunity to ask questions, meet the staff from the ADRC and pick up information related to caregiving.

The program will also

include information about the St. Croix Valley Foundation's Dementia Friendly Community Coalition. For more information contact the ADRC or Nancy Abrahamson at (715)381-4360 or email her at nancy.abrahamson@co.saint-croix.wi.us or Meg Heaton at mheaton@rivertowns.net

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 1 or 2 Bedroom Apartments
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 Gaylord Nelson Manor
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For information or an application contact
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 800-685-9353 or 715-924-4307
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715-425-7640 or visit www.rfhousing.org