

ADRC NEWS

Ageing & Disability Resource Center
of St. Croix County

Volume 27

Number 9

SEPTEMBER 2016

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FAIR MEMORIES

Submitted by Tracy Davis, Community Services Coordinator

Autumn is upon us and the 2016 St. Croix County Fair is now just a memory. In spite of the constant heat and a wet Saturday at the Fair this year, \$2,000.00 was raised for St. Croix County Senior Centers through the silent auction and sale of popcorn and water. Thank you to the Somerset Historical Society, Ward Moberg, senior crafters, volunteers and staff of the ADRC who gave of their time and talents to make this year's events and activities a

Fair Memories...continues on pg 20



Replica of a Moonshiner's Still



Outstanding Older Adults (left to right) Robert Moe, Glenwood City; Don Leier, Glenwood City; Outstanding Older Adult Winner: Jim Wickboldt, Woodville; Della Stone, Baldwin; Marie Deja, River Falls; Mary Simonds, New Richmond; Outstanding Older Adult Winner: Char Croes, Deer Park



Historical Display



The Aging & Disability Resource Center office & Senior Nutrition Sites will be CLOSED on Monday, September 5th for Labor Day.



Watch the ADRC News for further information on:

- ★ Medicare Part D Open Enrollment starts – October 15
- ★ Monster Mash Bash – Friday, October 21

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 SEPTEMBER 2016

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

Job Center - Wednesday, September 7 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, Sept. 9 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,

Sept. 13 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 Eat, Menomonie. SVRI technicians will be available to diagnose potential repairs and perform routine cleaning and maintenance procedures. Appointments are not required; services are available on a first-come, first-served basis. If you have questions about the Wheelchair Clinics, please call Dan Sembach at (715) 232-4037. This is a free service sponsored by the Stout Vocational Rehabilitation Institute. If technicians find significant repair issues, they will give you an estimate of the repair costs. This is an excellent

opportunity to learn more about your wheelchair, including the things that you can do to keep your chair working well!

Technology Night: Thursday, Sept. 8 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, Sept. 20 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

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

THE END OF ALZHEIMER'S STARTS WITH YOU



Walk to End Alzheimer's New Richmond

Saturday, September 17

The Deerfield

Registration – 9 AM

Walk – 10 AM

REGISTER TODAY!

tinyurl.com/walkwi

Start a team. Recruit. Raise awareness and funds. Register today!



alzheimer's association



NATIONAL PRESENTING SPONSOR



FOR YOUR BENEFIT NEWS

(Do Not) Call Me Tomorrow

Submitted by Elder Benefit Specialists, Liza Gibson and Mike Traynor

If you are receiving unwanted calls or texts, you can sign up on the National Do Not Call Registry to reduce the frequency of unwanted calls. According to the Department of Agriculture, Trade and Consumer Protection, once you sign up on the Do Not Call Registry, your registration is permanent as long as you keep the same number. If you change your number, just sign up again.

Wisconsin residents who sign up on the Do Not Call Registry receive federal protection and protection under Wisconsin's telemarketing laws. Keep in mind that certain organizations and businesses are still permitted by law to call numbers that are on the registry. Examples include tax-exempt non-profit organizations, organizations you have given prior consent to contact you, or political organizations. The same rules apply to texts.

Signing up on the Do Not Call Registry helps reduce the number of sales calls you receive and helps deter fraud. Scammers frequently use telemarketing as a way to target their victims. If your number is on the Registry, and you receive an unsolicited call, the call is probably a scam.

To register, call 1-888-382-1222 from the phone you want to register. Your number shows up on the Registry the next day, and telemarketers covered by the Do Not Call Registry have 31 days from the date you register to stop calling you. If you receive a call from a telemarketer after 31 days, you can file a consumer complaint with the Department of Agriculture, Trade and Consumer Protection here:

https://datcp.wi.gov/Pages/Programs_Services/FileConsumerComplaint.aspx

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24 years and still cooking up a storm!

Our Head Cook, Sharon Fregine just celebrated 24 years of service. We are so pleased to have the best cook in St. Croix County right in our Woodville kitchen! The Senior Center honored Sharon with a cake and many thanks. We had just a small celebration this year...but wait until next August!



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Located at 100 Heirloom Ave - Hudson



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

Accessible Space, Inc.

Spotlight on Social Security



Tips on how to prepare for your disability interview

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

When a person becomes disabled, it can be a very stressful time in their life. There are many questions and unknowns when you have to transition out of the workforce due to medical issues. While an employer may offer short or long-term disability, most people faced with a disability will file for benefits with Social Security.



If you're facing life with a disability and don't know where to start, we encourage you to visit our website at www.socialsecurity.gov/disabilityssi. You can apply for benefits on our website; it's the most convenient way. Additionally, you can contact us at 1-800-772-1213 (TTY 1-800-325-0778) or visit your local office if you wish to apply for disability benefits. When applying for benefits, you should be prepared to answer a number of questions including:

- When your conditions became disabling:
 - Dates you last worked;
 - The names, addresses, phone numbers, and dates of visits to your doctors;
 - The names of medications that you take and medical tests you've had; and
 - Marital information.
- In addition, if you plan on applying for Supplemental Security Income (SSI) disability payments, for people with low income who haven't paid enough in Social Security taxes to be covered, we will ask you questions about:
 - Your current living arrangement, including who lives there and household expenses;
 - All sources of income for you and your spouse, if applicable; and
 - The amount of your resources, including bank account balances, vehicles, and other investments.

You can view our disability starter kit at: www.socialsecurity.gov/disability/disability_starter_kits.htm.

Remember, we are there when you might be faced with one of the hardest obstacles of your life. Social Security helps secure today and tomorrow with critical benefits for people with severe disabilities, not just during retirement. Learn more at www.socialsecurity.gov.



FARMERS' MARKETS

- Main Street Farmers Market**
Bailey Park – end of Main Street in Baldwin
Open June 4th - Oct 8th; Saturday 9 am – 1 pm.
- Hudson Farmers Market on Carmichael**
777 Carmichael Rd – South Parking Lot in Hudson
Open June 18th - Oct 29th; Saturday 9 am – 1 pm.
- Thomas Hawk Farmstand**
3284 Highway 29 in Wilson
Open June 1st - Oct. 31st; Thursday – Sunday 9 am – 5 pm.
Sweet corn and variety of vegetables and melons.
- Hudson Farmers' Market Thursday**
1701 Ward Ave – Plaza 94 in Hudson
Open June 2nd - Oct 28th; Thursday 7:30 am – 12 pm
- New Richmond Farmers' Market**
1100 Heritage Dr – Heritage parking lot in New Richmond
June 25th - October 29th; Saturday 7:30 am – 12:30 pm
- Somerset Farmers' Market & Craft**
520 Main Street in Somerset
Open June 16th - Oct 20th; Sunday 3 pm – 6 pm
- Van Someren Vegetable Gardens**
2098 90th Ave (1 mile north of Baldwin on Hwy 63) in Baldwin
Open July 1st - Oct 31st; Monday - Saturday 8 am – 6 pm
Garden vegetables are available.
- Alfred Schroeder**
891 Labarge Rd (halfway between Hudson and Roberts off of old 12) in Hudson
Open July 30th - Oct 31st; Monday-Friday dawn to dusk,
Saturday and Sunday dawn to dusk. Variety of vegetables
- Teresa Silva Farmstand**
Hwy 63 Baldwin in Baldwin
Open mid. June – late Oct. depends on crop and supply or if sell out early;
Monday – Sunday 10 am – 8 pm.
Strawberries, raspberries, apples, blueberries, squash, and pumpkins.
- Teresa Silva Farmstand**
2293 Hwy 63 in Clear Lake
Open mid. June – late Oct. depends on crop and supply or if sell out early;
Monday – Sunday 10 am – 8 pm.
Strawberries, raspberries, apples, blueberries, squash, and pumpkins.
- Teresa Silva Farmstand**
Carmichael and Vine in Hudson
Open mid. June – late Oct. depends on crop and supply or if sell out early;
Monday – Sunday 10 am – 8 pm.
Strawberries, raspberries, apples, blueberries, squash, and pumpkins.
- Westfields Hospital & Clinic Community Farmers' Market**
535 Hospital Road – East Parking Lot in New Richmond
Open June 14th - Oct 25th; Tuesday 2 pm – 6 pm
- Village of Star Prairie Farmers' Market**
Main Street in Star Prairie
Open June 30th - Oct 31st; Thursday 3 pm – 6 pm

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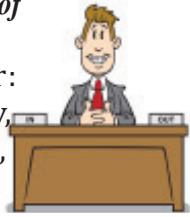
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Somerset, WI 54025

Ph. 715-247-3535
Fax: 715-247-3636
somersetdrug@somtel.net

ADRC Manager's Report

From the Desk of Brad Beckman

September: Labor Day, Fall sports, football and school



starts. It's time again for the 10th Annual Regional Caregiver Conference - Finding Hope, Humor and Heart in Caregiving. It will be held on Friday, September 30, 2016. It will start at 8 a.m. at WITC in New Richmond. The keynote speaker is Elaine K. Sanchez. Interested attendees can register on line, by fax, or phone, in person or by email (see cover for details). Hope to see you there!

Also, in September the ADRC we be part of the Annual Walk to End Alzheimer's. This year's event will be held on Saturday, September 17, 2016, starting at 9:30 a.m. at the Deerfield (1127 West 8th Street), New Richmond. If you would like to donate, please visit: http://act.alz.org/site/TR/Walk2015/General?team_id=331602&pg=team&fr_id=9415. All the monies raised go to support local programming, 24-hour helpline, care consultation, support groups, education, and training through the Alzheimer's Association.

Congratulations to the 2016 Outstanding Older Adults of St. Croix County - Char Croes of Deer Park and Jim Wickboldt of Woodville.

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.

10 Tips for reinventing yourself during September Is Healthy Aging® Month:

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)
3. Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
4. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
7. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)

10 Tips; Healthy Aging Month...continues on page 16



The impetus for a National Grandparents Day originated with **Marian McQuade**, a housewife in Fayette County, West Virginia. Her primary motivation was to champion the cause of lonely elderly in nursinghomes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. President Jimmy Carter, in 1978, proclaimed that National Grandparents Day would be celebrated every year on the first Sunday after Labor Day. When is Grandparents Day? This year Grandparents Day falls on Sept. 11th.

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

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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.

TOPIC: Falls Prevention

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

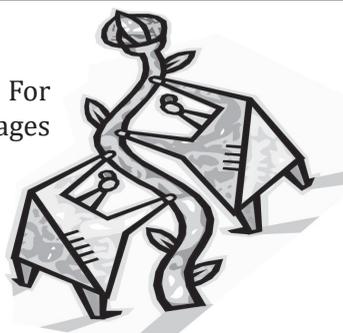
St. Bridget's Church, Westview Room, River Falls. For those caring for someone with memory loss.

TOPIC: Falls Prevention

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.

TOPIC: Falls Prevention



****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 free

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 the 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

What a beautiful summer we have had. We have loved watching our hummingbirds at our feeder. We have been having so much fun laughing and crafting. One of the participants said the reason why I like to come to DayAway is there is no pressure, we have fun and they feed me.

Everyone is so ready to help one another. Some participants may have a hard time playing a game yet they can help the person next to them. It is very rewarding watching them help each other. 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 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 - 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

September is Fall Prevention Awareness Month

Fall proofing your home from the National Institute on Aging (NIA); NIHSeniorHealth.gov

Simple Changes for Home Safety

Six out of every 10 falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. Many falls could be prevented by making simple changes in your living areas, as well as personal and lifestyle changes.

Take steps to "fall proof" your home, both inside and outdoors. To make your home safer, you can:

- remove or avoid safety hazards
- improve lighting
- install handrails and grab bars
- move items to make them easier to reach

Tips to "Fall Proof" Your Home: An important step toward preventing falls at home is to remove anything that could cause you to trip or slip while walking. Tripping on clutter, small furniture, pet bowls, electrical or phone cords, or other things can cause you to fall. Slipping on rugs or slick floors can also cause falls.

Arrange furniture to give you plenty of room to walk freely. Also remove items from stairs, hallways, and pathways.

Be sure that carpets are secured to the floor and stairs. Remove throw rugs, use non-slip rugs, or attach rugs to the floor with double-sided tape.

Put non-slip strips on floors and steps. Put non-slip strips or a rubber mat on the floor of your bathtub or shower, as well. You can buy these items at a home center or hardware store.

At home and elsewhere, try to avoid wet floors and clean up spills right away. Use only non-skid wax on waxed floors at home. Be careful when walking outdoors, and avoid going out alone on ice or snow. A simple slip on a slick sidewalk, a curb, or icy stairs could result in a serious injury.

During the winter, ask someone to spread sand or salt on icy surfaces. Be sure to wear boots with good traction if you must go out when it snows. Better yet, don't take chances walking on icy or slippery surfaces.

Caregiver Support...continued on page 14

MEMORY CAFÉ OPPORTUNITIES



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

<p>Keys Café - Patio 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>Peace Lutheran Church 2084 County Rd N Baldwin 4th Thursday 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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Stepping On

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:

YMCA
2211 Vine St.
Hudson, WI 54016

Wednesdays
1 p.m. - 3 p.m.
October 5th - November 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.

ADRC PRE-REGISTRATION REQUIRED:
Aging & Disability Resource Center of St. Croix County
Call Tara Murdzek, Caregiver Support Coordinator 715-381-4366

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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:

September 1 – Senior Center Board meeting at 10:30 a.m.
September 5 – CLOSED for Labor Day
September 8 – Blood Pressure checks at 10:30 a.m.
September 12 – Leinenkugel Brewery Tour leave at 9:30 a.m.
September 12 – Our Family Living Bingo at 10:45 a.m.
Mondays - Dominoes 9:30 a.m.
- Cards at 1 p.m.
Tuesdays - Bingo at 10:30 a.m.
- Painters Club 1 p.m.
Wednesday - Dominoes at 9:30 a.m.
Thursdays - Bingo at 10:30 a.m.
Fridays - Game Day
- Dominoes at 10 a.m.
- Cards at 1p.m.
Daily - Table of Knowledge at 8:30 a.m.

Birthdays:

September 5 – Gordon Place	September 13 – Barbara Bartos
September 5 – Jeannie Durner	September 22 – Laura Bishop
September 7 – Doris Birkett	September 22 – Betty McMullen
September 7 – Cindy Ramberg	September 23 – Adrian VanSomeren
September 9 – Bernice Lewis	

The Baldwin Senior Center would like to thank the following:

- Lola Giove for the fresh garden produce.
- Gary Peterson for the generous donation in memory of his parents Rich and Evie Peterson.
- Marvin Ramsden for being our chauffer to the Brewery Tour.
- Rudy Rudesell for the fun entertainment.
- Judy from the Alzheimer's Association for the informative speech.
- Paul and Phyllis Chapin and Pat Ferger for the generous donations in memory of Ron Ferber.
- Rose Mary Vadner for the donation of coffee and making decorations for the tables.
- Mary Baker for the donations of produce

I am in the process of scheduling a few fall field trips for us but, unfortunately have not confirmed dates yet. Feel free to call the Senior Center & ask about our September events! I am hoping to schedule a Cottage Winery Tour and a trip to Cady Cheese/Apple Orchard which should be confirmed by mid-September!

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

Baldwin Senior Cener...continues on page 13



Deer Park Senior Center

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



Activities:

September 5 – CLOSED for Labor Day
September 14 – Senior Center Board meeting at 9 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:

September 8 – Barbara Krumm
September 11 – John Hazen
September 19 – Roland Thompson

Anniversaries:

September 3 – Ted and Waneta Olson – 62 years CONGRATULATIONS!
September 27 – Pete and Jan Thompson

September is upon us and it is hard to believe. It is a wonderful time of the year with so much to enjoy - gardens, flowers, fall leaves, beautiful comfortable weather, crisp morning air and of course the chatter of children waiting for the bus. So very much to be thankful for.

The September flower is the beautiful aster which signifies memories, and the birthstone is the sapphire which stands for wisdom, loyalty, honesty, and devotion. What better describes the senior population?

Our trip to see the spectacular new bridge was very interesting, my wish is that everyone could see this work of art. Thanks to everyone that could join us and enjoy the day.

Many thanks once again to Renee Boe for creating our lovely centerpieces for the fall table decorations. She does lovely work and could work in any flower shop.

September, the month we think of apples, garden produce, sunflowers and honey. Maybe we could all be as sweet as honey to everyone we meet, what a wonderful world this would be.

Remember if you are lucky enough to have a grandparent or even 2, give them a hug and tell them how much they mean to you.

Happy autumn and Happy Grandparents Day on Sunday, September 11.

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

•United Way •
St. Croix Valley



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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:

- Sept. 5 – CLOSED for Labor Day
- Sept. 6 – UW Extension: Eat Smart, Live Strong – Reach Your Goals Step by Step at 9:30 a.m.
 – Senior Center Board meeting at 1 p.m.
- Sept. 11 – Rustic Lore Days Parade
- Sept. 12 – Blood pressure/blood sugar check with Char and Kevin at 11 a.m.
- Sept. 13 – UW Extension: Eat Smart, Live Strong – Challenges and Solutions at 9:30 a.m.
- Sept. 18 – Trip to Aamodt’s Apple Orchard and Gusthaus Oktoberfest Festival
- Sept. 20 – UW Extension: Eat Smart, Live Strong – Colorful and Classic Favorites at 9:30 a.m.
- Sept. 24 – Stillwater Boat Ride Luncheon
- Sept. 26 – Foot care with Brenda Cogbill, appointment available by calling 715.265.7242
- Sept. 27 – UW Extension: Eat Smart, Live Strong – East Smart, Spend Less at 9:30 a.m.
- 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:

- September 2 – Irma Lindholm
- September 6 – Doris Werner
- September 7 – Julie Frieberg
- September 16 – Rosemary Kohler
- September 19 – David Jennings
- September 22 – Darcy Boda
- September 26 – Gerald Finder
- September 28 – Ella Rassbach
- September 30 – Roger Lindelof

It’s always a great day for a Parade! Join us in Glenwood City on Sunday, September 11 for the Rustic Lore Parade. This year’s King and queen- Don Leier and Jackie Klinger - will be riding in it!

Fall is such a great time of the year – there are so many fun things for us to do☺ We will be going to Stillwater, MN to Aamodt’s Apple Orchard to spend some time touring the orchard and winery – After that we will head on over to an Oktoberfest Festival at the Gusthaus, also in Stillwater. There we will listen to some German music and enjoy a little German Beer and food!

We are all looking forward to our afternoon on the St Croix River. We are hoping for a beautiful day to enjoy the colors of fall. We might still have some openings...give us a call!

Eat Smart, Live Strong Mary Lestrud from UW Extension will be joining us again this year for four weeks to lead a discussion at meal sites on Eat Smart, Live Strong. We will talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Smart and Live Strong.

The Glenwood City Senior Center is open Monday through Thursday 8:00 a.m. to 1:00 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 by calling Brandy at 715-381-4364. Please call 24 hours in advance to reserve your meal. Please call by noon Thursday to reserve for the following Monday our number is 715-265-7242.



Hudson Senior Center

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



Activities:

- Sept. 2 – Last Picnic of the year; location TBD
- Sept. 5 – CLOSED for Labor Day
- Sept. 6 – American History Discussion Group from 1 p.m. – 2 p.m.
- Sept. 8 – Hand and Foot card game at 9 a.m.
 – Piano playing by Kathryn Long at 11 a.m.
 – Foot care with Dave – call for appt.
- Sept. 9 – Birthday Party
- Sept. 15 – Blood Pressure with DeeAnn from 9:30 a.m. – 11 a.m.
- Sept. 16 – Hudson tour and Lunch
- Sept. 22 – Hand and Foot card game at 9 a.m.
 – Piano playing by Kathryn Long at 11 a.m.
 – Foot care with Nancee – call for appt.
- Sept. 24 – Trip to view new St. Croix bridge
- Sept. 26 – Trip to Bayport for lunch and pontoon boat ride
- 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:

- September 1 – William Krueger
- September 1 – Alice Selle
- September 2 – Curtis Gilbertson
- September 6 – Rita White
- September 11 – Shirley O’Conner
- September 11 – Barbara Schultz
- September 13 – Janice Terwilliger
- September 14 – Peg Ste. Marie
- September 14 – Gwen Petterson
- September 17 – Virgil Heinen
- September 18 – Robert Karras
- September 18 - Sheila Walters
- September 18 – Carla Bernhjelm
- September 22 – Inge Bleier
- September 22 – Linda Norelius
- September 23 – Audrey Larson
- September 23 – Al Eckard
- September 26 – Joan Brown
- September 26 – Barbra Cook
- September 28 – Arvid Stephens

First, I would like to say thank-you to everyone that helped with North Hudson Pepper Fest events. Again, it was a great success and the Hudson Senior Center could not do it without all of your help. The Hudson Senior Center appreciates all the volunteers and money donations that are made. We would not be here if wasn’t for you and your donations. If you’re interested in volunteering, please do not hesitate to call Melissa at 715-386-8709.

September 2 as summer comes to end the Hudson Senior Center would like celebrate summer one last time with a picnic Friday, September 2nd, location TBA. Please join us for hamburgers or brats and all the picnic

Hudson Senior Center...continues on page 16



NUTRITION PROGRAM MENUS



Hudson Area Nutrition Program September 2016 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday (On-Site Dining Only)	
<p>Suggested Donation: \$4.00 per meal Please pay as much as you can afford, as we rely on donations from participants to keep the program going.</p>				<p>1 Baked Chicken Mashed Potatoes Dressing, Vegetable Coleslaw Chef's Dessert</p>	<p>2 Picnic Location yet TBD</p>
<p>5 CLOSED for Labor Day</p>	<p>6 Fried Chicken Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert</p>	<p>7 Baked Ham Au Gratin Potatoes Whole Green Beans/Tom Cottage Cheese/Pineapple Chef's Dessert</p>	<p>8 Braised Spare Ribs Caraway Potatoes Sauerkraut Cottage Cheese Chef's Dessert</p>	<p>9 Fish Fry Tater Barrels Tossed Salad Broccoli Spear Chef's Dessert</p>	
<p>12 Salisbury Steak Mashed Potatoes Buttered Carrots Tossed Salad Chef's Dessert</p>	<p>13 Chicken ala King Rice Pilaf Tossed Salad Chef's Dessert</p>	<p>14 Swedish Meatballs Mashed Potatoes Peas & Mushroom Fresh Fruit Chef's Dessert</p>	<p>15 Chopped Sirloin Grilled Onion Baked Potato Mixed Greens Chef's Dessert</p>	<p>16 Fried Shrimp Tater Barrels Carrots Vichy Coleslaw Chef's Dessert</p>	
<p>19 Roast Chicken Mashed Potatoes Kernel Corn Coleslaw Chef's Dessert</p>	<p>20 Baked Ham, Pineapple Au Gratin Potatoes Peas w/ mushrooms Tossed Salad Chef's Dessert</p>	<p>21 Roast Beef, Au Jus Baked Potato Broccoli Spear Tossed Salad Chef's Dessert</p>	<p>22 Chicken Subgum White Rice Crisp Noodles Tossed Salad Chef's Dessert</p>	<p>23 Macaroni & Cheese Tomato & Bacon Tossed Salad Garlic Toast Chef's Dessert</p>	
<p>26 Spaghetti/Meat sauce Italian Green Beans Tossed Salad Garlic Toast Chef's Dessert</p>	<p>27 Roast Pork Mashed Potatoes Peas & Carrots Tossed Salad Chef's Dessert</p>	<p>28 Roast Beef, Au Jus Baked Potatoes Broccoli Spear Tossed Salad Dessert</p>	<p>29 Baked Chicken Mashed Potatoes Dressing, Vegetable Coleslaw Chef's Dessert</p>	<p>30 Baked Cod New Potatoes Broccoli Tossed Salad Chef's Dessert</p>	

River Falls Nutrition Program September 2016 Menu

119 Union Street - 715-425-9932

Serving Monday – Friday

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

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Suggested Donation: \$4.00 per meal Please pay as much as you can afford, as we rely on donations from participants to keep the program going.</p>				<p>1 Oven Fried Chicken Mashed Potatoes & Gravy Squash Garlic Toast Pineapple Orange Dream</p>	<p>2 Tuna Herb Croissant Potato Salad Coleslaw Chef's Choice Fruit Dessert</p>
<p>5 CLOSED for Labor Day</p>	<p>6 Smothered Chopped Stk Mashed Potatoes & Gravy Country Blend Vegetables Breadstick Fruited Jell-O</p>	<p>7 Ham Loaf Rice Pilaf Green Peas Chef's Choice Fruit Dinner Roll Dessert</p>	<p>8 Teriyaki Grilled Chicken Buttered Noodles Oriental Blend Vegetable Pineapple Chunks Bread Slice Dessert</p>	<p>9 Lemon Baked Cod Scalloped Potatoes Green Beans Pears Dinner Roll Dessert</p>	
<p>12 Roast Turkey Mashed Potatoes & Gravy Broccoli Apricots Bread Slice Dessert</p>	<p>13 Brat on Bun Potato Salad Wax Beans Chef's Choice Fruit Dinner Roll Dessert</p>	<p>14 Sweet & Sour Chicken Fried Rice Oriental Blend Vegetable Chef's Choice Fruit Dinner Roll Dessert</p>	<p>15 Cheeseburger on Bun Garden Veg. Pasta Salad Chips Cinnamon Applesauce Dessert</p>	<p>16 Oven Fried Chicken Paprika Roasted Potatoes Green Beans Pears Breadstick Dessert</p>	
<p>19 Roast Turkey Mashed Potatoes & Gravy Broccoli Apricots Bread Slice Dessert</p>	<p>20 Creamy Chicken Alfredo Noodles Squash Melon Cup Bread Slice Dessert</p>	<p>21 Beef Stroganoff Buttered Noodles California Blend Veggies Bread Slice Dessert</p>	<p>22 Beef Stir Fry Steamed Rice Stir Fry Vegetables Fruit Cocktail Egg Roll Dessert</p>	<p>23 Spaghetti & Meat Sauce Island Blend Vegetable Chef's Choice Fruit Breadstick Dessert</p>	
<p>26 Crmy Mshrm Chkn Rice Pilaf Side Salad Banana Half Bread Slice Chocolate Pudding</p>	<p>27 BBQ Chicken Breast Baked Potato Coleslaw Chef's Choice Fruit Bread Slice Dessert</p>	<p>28 Sliced Roast Beef Mashed Potatoes & Gravy Glazed Carrots Garlic Cheddar Biscuits Cherry Delight</p>	<p>29 Cream Chipped Beef Mashed Potatoes Monte Carlo Blend Veg. Pears Bread Slice Dessert</p>	<p>30 Crispy Shrimp Baked Potato Green and Gold Beans Chef's Choice Fruit Dinner Roll Dessert</p>	

St. Croix County Area Nutrition Program September 2016 Menu

Serving Mondays through Thursdays at the following locations:

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

Monday	Tuesday	Wednesday	Thursday
<p>Suggested Donation: \$4.00 per meal</p> <p>Please pay as much as you can afford, as we rely on donations from participants to keep the program going.</p>			<p>1 Cabbage Rolls Boiled Potatoes Cheesy Vegetable Medley Bread and Butter Dessert Bar</p>
<p>5 *CLOSED FOR LABOR DAY*</p>	<p>6 Cheeseburger with Sliced Tomato, Onion and Lettuce Potato Salad Cookie</p>	<p>7 Sliced Pork Roast Mashed Potatoes and Gravy Cooked Squash Bread and Butter Applesauce</p>	<p>8 Beef Tomato Mac 7 Layer Salad Bread and Butter Cook's Choice Pie</p>
<p>12 Chicken Chow Mein with Vegetables over Rice Pilaf Garden Salad and Dressing Bread and Butter Cake</p>	<p>13 Baked Cod Garlic Butter Baby Reds Asparagus Bread and Butter Fruit Medley</p>	<p>14 Stuffed Manicotti 3 Bean Salad French Bread Sliced Pineapple</p>	<p>15 Cook's Choice Menu</p>
<p>19 Crispy Fish Sandwich with Lettuce and Tomato Cook's Choice Soup Ice Cream</p>	<p>20 Turkey Dinner Mashed Potatoes and Gravy Sliced Carrots Bread and Butter Cranberry Dessert</p>	<p>21 Baked Chicken Whipped Sweet Potatoes Buttered Peas Bread and Butter Chilled Apricots</p>	<p>22 Spaghetti and Meat Sauce Broccoli Garlic Bread Apple Crisp</p>
<p>26 Barbeque Meatballs Au Gratin Potatoes Vegetable Medley Bread and Butter Peaches and Pears</p>	<p>27 Hamloaf Macaroni and Cheese Green Beans Bread and Butter Jell-O</p>	<p>28 Crispy Baked Chicken Strips Baked Beans Rutabagas Bread and Butter Cobbler</p>	<p>29 Oven Baked Pork Chops Baked Potato with Sour Cream Creamed Spinach Bread and Butter Pudding with Fruit</p>

The scoop on Vitamin K & Coumadin

Submitted by Brandy Zeuli, Outreach Coordinator

Coumadin is a very important medication that is prescribed to people who have an increased risk of forming blood clots in their body. Many of the foods that you put into your body can affect how well Coumadin works for you. While on Coumadin, it is important to pay attention to what you eat. One nutrient that can lessen Coumadin's effectiveness is Vitamin K. There are certain chemicals in Vitamin K that interact with Coumadin and minimize its efficiency. The average daily allowance of vitamin K for adult men is 120 micrograms and for adult women it is 90 micrograms. While eating small amounts of Vitamin K shouldn't cause a problem, avoid eating or drinking large amounts of:

- Kale
- Parsley
- Chard
- Spinach
- Collard greens
- Green tea
- Brussels sprouts
- Mustard greens

While on Coumadin, it is important that vitamin K intake be consistent and stable when taking Coumadin. Too little vitamin K in your diet can cause adverse effects as well. Just be consistent!

As always talk to your doctor before making any major changes in your diet and before starting any over-the-counter medications, vitamin or herbal supplements.

Sources: www.MayoClinic.com

We should all have one person who knows how to bless us despite the evidence; Grandmother was that person to me.

~Phyllis Theroux

The Recipe Box



Recipe Name:	3-2-1 Cake	
Author:	Carol McConaughy	
Town:	Hudson	
Season:	Any	
Ingredients:	Directions:	
1 box angel food cake mix	Mix 2 cakes mixes together and store in large Ziploc bag.	
1 box cake mix, any flavor		
Individual cake mixes:	These individual little cakes are amazing and ready to eat in 1 minute! They are perfect for whenever you feel like a treat without the fat and calories that cake can have.	
3 tablespoons of mixture		
2 tablespoons water		
1 minute in the microwave		



You grew up in rural Wisconsin if...

- you know what is knee-high by the 4th of July
- you know the difference between "green" and "red farm machinery"
- you buy Christmas presents at Fleet Farm
- you know that "combine" is a noun
- you let your older siblings talk you into putting your tongue on a steel post in the middle of winter
- you have driven your car on the lake
- football schedules, hunting season, and harvest are all taken into consideration before a wedding date is set

● SENIOR CENTER NEWS ●



New Richmond Senior Center

Laura Rebhan, Senior Center Board President
Patty Shatswell, Nutrition Program Manager
156 East First Street • New Richmond
715-243-7493



Activities:

Sept. 5 – CLOSED for Labor Day
Sept. 13 – Senior Center Board meeting
– Shopping after lunch – call 24 hours in advance to reserve a ride
Sept. 17 – Trip to Amery to watch the Fall Festival Parade
Sept. 20 – Bingo sponsored by Our House at 10:30 a.m.
Sept. 21 – Monthly Birthday Party
Sept. 27 – Shopping after lunch – call 24 hours in advance to reserve a ride
Daily: Bingo at 10:30 a.m.
: Cards at 12 p.m.

Birthdays:

Sept. 3 – Nancy Hackman
Sept. 4 – Bernard Menier
Sept. 6 – Jerry Bestler
Sept. 7 – Grace Johnson
Sept. 10 – Don Maloney
Sept. 12 – Elaine Terhurne
Sept. 13 – Mary Simons

August was a busy month. Before moving to our new location at the New Richmond Civic Center, we had to make a move the former food pantry location in the Community Commons Building. Thank you to Kent Leaf, John Brunner, Michael Johnson, Bob Kazmarski, Cecil Brighton, Sue Meyer, Jean Needham and Kaden Peterson for all your help with during the premove. So appreciated! Special thanks to Cheryl Emerson of Community Ed for helping make this possible. As we move into September we are awaiting our move in date to the New Richmond Civic Center. Watch for details coming soon.

Thanks to the New Richmond Senior Center Board Members and everyone else for donating items for the silent auction and for those who bid on them at the St. Croix County Fair. What a great fund raiser! A special Thanks to John Dean for bringing Michael to the fair to enjoy it. He deeply appreciated it! And really liked the Tilt- A-Whirl!!

September 11th is the “Patriot day” day for Grandparents Day. Please bring in photos during the month of September of your grandchildren or great grandchildren, or great-great grandchildren to share with everyone one. Bragging rights are allowed and welcome. Happy Grandparent Day to you all!

We are planning on going to the Amery Fall Festival Parade on Saturday September 17th. The parade is at 10:30 a.m. Call the center for details and to reserve your spot on the van at 715-243-7493. We will be eating lunch at the Village Pizzeria in Amery after the parade. Please join us!

If you like to play bingo, 500 or cribbage please join us. Everyone is welcome. We are always looking for new players who enjoy a fun filled time! Or just stop in for a visit and a cup of coffee! We like making new friends!!

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

The New Richmond Center is open from 8:30 a.m. - 1:30 p.m. Monday - Thursday. A delicious lunch is served at 11:30 a.m., with a suggested \$4.00 donation for those over 60. There is \$6.50 charge a meal for those under 60. Please call 24 hrs. in advanced to reserve your meal and please call by noon

New Richmond Senior Center...continues on page 13



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:

Sept. 5 – CLOSED for Labor Day
Sept. 9 – Foot Care; Cost \$20 – call for appt.
Sept. 11 – Senior Center Brunch Fundraiser
Sept. 12 – Executive Board Meeting at 9:45 a.m.
Sept. 23 – Foot Care; Cost \$20 – call for appt.
Sept. 24 – Maine Trip departure
Sept. 27 – General Meeting followed by bingo
Sept. 27 – 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:

Sept. 5 – Ellen Rider
Sept. 13 – Bill Olson
Sept. 13 – Lee Nelson
Sept. 16 – Marion Pechecek
Sept. 20 – Jane Jeffrey
Sept. 20 – Linda Giardina
Sept. 20 – Ellen Gineau
Sept. 28 – Judy Frey

We look forward to seeing everyone at the Senior Brunch on Sunday, September 11. We will be selling tickets at the Senior Center – cost is \$9 per person with those under 5 free. We highly suggest purchasing tickets ahead of time to help with our fundraising efforts. You can either stop by the Senior Center or call 715-425-9932.

River Falls Senior Center...continues on page 16

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:

Sept. 12 – Blood Pressure Check with Kathy
Sept. 14 – Bingo sponsored by Our House Senior Living
Sept. 30 – 10th Annual Caregiver Conference at WITC in New Richmond
Mondays – Mexican Train Dominoes at 10 a.m.
Wednesdays – Cards at 10 a.m.

Hello Everyone,

Here we are again starting back to school and winding down the summer. I think it goes faster every year.

Our “Community Dinner” was a success. We had 29 people for dinner. It is great to see everyone enjoying themselves. A big **thank you** to Katy Kapaun (Plate By Kate) for the wonderful food, the Roberts/Hammond Girl Scouts and their leaders for helping to serve and Lee Kempf, Mary and Lilly Shemon for their help with the dinner. Also **thank you** to the Side Track Saloon for their donation to our dinner. Our next dinner will Tuesday, October 11, 2016. This will be our last dinner for 2016. We will be

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:

- Sept. 2 – Dining Out
- Sept. 5 – CLOSED for Elections
- Sept. 6 – Shopping in Somerset
- Sept. 13 – Senior Center Board meeting at 9 a.m.
 - Blood Pressure
 - Birthday Celebrations
 - Shopping in New Richmond
- Sept. 16 – Rib Dinner at the Senior Center
- Sept. 20 – Shopping in Somerset
- Sept. 23 – Rib Dinner at the Senior Center
- Sept. 27 – Shopping in New Richmond
- Wednesdays – Cards from 10 a.m. – 11:30 a.m.

Message from Karen:

We encourage all seniors to join us for lunch at the Senior Center. The Senior Center is open Monday – Thursday from 10 a.m. to 2 p.m. Please call 715-247-5354 at least 24 hours prior to the day you would like to join us.

BADLWIN SR CENTER...

continued from page 8

from time to time, as sometimes events are added just for the fun of it! The Baldwin Senior Center is open Monday through Thursday for lunch 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 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.

NR SENIOR CENTER...

continued from page 12

on Thursday to reserve your meal for Monday. On shopping days please call 715-243-7493; 24 hrs. in advanced to reserve a spot on the van.

Transportation is always available for a small fee. Home-delivered meals are also available for those who qualify by calling Brandy, ADRC Outreach Coordinator, at 715-381-4364.

Come join us for some Good Food, Good Times and Make some Good Friends!



New Richmond Senior Center/Nutrition Site will be moving after September 1st.

The new location will be:
 New Richmond Civic Center
 156 East First Street!!

We have a new email address too:
nrsrctr@gmail.com

Open Monday through Thursday
 from 8:30 a.m. – 1:30 p.m.
 Lunch served at 11:30 a.m.
 More details to follow!



Woodville Senior Center

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



Activities:

- Sept. 1 – Center Board meeting at 9 a.m.
- Sept. 5 – CLOSED of Labor Day
- Sept. 6 – Foot Care with Dave Morrison, RN – call 715-781-3947 for appointment
- Sept. 20 – Foot Care with Dave Morrison, RN – call 715-781-3947 for appointment
- Sept. 21 – Senior Commodities pick-up 11:30 a.m. - 11:55 a.m.
- Sept. 22 – Special Music: Country Memories at 12 noon
- Sept. 27 – Free Blood Pressure Check at 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

- Sept. 2 – Deb Link
- Sept. 16 – Rochelle Roth
- Sept. 19 – Marvin Ramsden
- Sept. 20 – Shirley Johnson

COUNTRY MEMORIES joining us on Thurs., Sept. 22. They will be performing during our lunch hour. The Country Memories, which consists of Bud & Pat Mathison, Alma Smith, and Phil Pax have been together for six years. They give of their talents by volunteering at local care centers and community events. Please call and make your reservation for lunch and enjoy some good old country music. *“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.”*

VOLUNTEER OPPORTUNITY! Currently we have a need for bingo callers. Please call 698-2152 if interested. *“If you see a need, take the lead!”*

ST. CROIX COUNTY FAIR NEWS: Congratulations to our members:

- 👉 **Jim Wickboldt** of Woodville received the Outstanding Older Adult award. The competition was incredible so this honor was especially exciting for all of us at the Woodville Site. We are so very proud of you Jim. Your volunteerism is amazing!
- 👉 **Merlee Jensen** of Woodville received a reserve champion ribbon in the open class, appliqued tied quilts. Her quilt was a beautiful creation of hues of blue, purples, and pinks. Merlee gifted it to her daughter-in-law...lucky gal!

ANNIVERSARY - Sharon Fregine has been cooking at Woodville for 24 years! Sharon has an obvious passion for cooking as well as a genuine concern for the people she serves in the community. We are so fortunate to have her!

THANK YOU, Vanessa Huftel, for singing at the Center! She was delightful and took us down memory lane with old songs from the past. We had a nice turnout with several visitors who we hope will join us on a regular basis. Please come again...visitors and Vanessa!

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.)



TIPS TO STIMULATE YOUR MIND

It's time for the kids to head back to school – but do you ever think about how learning is a lifelong pursuit? When was the last time you challenged yourself to learn a new skill? Are you aware that mentally stimulating activities are proven to strengthen brain cells and the connections between them? Set a goal for yourself to learn something new this fall...and in the meanwhile, enjoy this “School Daze” wordfind!

B B G N I T I R W Q W E R R T Y
A U E I O G S D F G R E C E S S
C Z X L C Y R O T S I H M A N P
K T R A L M Z X C V B O N D M O
P A S C L A S S R O O M F I G R
A H J T K L Z H X C V E B N N T
C Q W I E R T O Y U I W O G P S
K A S V D F G E P O B O O K S L
K F R I E N D S N M N R B V D X
E C A T A J K Q W G A K U Q N Q
H L S I S Y L G E R L Q I M A W
C U D E D H D H R A W I O A B E
A B U S F G A U T D E C S T K R
E S F G H J K L T E Z X P H J T
T G N I N R A E L S C I E N C E

- | | | | | |
|------------|-----------|----------|----------|----------|
| Activities | Books | Friends | Learning | Shoes |
| Art | Bus | Grades | Math | Sports |
| Backpack | Classroom | Gym | Reading | Study |
| Band | Clubs | History | Recess | Teaching |
| Bell | English | Homework | Science | Writing |

CAREGIVER SUPPORT

continued from page 12

Poor lighting -- inside and outdoors -- can increase your risk of falls. Make sure you have enough lighting in each room, at entrances, and on outdoor walkways. Use light bulbs that have the highest wattage recommended for the fixture.

Good lighting on stairways is especially important. Light switches at both the top and bottom of stairs can help.

Place a lamp within easy reach of your bed. Put night lights in the bathroom, hallways, bedroom, and kitchen. Also keep a flashlight by your bed in case the power is out and you need to get up.

Have handrails installed on both sides of stairs and walkways. If you must carry something while walking up or down stairs, hold the item in one hand and use the handrail with the other. When you're carrying something, be sure you can see where your feet are stepping.

Properly placed grab bars in your tub and shower, and next to the toilet, can help you avoid falls, too. Have grab bars installed, and use them every time you get in and out of the tub or shower. Be sure the grab bars are securely attached to the wall.

You might find it helpful to rearrange often-used items in your home to make them more accessible. Store food boxes, cans, dishes, clothing, and other everyday items within easy reach. This simple change could prevent a fall that might come from standing on a stool to get to an item.

If you have fallen, your doctor might suggest that an occupational therapist, physical therapist, or nurse visit your home. These health care providers can assess your home's safety and advise you about making changes to prevent falls.

*You may also want to consider attending a falls prevention class – ask your local hospital or attend a Stepping On Falls Prevention Workshop in your area. For more information about Stepping On call 715-381-4366.

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: Renca
 1752 Dorset Lane
 New Richmond, WI 54017

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

Council on Aging & Disabilities Members

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

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



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OTHER SUPPORT GROUPS...

continued from page 6



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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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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

Robert Nelson, Driver

2 years

Josie Ludovico, Deer Park Nutrition Program Cook Aide

18 years

Tracy Davis, ADRC Community Services Coordinator

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.

10 TIPS; HEALTHY AGING MONTH...

continued from page 5

1. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
2. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while. (Tip: For a list of recommended annual health screenings, a great resource is the **My Health Finder** at the Medicare site : [https://](https://www.medicare.gov/coverage)

www.medicare.gov/coverage

3. Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

Source: <http://healthyaging.net/healthy-aging-month/10-tips-for-september-is-healthy-aging-month/>

HUDSON SENIOR CENTER...

continued from page 9

fixings. If you are interested in joining us, please come by the senior center or call Melissa at 715-386-8709 to sign-up 24 hours in advance.

September 6 an American history discussion will be starting at the Hudson Senior Center. The group is planned to meet on the 1st and 3rd Tuesday of the month beginning in September from 1 p.m. - 2 p.m. This group will discuss topics such as; how America formed, who were the founding fathers, what are the principles and subsequent documents which founded America, how did the wars mold the nation, what role did slavery have in shaping the nation, what is our duty as an American Citizen and what is the role of the judicial system.

September 16 Are you from Hudson? Do you want to learn about Hudson's history? Join the Hudson Senior Center on a tour of Hudson and Lunch. The cost is \$6 per person and

does not include lunch. Please R.S.V.P. at 715-386-8709, space is limited.

Do you like to play cards; Bridge, 500, Euchre? The Hudson Senior center are looking for card players to start a group. If this is something interests you, please call Melissa at 715-386-8709.

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. - 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 a.m.



GRIEF SUPPORT GROUP

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

New Richmond:
Mondays

Sept. 12, 19, 26
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.



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CARDINAL CAPITAL MGMT

RIVER FALLS SENIOR CENTER...

continued from page 12

For those leaving for Maine, there will be a meeting coming up with itinerary information, luggage tags and other important information for the trip. The next senior trip will be to Washington, DC; April 24 - May 4, 2017. More details will be coming. 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.

ROBERTS SENIOR CENTER...

continued from page 12

celebrating Oktoberfest. Please come and join us.

If you can make it, come to the Caregiver Conference on Sept. 30, 2016. This is one of the best ways to get information on and become informed on the help there is available for caregivers.

The Roberts Senior Center is open on Mondays and Wednesday from 10 a.m. to 1 p.m. with lunch being served at noon. We are located at the Roberts Park Building, 312 N Park St, Roberts, WI 54023. To reserve a meal please call 715-749-3755 24 hours in advance. Please include your name and the

day on which you plan to dine. Those 60 and over can dine for a suggested donation of \$4.00/meal. If you are interested in receiving meals at home, we do deliver as well. Please call the Aging & Disability Resource Center in 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.

“Wrinkles.”

An elderly woman and her little grandson, whose face was sprinkled with bright freckles, spent the day at the zoo. Lots of children were waiting in line to get their cheeks painted by a local artist who was decorating them with tiger paws.

“You’ve got so many freckles, there’s no place to paint!” said a girl in the line next to the little fellow.

Embarrassed, the little boy dropped his head. His grandmother knelt down next to him. “I love your freckles. When I was a little girl I always wanted freckles,” she said, while tracing her finger across the child’s cheek. “Freckles are beautiful.”

The boy looked up, “Really?”

“Of course,” said the grandmother. “Why just name one thing that’s prettier than freckles.”

The little boy thought for a moment, peered intensely into his grandmother’s face, and softly whispered, “Wrinkles.”

~ Author Unknown



ST. CROIX COUNTY FLASH FROM THE PAST



This picture was taken sometime between 1928 – 1932. This schoolhouse, located north of Somerset about 7 miles, burned down in the late 1930’s. Do any of our ADRC News readers recognize these children? Perhaps one of you is one of these children!

Do you have an interesting picture from the past that captures the spirit of life in St. Croix County? We would love to publish it in a future article of the ADRC News. Contact Renea Aeschliman, 715-381-4363 or renea.aeschliman@co.saint-croix.wi.us.

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Healthy aging month tips: 6 healthy lifestyle ideas

By Amy Davis, senior housing expert, Mansions Senior Living. These tips are part of the Healthy Aging® tip series.

Take cat naps

It's proven that naps are not just good for toddlers but for people of all ages. A study revealed people who take naps are 37% less likely to die from heart disease.

Mix & mingle with the right crowd

There is clear link between having the right social ties and living a longer life. Surround yourself around positive people who help lift you up and encourage you to follow your dreams. Continue your old hobbies and find new activities that you can do with your friends or alone.

Stay active

Exercise regularly. It is recommended to get least 2.5 hours of exercise a week. Not everyone likes the gym but how about a nice nature walk or dancing?

Set realistic goals

Make a plan to clearly define where you are

going and how you will get there. Research has shown those who have a clear sense of purpose and drive have a less chance of getting Alzheimer's disease.

Budget and spend your money wisely

Create a budget. Know where your money is going. Try to cut down your expenses. Not being able to afford the things you want to do in life can add stress your life. Look at ways you can lower regular bills and allocate it to other things like traveling, hobbies or sports.

Eat foods that give you natural energy

Iron Rich: If you feel lethargic it may be worth examining if you are eating iron rich foods. It's a fact that almost 10% of women are iron deficient. Increasing your iron intake will get more oxygen to your cells by eating more foods like spinach, beans, dried fruit and meats.

Right Formula for every meal: It's one thing to eat one or two healthy foods a day but if you

add the right foods at the right times together it will give you more energy. One example is one fruit or veggie, a whole grain, a lean protein, a plant-based fat food (avocado, nuts, coconut oil) and top it off with a fresh herb or spice.

Healthy snacking: Everyone knows to stay away from processed sugar foods but there are many other snack options out there that are just as bad. It's great to read the labels to see what you're eating instead of going for a convenient packaged item like chips try nuts, dried fruit or trail mix. Consider making your own fruit and energy nut bars. You will notice a difference in your energy levels as you continue to make healthier snack choices.

Source: <http://healthyaging.net/healthy-lifestyle/healthy-aging/>

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.



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

SEPTEMBER 2016 COMMUNITY CALENDAR...

...continued from page 2

"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, Sept. 28 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 Stafonek, 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

ADRC NEWS
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.



Expert wound care, faster healing

Our physicians and staff are experts in wound healing techniques, healing 81% of our patients within 14 weeks. Receive the highest quality chronic wound treatment close to home.



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



PARK VIEW COMMUNITY CAMPUS
Experience a tradition of caring

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



- ◆ Full-sized 1 or 2 bedroom Villas
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- ◆ Activities and social events
- ◆ In-house emergency call system
- ◆ All utilities included (except phone and cable)
- ◆ Spacious common areas and attractive patios
- ◆ On-site laundry facilities

We look forward to meeting you!

(715) 778-5535

www.svhcs.org
5820 Westland Drive, Spring Valley, WI



2 Bedroom Apartment Available

10th Annual Regional Caregiver Conference

Finding HOPE, HUMOR & HEART in Caregiving

Don't miss this empowering and educational conference for family members, caregivers and professionals. This special day will include vendors, breakout sessions, door prizes, light breakfast and lunch. CEUs available.

Featuring Keynote Speaker, Elaine K. Sanchez

Elaine K. Sanchez is the author of the unflinchingly honest and uproariously funny book, "Letters from Madelyn, Chronicles of a Caregiver". She is the cofounder of CaregiverHelp.com, a video-based support program for family and professional caregivers. She writes the blog, "Caregiver Help Word of the Day," and has developed a number of online continuing education courses for mental health professionals, nurses, and long-term care administrators.

Coordinated By: WITC, Wisconsin Regional Council on Aging, ADRC, Aging & Disability Resource Center

Platinum Sponsors: HealthPartners, Amery Hospital & Clinic, Hudson Hospital & Clinic, Lakeside Hospital, Silver Medical Group, Westfield Hospital & Clinic, Comfort Keepers.

Friday, September 30, 2016
8:00am-3:30pm

WITC Conference Center
New Richmond, WI

Why Attend?
Creating a plan, connecting with area resources, and networking with others, can contribute to enjoyable, rewarding caregiving and help you avoid burnout. At this conference you can:

- Develop positive strategies for caregiving
- Establish a broader support network
- Connect with speakers and caregivers
- Enhance your skills by participating in breakout sessions
- Visit the resource fair to learn about services and products

Learn. Renew. Relax.

Four Easy Ways to Register!

ONLINE: Register and submit your credit card payment online at witc.edu/search.

BY FAX OR PHONE: You may fax your registration to 715.246.2777. Register by phone at 800.243.9482, ext. 4221. Only credit card payments will be accepted by fax or phone.

IN PERSON: Our regular office hours are Monday - Thursday, 8AM-4:30PM and Friday 8AM-4:30PM. Cash checks and credit cards are accepted.

BY MAIL: Fill out the attached registration form and mail it with your payment to: WITC-New Richmond, ATTN: Continuing Ed, 1019 South Knowles Avenue, New Richmond, WI 54017

Finding Hope, Humor, & Heart in Caregiving Conference

Caregivers: All who give care must also receive care. Chances are you are a caregiver. Caregivers are relatives or friends who provide unpaid care to dependent children, spouses, parents, siblings/relatives or friends/neighbors. This includes assisting with: medication management, housekeeping, meal preparation, shopping, personal cares, emotional/social support, managing finances and transportation. Take the time to care for yourself by attending the 10th Annual Caregiver Conference.

FAIR MEMORIES...

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Harry Boehm

success. On Wednesday July 19th Mr. Harry Boehm (picture above right) entered the Senior Building with his son. He proudly exclaimed that he just turned 101. Harry, from Eau Claire, he was here today because he wanted to see an "old fashioned county fair" again. He went on to say that when he was a child on the farm, Native Americans often picked the wild berries on his parents land. When asked what was the key to living so long and successfully he said, "an angel of a wife." Hats off to you Harry. We hope you visit again next year.



Pictured above are the Deer Park Volunteers. Pictured below are the Silent Auction items.



FOR RENT

BALDWIN

Ann Crider Villa
1 Bedroom apartments
For those 62 & older

CENTURIA

Jacqueline Lawrence Villa
1 Bedroom Apartments
For those 62 & older

DEER PARK

William "Al" Johnson Manor
1 Bedroom Apartments
For those 62 & older

ELLSWORTH

Lee Dreyfus Manor
Efficiency & 1 Bedroom Apartments
For those 62 & older or disabled

EAU CLAIRE

Ruth Gullerud Villa
1 or 2 Bedroom Apartments
For those living with physical disabilities

MENOMONIE

Warren Knowles Manor
Gaylord Nelson Manor
1 & 2 Bedroom accessible apartments
For those living with physical disabilities

Water, sewer & garbage pickup included. Pets welcome with additional security deposit. Rent is based on 30% of adjusted income.



For information or an application contact
IMPACT SEVEN, INC.
800-685-9353 or 715-924-4307
impact@impactseven.org



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at an affordable price!

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1 & 2 Bedroom apartments, Town homes for families.
2 person income under \$52,600 will qualify.

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715-425-7640 or visit www.rfhousing.org