

Helping Hands

2025

Resource Guide

for the Mature
Market in
the Greater
Wausau Area

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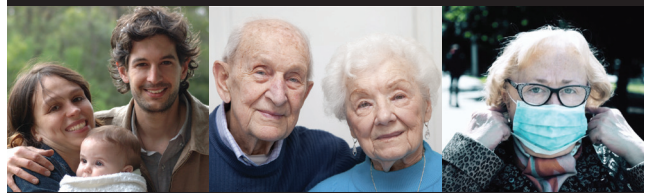
1

- For questions or to schedule an appointment.
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2

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Questions:
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715-831-0325

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Planning Your Funeral and Burial

By Becky Streeter

End of life discussions can be emotional, but necessary. One of the topics you should always discuss is funeral and burial preferences. Making arrangements in advance can save money and be emotionally relieving for the family, while also ensuring you receive exactly what you want in order to celebrate your life. Below are a few things to consider when pre-planning your funeral and burial.

1. Research a funeral director. Visit and meet with the staff at the funeral home to make sure they are a good fit for you and your loved ones. A funeral director will prepare many of the documents needed at the time of death. They will obtain the appropriate signatures on any paperwork, including the death certificate, and also notify Social Security. They often act as a liaison between family members, church clergy and cemetery staff.

- 2. Determine your wishes for your funeral.** Do you want a service? Choose clergy to preside. Discuss with family members who might want to speak. If desired, select any meaningful music to be played and find musicians (perhaps in the family) to perform. Also make note if you would like donations to be made to a charity or foundation in your memory.
- 3. Choose burial or cremation.** If you want a casket, put money down on one now or pre-pay completely. It can be as elaborate or simple as you want. If you wish to be cremated, record your wishes for your ashes—be sure to check environmental laws before asking your ashes to be spread in a certain location. You can also pre-purchase an urn if that is important to you, otherwise the family will usually be presented with your ashes in a cardboard box.
- 4. Purchase cemetery property.** Choose a cemetery with a convenient location if your loved ones plan to visit. Determine if you would like to be buried next to a spouse, or have extra plots for children and their families. Decide what kind of marker or headstone you would like—design and pre-purchase this as well, checking with the cemetery staff that any necessary accommodations can be made.
- 5. Talk with your family.** Discuss with your family if they have any specific ideas for your funeral or burial. Keep in mind that part of these rituals is to provide comfort and a sense of closure to those you leave behind. Something might seem superfluous to you, but have immense meaning to a loved one.





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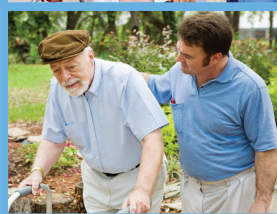
Source: Kay, Jennifer L.C.S.W. "Let's Not Talk About That Now..." *Today's Caregiver*. <https://caregiver.com/articles/lets-not-talk-now>.



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Some income restrictions apply. State Licensed Assisted Living Community.

Directory

Living Options

* CBRF

*Community Based
Residential Facilities—
Advanced Age Only*

Applegate Reflections
715-849-1514
applegateterracehs.com

Azura Memory Care
715-355-0812
azuramemory.com

Bell Tower
715-536-5575

**Bissell Street Community
Residence**
715-675-4252

Cady Home West I
715-675-5487

Cady Home West II
715-675-5726

Care Partners - Weston
715-355-0322/715-298-1688

Cedar Creek Manor I & II
715-355-8246/715-241-8807

**Chadwick Street
Community Residence**
715-355-7759

Crisis CBRF
715-848-4355

**Evergreen Park/
Oak Heights**
715-903-0177

Homme Home of Wittenberg
715-253-2125
homme.org

Lily Meadows
608-296-3190
lilymeadowsal.com

**Mountain Terrace Senior
Living**
715-843-5230
mountainterraceliving.com

Northland House
715-845-4898

Our House
Assisted Care: 715-675-4444
Memory Care: 715-675-4440
ourhousesl.com

Pine Meadows
715-355-6170
pinemeadowsal.com

**Platinum Communities
Assisted Living of Schofield**
715-298-0218

**Platinum Communities
Assisted Living of Marathon**
715-443-2727

**Platinum Communities
Memory Care of Schofield**
715-355-0586

Pride TLC Assited Living
715-298-3833
pridetlc.com

Pride TLC Memory Care
715-241-8448
pridetlc.com

Serenity Villa
262-644-1101
serenityvillaal.com

Spring Crest Residence
715-298-3101

Stone Crest Residence
715-849-9563
homme.org

**Stoney River Memory
Care Weston**
715-241-8448

Sunshine Home of Wausau
715-848-8868
sunshinehomeofwausau.com

**Sylvan Crossings on
Evergreen**
715-675-3827
sylvancrossings.com

Traditions at Cedar Ridge
Weston: 715-355-6170
Mosinee: 715-693-7024

**Wellington Place of
Rib Mountain**
715-842-5000
carriagehealthcare.com

Willow Haven CBRF LLC
715-693-8233

* RCAC

*Residential Care
Apartment Complexes*

**Acorn Hill Senior Living
Community**
715-693-8844
acorn-hill.net

Applegate Terrace
715-849-1514
applegateterracehs.com

Gardens Apartments
715-845-1214
www.homme.org

**Mountain Terrace Senior
Living**
715-848-6257
mountainterraceliving.com

Primrose Retirement
715-842-1818
primroseretirement.com

Renaissance Weston
715-355-5858
www.rennesgroup.com

Riverview Terrace
715-261-6687
riverviewterrace.com

**Terrace Court Assisted
Living**
715-843-5230

* Home Care

*** Non-Medical Services*

A1 Home Health Care
715-359-8160/715-432-0911

Aldin Adult Home Care
715-573-1978

Ascension at Home
715-204-3440
ascensionathome.com

Aspirus At Home
715-847-2600
aspirus.org/ourservices

Elders Sanctuary, LLC
715-302-0773

**Faith in Action of
Marathon County, Inc.**
715-848-8783
faithinactionmarathoncounty.org

Home Instead Senior Care**
715-843-7100
homeinstead.com/293

Inspired Home Care, LLC
715-848-0480
myinspiredhomecare.com

Inner Peace Home Care Services, LLC
715-432-2114
innerpeacehomecare.com

Interim HealthCare
715-842-7707
interimhealthcare.com/
wausauwi

Kindhearted Home Care
(Serving Lincoln County Only)
715-218-3772
kindheartedhomecare.com

Nicolet Supportive Home Care**
715-843-9396
nicoletstaffing.com

Pastika Independent Living Services, LLC
715-297-3999

Serenity at Home
serenityathome.com

Sound Health Home Care
715-219-2070
soundhealthhomecare.com

TLC HomeCare for Seniors**
715-355-5673
tlchomecarewi.com

Universal Home Care
715-298-9307
uhhci.com

* Independent Senior Housing

Birchwood Highlands
715-359-7000
HighlandsCommunities.com

Casa Therese Schofield Apartments
715-571-5309

Cedar Creek Senior Housing I & II
715-241-7601

City Walk Senior Apartments
715-409-3582
impactseven.org

Colby Cottages/Colby-Abbotsford Senior Village
715-409-3582
impactseven.org

Forest Park Village
715-845-1214
homme.org

Island Place Apartments
715-848-1369
wardrents.com/property/
island-place-apartments/

Kannenberg Plaza
715-675-7952
kannenbergplaza.com

The Pines at Mount View
715-305-1516
horizonseniorhousing.com

Village Cooperative of Wausau
715-675-0287
villagecooperative.com/
wausau-wi

* Subsidized Housing

55 and Older

Alvin O'Konski Manor
715-351-9357
impactseven.org

Cedarwood Apartments
715-443-0036
wisconsinmanagement.com

Donald Sykes Villa
715-314-1106
impactseven.org

Harry & Velma Hamilton Villa
715-351-9357
impactseven.org

Kannenberg Plaza
715-675-7952
kannenbergplaza.com

Maplewood Apartments
715-443-0036
wisconsinmanagement.com

Parkview Court
715-443-0036
wisconsinmanagement.com

Pinewood Apartments
715-443-0036
wisconsinmanagement.com

Riverview Towers
715-203-4032

Rothschild Apartments
715-443-0036
wisconsinmanagement.com

Schofield Apartments
715-443-0036
wisconsinmanagement.com

Sturgeon Bluff Apartments
715-848-7200

* Hospice

Aspirus Comfort Care & Hospice Services
715-847-2424
aspirus.org/ourservices

Compassus – Hospice Services
800-398-1297
compassus.com

Gentiva Health Services - Heartland Hospice
888-436-8482
gentivahs.com

Hospice House-Aspirus
715-847-2725
aspirus.org/ourservices

Interim Hospice & Palliative Care
715-842-7707
interimhealthcare.com

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Eligible applicants are 55+ years or disabled.

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28th Street LLC
Wausau, 715-298-0239

A New Vision AF LLC
Wausau, 715-298-9488

Aurora Residential Alternatives
715-359-2879
auroraservices.com

Autumn Lane Family Care
Biramwood, 715-449-3444

Birchwood
Wausau, 715-842-8700

Blaser Adult Family Home
Wausau, 715-842-4663

Circle of Love Haven 1-4
Weston, 715-35-2689
www.circleofloveafh.com

Eagles View
Wausau, 715-842-8700

Embers
Wausau, 715-842-8700

Everest Housing, LLC
Schofield, 715-298-1045

Fern Cottage
Wausau, 715-842-5408

Goldenrod Adult Family Home
Wausau, 715-355-5595
High Medical Needs

Hamilton House
Wausau, 715-571-2092

New Beginnings Adult Family Home
Wausau, 715-848-1938

Prospect Place
Wausau, 715-848-0006

REM Northwestern
Wausau, 608-327-5945

Reynolds Place
Wausau, 715-842-1154

Sekara LLC 1
Wausau, 715-355-3751
sekarallc.com

Sekara LLC 2
Wausau, 715-845-3170
sekarallc.com

St. Rita LLC 575 / 577
Mosinee, 715-693-6768

This Home
Rothschild, 715-359-1031

Independent Living

	Subsidized	Public or Private Transportation	Pets Allowed	Beauty/ Barber Shop	Dining Facilities	Elevator to All Floors	Storage	Entertainment	Parking/Garage	Religious Services
Marathon Housing Association-WI Mgmt Co 715-443-0036	Yes	Public	Yes	No	No	Yes	Yes	Yes	Yes	No
Riverview Terrace 715-261-6687	Yes	Public	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Riverview Towers 715-261-6687	Yes-HUD	Public	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Village Cooperative of Wausau 715-675-0287	No	Public	Yes	No	No	Yes	Yes	Yes	Yes	No

The Helping Hands Guide does its best to put together the most accurate information for these listings. Because business services change and prices vary throughout the year, we recommend that you call any business you are interested in getting information from before making any decisions. We tried our best to gather all of the information from each company and to the best of our ability is up-to-date as of January 2025.



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across Wood, Marathon, Taylor & Clark Counties

Duane Flogstad Villa 715-496-1245

2710 12th St S, Wisconsin Rapids
Physically disabled housing

Jerry Drahos Villa 715-496-1245

1320 Pepper Ave, Wisconsin Rapids
*Developmentally disabled and
chronically mentally ill housing*

John H. Ringstad Villa 715-496-1245

808 E Grant St, Marshfield
*Developmentally disabled and
chronically mentally ill housing*

Alvin O'Konski Manor 715-351-9357

920 W Campus Drive, Wausau
*Physically disabled and some
senior housing*

Donald Sykes Villa 715-314-1106

118380 W State Hwy 153, Stratford
Senior housing

Nancy Nye Villa 715-496-1245

8140 Main Street, Pittsville
Senior housing

Harry & Velma Hamilton Villa 715-351-9357

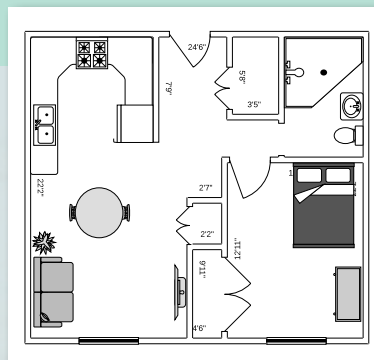
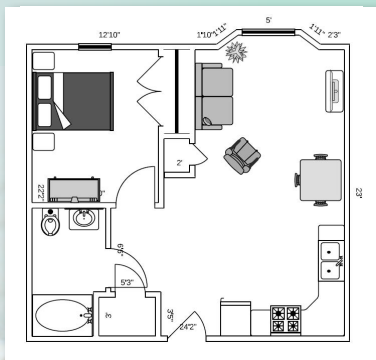
4001 Stewart Ave, Wausau
Senior housing

Rod Becker Villa 715-314-1106

645 Maple Ct, Rib Lake
Senior housing

Donald Wick Villa 920-716-3279

503 West College Avenue, Wittenberg
Senior living



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Comprehensive Retirement Planning: A Key to Financial Security

By Cole Bruner, President of Buska Wealth Management

Retirement planning is essential for achieving financial independence and a comfortable lifestyle during retirement. It involves saving, managing risks, investing wisely, and ensuring a steady income after leaving the workforce. Here's how to approach retirement planning:

1. Setting Clear Retirement Goals

Begin by defining your retirement goals. Ask yourself: When do you want to retire? What lifestyle do you envision? Do you want to travel, maintain a certain standard of living, or cover healthcare costs? Clear goals will guide your savings and investment strategies, helping you determine how much money you'll need.

2. Assessing Your Current Financial Situation

Understand your current financial standing before creating a plan. Calculate your net worth, review income and expenses, and examine your debt obligations. Are you already saving for retirement through accounts like a 401(k) or IRA? Knowing where you stand will provide a baseline for the amount you need to save and invest to reach your goals.

3. Creating a Savings and Investment Strategy

With an understanding of your financial situation, start building a savings and investment strategy. The earlier you begin, the more your money can grow with compound interest. Contribute to retirement accounts, such as a 401(k), IRA, or Roth IRA, which offer tax advantages.

Choosing the right investments is crucial. Stocks, bonds, and real estate are common options, but the best mix depends on your risk tolerance, time horizon, and goals. Younger individuals can allocate more to stocks due to their longer time to recover from market fluctuations. Those closer to retirement may focus on more conservative, low-risk assets.

4. Planning for Healthcare Costs

Healthcare is a significant concern in retirement. While Medicare covers many healthcare expenses for those over 65, it doesn't cover everything. Plan for out-of-pocket costs, including premiums, copayments, and long-term care. Consider long-term care insurance or a health savings account (HSA) to cover additional medical expenses.



5. Tax Planning for Retirement

Understand the tax implications of your retirement savings and withdrawals. Contributions to 401(k)s and traditional IRAs are tax-deferred, meaning taxes are paid when funds are withdrawn. Roth IRAs offer tax-free withdrawals, provided certain conditions are met.

How you withdraw funds is also important. Consider withdrawing from taxable accounts first to allow tax-advantaged accounts to continue growing. A tax advisor can help minimize your tax burden.

6. Building an Estate Plan

A comprehensive retirement plan should also include estate planning. Create a will, set up trusts, and designate beneficiaries for your accounts to ensure your assets are distributed according to your wishes. Estate planning helps minimize estate taxes and avoid lengthy probate processes.

Comprehensive retirement planning involves more than just saving. It's about setting goals, understanding your financial situation, investing wisely, and planning for healthcare, taxes, and asset transfer after death. Starting early provides more options and flexibility, helping you create a secure and fulfilling retirement.

* Food Pantries

Circles of Joy

2918 Wildwood Lane, Wausau
715-848-4177

Assists w/referrals to area agencies & organizations. Pantry of non-perishable groceries for people in their areas who have no food. May provide food vouchers to area stores &/or assistance w/other material things. Clients must provide I.D. & own transportation.

Community Center of Hope

Mosinee 715-693-7145

www.cchope.net

Call for dates and times.

Covenant Food Pantry

Schofield 715-359-6467

www.covenantcommunitypc.org

Distributes 2nd and 4th Wednesday of month, 3 - 5 p.m.

First Presbyterian Church Food Pantry

Wausau 715-842-2116

www.firstpreswausau.org

Food is distributed on the 2nd & 4th Tuesday of each month between 1:00 and 2:00 pm.

Neighbors' Place Food Pantry

360 Grand Avenue, Wausau

715-845-1966

www.neighborsplace.org

Distributes nonperishable & fresh foods; baby, hygiene and personal care products when available; and household items when available.

Mon. & Wed. 1:30-4:30 and Tues. & Thur. 10:30-1:30. People can visit the pantry twice a month.

Ruby's Pantry

229375 Cty Rd J, Wausau

Drive thru distribution. Food bundles are \$25 & on a first come, first serve basis. Express track reservations online at rubyspantry.org. 1st Tuesday of the month. Registration at 3:00 pm

Salvation Army – Wausau

202 Callon Street, Wausau

715-845-4272

www.sawausau.org

Provides material assistance of food & shelter to eligible individuals in emergency or disaster situations.

St. Paul's Food Pantry

426 Washington Street, Wausau

715-842-3733

Food pantry available every Thursday of the month from 9 – noon for those in need of non-perishable food.

Wesley Church Food Pantry

1101 Elm Street, Wausau 54401

715-842-3768

Food Pantry open by appointment only. Photo ID & transportation is required.

* Grocery Delivery

Kohlman's Inc. – Telephone Delivery Service

735 S. 3rd Ave., Wausau

715-845-4991

This grocery store offers an ordering and delivery service. Payment for groceries as well as the service fee is due when the order is delivered.

Lee's Piggly Wiggly Delivery Service

530 W. Hwy. 153, Mosinee

715-693-6700

Delivery on Tuesday and Thursday. Call during regular store hours for grocery delivery and delivery fee.

* Mobile Meals

ADRC-CW Meals on Wheels

888-486-9545

www.adrc-cw.org

Delivers nutritious meals & offers a well-check to persons who are 1) age 60 or older, 2) confined to their home because of illness or disability, 3) unable to prepare their own meals. Staff complete an in-home assessment. Hot meals are delivered on weekdays with service days dependent upon route availability. There may be a waiting list. Suggested contribution of \$5.00. No eligible person is excluded if unable to contribute, however contributions are a very necessary part of the budget.

Wausau Area Mobile Meals

360 Grand Ave, Ste 500, Wausau

715-848-5848

Provides hot, nutritious meals to the elderly, convalescing and/or disabled members of the greater Wausau area. Meals are planned & prepared at Aspirus Wausau Hospital & we are able to accommodate special diets as prescribed by a medical professional. Meals are delivered between 11am-1 pm, 5 days a week.

* Meal Sites

ADRC-CW Senior Dining Program

(888) 486-9545

www.adrc-cw.org

Wausau new location to be determined. 715-536-0311

Suggested contribution is \$4.50 per meal. Reservations are required by noon, one day in advance, and are made by calling the ADRC-CW.

Lenten Soup Kitchen

621 N. 2nd Street, Wausau

715-845-6715

Provides noon meals of soup & bread during Lent. Eligibilities: Open to all downtown visitors, workers & to the public. Free-will offerings accepted.

Community Christmas Dinner

St Paul's United Church of Christ,

426 Washington St, Wausau

715-551-4166

Please call for date and time for our Community Christmas dinner. Take-outs are welcome if called ahead before Dec. 20th to 715-842-3733.

We do not offer delivery service. For all those in need of a hot meal or companionship this holiday season, please join us!



First Presbyterian Church Food Pantry

715-842-2116

www.firstpreswausau.org

Food is distributed on the 2nd & 4th Tuesday of each month between 1:00 & 2:00 pm.

Friends Thanksgiving Dinner

First Presbyterian Church,

406 Grant Street, 715-302-2832

Annual FREE traditional fare for all who would be alone or hungry on Thanksgiving. Served at the church, no reservations needed (or taken).

Take-out meals are delivered to those who are unable to attend. No eligibility questions are asked.

Jubilee House

225 S. 28th Avenue, Wausau

715-842-3148

Serving a free community meal every Thursday 4:30 to 6:00 pm w/exception to Holidays and Holy Thursday and when Wausau School District closes due to inclement weather. Handicapped accessible. Open to all. No calling ahead.

St. Paul's Neighborhood Meal

426 Washington St., Wausau

715-842-3733

Evening meal and fellowship open to all. Served only on Tuesday evenings 4:30 - 6:00 p.m.

Sunday Community Supper

406 Grant Street, Wausau

715-842-2116

www.firstpreswausau.org

Serves a free weekly Sunday evening meal from 4-5 pm for all community members. Not a dine in, drive-thru only.





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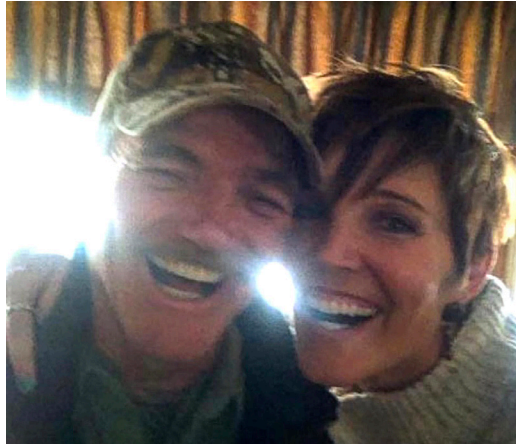
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Caregivers Need Care Too

by Kristi Gay, freelance writer

Caregiving can be one of the biggest sacrifices of your life, depending on the length of time you're caregiving and the intensity of the help needed. I will share my story of caregiving for three months for my dad as he went through pancreatic cancer in 2020 along with caregiving for my mom ever since he passed as she grieves and navigates life alone for the first time, and my tips for caregivers based on my own experience.



My dad was only 67 years old when he was diagnosed with Stage 4 Pancreatic Cancer in 2020. My mom was 65 at the time and they had been married for 43 years and together since high school in Cornell, Wisconsin. Because of the shock and fear that both of my parents were going through trying to process this, I had to take over, taking pages of notes at every appointment and pressing doctors for more information or options. After two months of appointments and chemo, a bowel perforation landed us in the ER where we understood treatment options were over and entered hospice. Hospice is the best thing EVER (last year's entire article was dedicated to those angels on earth) but during that month of caretaking full-time while living with my parents, it was a mix of hosting guests, counseling, crying together, administering medicines, praying, massaging, serving food, and hosting more guests. It was emotionally exhausting, yet I couldn't have been more honored to be walking through it with the people I loved most.

These tips are not only from my own experience, but as a yoga teacher I was invited to the annual Caregivers Conference several years put on by

WITC in Rice Lake, WI, filled with education and pampering for the caregivers that need a refill to their own mental tanks.

1. Intentionally care for yourself once/day - go for a walk, meditate for 10 minutes, sit quietly with a coffee by a candle, take a hot bath. Something that you think of as a "treat". I went

cross-country skiing for 20 minutes a day when I was caregiving and living with my parents, with the benefit of taking turns with my mom. But if you live alone with the person, you're caregiving, ask a neighbor, family member, or friend to come over once/day for an hour so you can have a break doing something just for you.

2. Give yourself grace. You're not perfect, nor is any doctor or nurse. So if something doesn't go the way you intended, know you are doing a great job and trying your best. Know the person you're caring for is so lucky to have you.

3. Eat and drink well. There is never a time this is more important than when you're caregiving since you need to stay healthy to be able to continue. During our caregiving phase the last thing we wanted was food or water. We wanted junk food and wine. But we had enough clarity to know that we had to eat healthy and drink water to stay healthy enough. Dad needed us, there was no time to get sick!

Thank you for what you're doing for your loved one.

Assisted Living

	Type (AFH, RCAC, CBRF)	Monthly Cost Range	Subsidized	Private Units	Scheduled Transportation	Alzheimer's Care	Respite Care	Call System	Diabetes Mgmt.	Rehab Services	24/7 On-Site Care
Acorn Hill 715-693-8844	RCAC	\$815 & up	Yes	Yes	Assist With	Yes	No	Yes	Yes	Contract With	Yes
Azura Memory Care 715-491-0882	CBRF	\$3,925 -6,650	No	Yes	Assist With	Yes	Yes	No	Yes	Yes	Yes
Cedar Creek Manor 715-355-8246	CBRF	\$3,607 & Up	Yes	Yes	Assist With	Yes	Yes	Yes	Yes	Yes	Yes
Platinum Communities Assisted Living of Schofield 715-298-0218	CBRF	\$4,350 -5,850	MCO	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Platinum Communities Memory Care of Schofield 715-355-0586	CBRF	\$4,350 -5,850	MCO	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Platinum Communities Assisted Living of Marathon 715-443-2727	CBRF	\$4,350 -5,850	MCO	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Garden Apartments 715-845-1214	RCAC	\$3,898 & Up	Family Care	26	Social Outings	Early Stage	Yes	Yes	Yes	Yes	Yes
Homme Home of Wittenberg 715-253-2125	CBRF	\$4,090 -6,036	Family Care	Yes	Social Outings	Yes	Yes	Yes	Yes	Yes	Yes
Pride TLC 715-298-3833	CBRF	\$3,555 & Up	Yes	Yes	Assist With	Early Stage	Yes	Yes	Yes	Yes	Yes
Stone Crest Residence 715-849-5462	CBRF	\$6,325	Family Care	16	Social Outings	Yes	Yes	Yes	Yes	Yes	Yes
The Renaissance Assisted Living 715-355-5858	CBRF	Call	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

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Directory

Skilled Nursing

Benedictine Living Community of Wausau

1821 N. 4th Ave., Wausau
715-675-9451
blcwausau.org

Mount View Care Center

2400 Marshall St., Wausau
715-848-4300
www.norcen.org

Pine Crest Nursing Home

2100 E 6th Street, Merrill
715-536-0355
www.norcen.org

Pride TLC Recovery and Rehab

7805 Birch Street, Weston
715-298-3833
www.pridetlc.com

Rennes Health & Rehab - Weston

4810 Barbican Avenue., Weston
715-393-0400
rennesgroup.com

Waterfall Health of Wausau

1010 E. Wausau Avenue, Wausau
715-842-2028
www.waterfallhealth.com/wausau

Wausau Manor Health Services

3107 Westhill Drive, Wausau
715-842-0575
nshorehc.com

Rehab and Skilled Nursing

	Total Beds	Medicare	Medicaid	Daily Cost Range	Respite Care	Hospice Contract	Respiratory Care	IV Therapy	Therapy Services	Memory Care
Mount View Care Center North Central Health Care 715-848-4300	160	Yes	Yes	Call	Yes	Yes	Yes	Yes	Yes	Yes
Pine Crest Nursing Home 715-536-0355	120	Yes	Yes	Call	Yes	Yes	Yes	Yes	Yes	Yes
Pride TLC Recovery and Rehab 715-298-3833	25	Yes	Yes	Varies	No	Yes	Yes	Yes	Yes	No
Rennes Health and Rehab 715-393-0400	84	Yes	Yes	Call for more info.	No	Yes	Yes	Yes	Yes	No

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Directory

Adult Day Care

Aurora Day Services

451 Grand Avenue,
Schofield
715-359-2879
auroraservices.com

Community Supported Living-Supported Home Care

388 River Drive,
Wausau
715-842-8700
oppincwi.org

Homme Heights Adult Day Center

2901 N.7th Street,
Wausau
715-845-1214
ext 310
homme.org

Kindhearted Home Care's Adult Social Center

120 S. Mill Street,
Merrill
715-218-3772
kindheartedhomecare.com

North Central Health Care – Adult Day Services

1100 Lakeview Drive,
Wausau
715-848-4317
wnorcen.org



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* Funeral Homes

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611 3rd St., Mosinee
715-693-2450
www.bestefh.com

Brainard Funeral Home

522 Adams St., Wausau
715-845-5525
5712 Memorial Ct., Weston
715-845-5525
www.brainardfuneral.com

Helke Funeral Home-Cremation

302 Spruce St., Wausau
715-842-3993
www.helke.com

John J. Buettgen Funeral Home

948 Grand Ave., Schofield
715-359-2828
www.jjbfbh.com

Peterson/Kraemer Funeral Homes & Crematory

715-845-6900
1302 6th St., Wausau
3400 Stewart Ave., Wausau
300 Walnut St., Marathon
312 Caroline St., Athens
327 N. 3rd Ave., Edgar
www.petersonkraemer.com

* Monuments

Haertel Monuments

2332 Main St., Stevens Point
715-344-6577
1915 Baker Dr., Wisconsin Rapids
715-423-2370
haertelmonuments.com

Norde Memorials Inc.

101 S. 3rd Ave., Wausau
715-842-3545
www.nordememorials.com

Wausau Monument Inc.

1602 Grand Ave., Wausau
715-842-4696
www.wausaumonument.com



Curtis Beste, Funeral Director
Nicholas Ficken, Funeral Director

611 3rd Street, Mosinee
715-693-2450
www.bestefh.com

Pre-Planning
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Three Generations. Family Owned & Operated.

Being a Caregiver to a Sibling *By Becky Streeter*

When we think of caregivers, the first image that comes to mind is child-parent or spouse-to-spouse. These are perhaps the most common forms of caregiving, however, there are many siblings in this world that care for the physical, emotional and mental needs of their brothers or sisters. And sibling-sibling care is expected to become more of a norm in the future.



As we age, we accept the notion that we might someday have to care for an elderly parent, but the role of caregiving for a sibling is not always anticipated. It may come in the form of an aggressive diagnosis or a debilitating accident—something that leaves the sibling at the mercy of needing daily assistance. If there is no other family around to help, that duty can fall to a brother or sister.

Additionally, modern medicine is continually finding ways to increase life expectancy for those with mental and physical disabilities. Under normal circumstances, this is great. However, an aging parent who was the primary caregiver for their child in the past might find that they are no longer the best fit for that role. The role then often falls to the sibling.

Sibling-sibling caregiving comes with unique stressors. If the sibling still has cognitive function, they might experience a range of emotions from frustration and rage because of their new situation, to jealousy of the caregiving sibling's independence and health. The new caregiver can often feel forced into the role and simultaneously feel guilty for not wanting the responsibility. The need for care often occurs around midlife, when the caregiver sibling is unprepared financially and probably extremely busy with their own significant responsibilities such as family and work. The caregiver may be required to spend more time with their sibling than forming and developing other key relationships in their life.

If you know you might need to take on the role of primary caregiver for a sibling someday, planning is key. If possible, start having conversations with the current caregiver sooner rather than later. It can be uncomfortable to have end-of-life conversations, but when another life is dependent on the elderly caregiver, this conversation is essential.

Family dynamics can be tough to mitigate, so consider bringing in a professional such as a therapist or healthcare advocate who can help keep everyone's best interests in mind.

Research group living facilities if that might be an option. So much depends on the illness, insurance, willingness of the sibling and financial means of those involved. Also keep in mind that abuse in a group home can be hard to detect, especially among those with intellectual disabilities.

Other resources for sibling caregiving include:

- Sibling Leadership Network - <https://siblingleadership.org>
- The Sibling Support Project - <https://siblingssupport.org>
- The Caregiver Action Network - <https://www.caregiveraction.org>
- The National Alliance for Caregiving - <https://www.caregiving.org>

As with any type of caregiving, make sure to care for yourself, too. You need and deserve support and rest. Find friends and groups who will listen to and support you. Give yourself a day off, or treat yourself to something nice, even if it's just alone time with a good book. And most importantly, give yourself grace.

Sources: Barrett-Ibarria, Sofia. "What to Expect When You Become a Sibling's Sole Caregiver." Vice. 9 April 2018. <https://www.vice.com/en/article/gymw7m/what-to-expect-when-you-become-siblings-sole-caregiver>.

Living with Alzheimer's

Alzheimer's begins 20 years or more before memory loss and other symptoms develop



► **Prevalence:** An estimated 6.9 million Americans are living with Alzheimer's dementia.

► **Mortality and Morbidity:** Among people age 70, 61% of those with Alzheimer's dementia are expected to die before age 80 compared with 30% of people without Alzheimer's dementia.

► **Workforce:** More than 1 million additional direct care workers will be needed between 2021 and 2031 — more new workers than in any other single occupation in the United States.

► **Use and Costs of Long-Term Care and Hospice:** In 2024, health and long-term care costs for people living with Alzheimer's and other dementias are projected to reach \$360 billion.

► **Caregiving:** More than 11 million Americans provide unpaid care for a family member or friend with dementia, a contribution to the nation valued at nearly \$350 billion.

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IN-HOME CARE

STARTING THE CONVERSATION

RECOGNIZE SIGNS IT MIGHT BE TIME FOR IN-HOME SENIOR CARE



Not wanting to leave the house

Forgetting to take medication regularly



Refusing to shower or change clothes

Getting confused when questions are asked



Losing weight from not eating or cooking meals

Becoming isolated from friends & family



TIPS FOR HAVING THE CONVERSATION

START EARLY

Keep it simple, choosing a comfortable time & place. Ask mainly open-ended questions to find out what is important to your loved one. Avoid acting like a parent - use words that are non-threatening.

BE UNDERSTANDING

Diagnosis of Alzheimer's or Parkinson's is scary to hear. Any resistance could be a result of fear of losing control. Put yourself in their shoes - would you want help? Also, watch for signs of depression.

BE HONEST

Express your concern without accusing. Tell them you are worried about them vs. telling them they are doing something wrong. Use examples, such as "Your medications got mixed up." Focus on behavior, not the person.

BE RESPECTFUL

It will be hard for your loved one to admit they aren't able to do everything for themselves anymore. The decision to have in-home care will ultimately be up to them. Suggest ideas to them without being pushy.

ASK FOR HELP

Meet with your loved one and his or her doctor. It will be a helpful unbiased opinion. Ask others who use in-home care, and see if they would be willing to discuss the benefits with your loved one.

Sources:

www.comfortkeepers.com/office-326/family-education-center/starting-the-conversation
www.helpguide.org/elder/senior_services_living_home.htm
www.caregiverstress.com/family-communication/40-70/communication-tips

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Adult Day Care

	Dementia/ Alzheimer's	Traumatic Brain Injury	Physically Disabled	Intellectually Disabled	Emotionally Challenged/ Mental Illness	Frail/Socially Isolated Adults	Medicaid Accepted	Private Pay Accepted	Long Term Care Insurance	VA Payments	State Licensed
Kindhearted Home Care, LLC (Serving Lincoln County Only) 715-218-3772	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
North Central Health Care Adult Day Services - Wausau 715-848-4519	No	Yes	Yes	Yes	No	No	Family Care	Yes	No	No	No
North Central Health Care Adult Day Services - Antigo 715-627-6694	No	Yes	Yes	Yes	No	No	Family Care	Yes	No	No	No

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safety smarts for seniors

Create a safer living environment with these helpful tips.



SMART FURNITURE

- Furniture should be easy to lean on and strategically placed so it can be used for balance.
- Avoid buying furniture that has sharp—and potentially dangerous—corners.



EASY REACHING

- Place frequently used things in waist-high cabinets & drawers—eliminating falls from bending high or low.
- Since knobs can be hard to grip, consider switching to drawer pulls.



SAFE WALKING

- Avoid using scatter rugs.
- Tuck electrical cords behind furniture, or use cable management products, which are available in most office supply stores.



SHARPER VISION

- Create a strong contrast in color between major pieces of furniture, walls, drapes and floors.
- Make nighttime navigation easier by using nightlights and motion sensor lights.

Source: SunriseSeniorLiving.com/Design



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- Intellectually/physically disabled
- Traumatic brain injury
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Seven Questions to Ask Your Loved One About Their Legal Documentation

By Becky Streeter

The subject of money is almost always a difficult conversation, and can be compounded when in regards to end of life discussions. By talking early and often, though, certain complications can be solved before they even arise. Below are seven questions you should ask your loved one about their legal documentation:



can also provide legal advice regarding transfer of assets after the loved one's passing.

5. For veterans: Have you completed your Certificate of Release?

The Certificate of Release (DD 214) is issued to former military members by the United States Department of Defense. Funeral directors need this document as proof

of service in order to receive a grave marker and honorary burial ceremony. Veterans receive these items for free as an honor and thanks to their service to our country.

6. Are the beneficiaries of your life insurance current?

Upon death, life insurance is delivered to the beneficiaries on the account. Make sure the information is current to avoid complications.

7. Do you have copies of all the essential documents?

Once all of the above is completed, make three copies of each document and sign and date them. One copy should go to the estate administrator or attorney, one to a spouse or most reliable family member, and one in a fireproof lock box. The documents can be compared after death to ensure everything is executed exactly as the deceased desired.

Source: "Top 7 Questions a Caregiver Should Ask." *Today's Caregiver*. <https://caregiver.com/articles/top-7-questions>.

1. Do you have a will?

A will can help organize all assets and bequeath specific amounts or items to certain parties. This can relieve stress and potential arguments after the loved one has passed. It can include heirlooms and possessions, instructions about children and pets, and even burial wishes.

2. Have you identified all your assets?

In order to craft a comprehensive will, a detailed list of assets is required. This includes anything financial such as stock and bonds to real estate and jewelry.

3. Has an executor(s) co-signed on the accounts?

This is the person who will manage the instructions left by the deceased in the will. It can take weeks to get the paperwork processed, so start early. Without a co-signed executor, the process after death can take exponentially longer as court approval would be required.

4. Has the executor(s) met with the estate attorney?

The estate attorney keeps track of finances and ensures all documents comply with the law. They

Home Care

	Medicare Accepted	Medicaid Accepted	Private Pay Accepted	Long-Term Care Ins.	VA Payments	State Licensed	Wound Care	Home Modification	Home IV Care	Wound V.A.C.	Injection Care	Blood Draws	Private Duty	Durable Med. Supplies	No Age Limitation	Occupational Therapy	Physical Therapy	Speech Therapy	Respiratory Therapy
A1 Home Health Care 715-432-0911	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No
Kindhearted Home Care (Serving Lincoln County Only) 715-218-3772	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No
TLC Home Care, LLC 715-355-5673	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No

The Helping Hands Guide does it's best to put together the most accurate information for these listings. Because business services change and prices vary throughout the year, we recommend that you call any business you are interested in getting information from before making any decisions. We tried our best to gather all of the information from each company and to the best of our ability is up-to-date as of January 2025.





**Kindhearted Home Care's
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SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

