



Hi SENIOR Lites

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RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Reporting a Death to the Social Security Administration

By the GWAAR Legal Services Team



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

When a loved one dies, it is important to notify the Social Security Administration (SSA), especially if the decedent was receiving Social Security benefits at the time of their passing. If you are working with a funeral home, they will typically notify SSA on your behalf as part of the services they offer. Ultimately, however, it is up to you to ensure that SSA is informed about the death.

You should report the death to SSA as soon as possible after the individual's passing. You can inform your local Social Security field office, which is Eau Claire for Dunn County residents, call 1-866-815-2924 Monday through Friday, from 9 a.m. to 4 p.m. or call



SSA Monday through Friday, from 8 a.m. to 7 p.m. local time at 1-800-772-1213 and speak with a representative. When calling SSA, you will be asked to provide the deceased's name, Social Security Number, date of birth, and date of death. If you live outside the United States, you can contact a Federal Benefits

Unit. If the decedent was a U.S. citizen, you should also report the death to the nearest U.S. embassy or consulate.

Although any Social Security benefits should stop as soon as SSA finds out about the death, if your loved one continues receiving Social Security benefits after they die (including for the month in which they pass), you must be sure to return any money received. If the payment was received by direct deposit, you can contact the bank or other financial institution and ask them to return the funds to SSA for the month of death or later. It is also illegal to cash any Social Security checks received after someone has died. Instead, return the checks to SSA as soon as possible. Once you have reported the death to SSA, you can review your eligibility for SSA survivor benefits.

SSA will, if applicable, notify Medicare about the death.

Dunn County Aging & Disability Resource Center
3001 US Highway 12 East, Suite 160 Menomonie, WI 54751



Aging & Disability Resource Center of Dunn County

3001 US Highway 12 East, Suite 160, Menomonie, WI 54751 Phone: 715-232-4006

Manager: Tracy Fischer
Aging & Transportation Programs Manager:
Bernie Allen
Elder Benefit Specialist: Bethany Schneider

Social Workers: Amy White, Wendy Sterry and
Kelly Bien
Outreach Coordinator: Casey Schnacky
Dementia Care Specialist: Carla Berscheit

Disability Benefit Specialist: Lisa Schuler
Case Worker: Mary Linberg
ILSP Program Assistant: Katherine Schilling

MONDAY'S MEAL: Free, nourishing meal lovingly prepared from scratch at Menomonie United Methodist Church, 2703 Bongey Drive, Menomonie, WI 54751. Curbside pickup only, available from 5:00-6:00 pm every Monday evening.

TUESDAY'S TABLE: Free HOME COOKED meal. Tues, 5 to 6 p.m. St. Joseph's Church basement 10th St and Wilson Avenue in Menomonie. Come and enjoy good company, Great food! Handicapped accessible.

WEDNESDAY'S TABLE Free meal served from 5 to 6:00 p.m. at Christ Lutheran Church, 1306 Wilcox Street, Menomonie, every Wednesday.

THURSDAY'S TABLE: First Congregational Church, 420 Wilson Ave. Menomonie. Free meal served from 5-6pm.

KNAPP COMMUNITY PROJECTS/PLATES & KNAPPKINS FOOD PANTRY: Open every Thursday from 2:00 to 5:00 p.m. Food Distribution every 5th Saturday of a month. Open from 7:00 a.m. to 9:00 a.m. Located at 508 Highway 12 next to the BP station in Knapp.



**Stepping
Stones**
of Dunn County

Updated Food Pantry Hours

Located at 1602 Stout Rd, Menomonie
Enter through 17th St

MONDAY
Inside Only

1:00 pm
to
4:00 pm

TUESDAY
Inside Only

10:00 am
to
1:00 pm

WEDNESDAY
Curbside Only

2:00 pm
to
6:00 pm

FRIDAY
Curbside Only

12:00 pm
to
4:00 pm

SATURDAY
Inside Only

9:00 am
to
12:00 pm

Mon/Tues/Sat - Inside Shopping only. No curbside available.
Wed/Fri - Curbside Shopping Only. No inside shopping available.

Check-in once a week to receive meat, dairy, dry goods, bakery, fresh fruits & vegetables (as available).



**Stepping
Stones**
of Dunn County

POP-UP CURBSIDE FOOD PANTRY

Stepping Stones Food Pantry provides this service to families and individuals in rural Dunn County who have limited access to a food pantry.

EVERY 1ST TUESDAY

Elk Mound
11:30 am - 12:30 pm
Village Hall
E206 Menomonie St,
Elk Mound

Rock Falls
1:00 pm - 2:00 pm
Township Hall
N995 County Rd H,
Rock Falls

EVERY 1ST AND 3RD THURSDAY

Sand Creek
11:30 am - 12:30 pm
Arts Center
E9311 County Rd I,
Sand Creek

Ridgeland
1:30 pm - 2:30 pm
Community Center Lot
200 Diamond St,
Ridgeland

EVERY 2ND AND 4TH THURSDAY

Downsville
11:30 am - 12:30 pm
New Hope Lutheran
N2698 460th St,
Downsville

Colfax
2:00 pm - 3:00 pm
Viking Bowl and Lounge
N108 S Main St,
Colfax

For more information, contact Angie Wolf:
715.235.2920 ext. 204 | a.wolf@steppingstonesdc.org
All pop-up pantries are closed on holidays.

FOR RENT

MEMORIAL HEIGHTS APARTMENTS

Menomonie, Wisconsin

Income Based Housing

This institution is an equal opportunity
provider and employer



715.235.0656



FOR RENT

SUNNYSIDE APARTMENTS

Knapp, Wisconsin

Income Based Housing

This institution is an equal opportunity
provider and employer



715.308.3158



Find us at
seniorreviewnewspapers.com

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ADRC DUNN COUNTY NUTRITION PROGRAM

Colfax
Hosford-Rich Apts.
Ridgeland

M - Th
M, T, Th, F
M - F

962-2550
235-4047
949-1937

Tantara in Menomonie
Sand Creek
ADRC Office for Dunn County

M - F
M - F
M - F
556-0266
658-1335
232-4006



JUNE 2025
Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Roast beef, Mashed potatoes, Brown gravy, Sliced beets, Raisin oatmeal cookies	3 Baked ham, Apple sweet potato bake, Pinto beans & bacon, Cherry crisp	4 Herb baked chicken, Baby bakers, Winter squash, Wheat bread, Blueberries	5 Hamburger on a bun, Lettuce/onion/ pickle, Potato salad, Red gelatin with mandarin oranges	6 Breaded baked fish, Baked potato, Sour cream, Romaine and onion salad, Buttered rye bread, Fresh strawberries
9 Roasted turkey breast, Boiled potato, Turkey gravy, Seasoned Brussels sprouts, Dinner roll, Grapes	10 Orange chicken, Steamed rice, Broccoli, Raisin sour cream bars, Tomato juice	11 Roast pork, Mashed potatoes, Gravy, Seasoned peas, Wheat bread, Sweet cherries	12 Meat lasagna, Mixed green salad, Garlic bread, Cantaloupe	13 Crumb topped baked fish, Black beans & rice, Carrots with parsley, Strawberry cheesecake
16 Chicken alfredo over noodles, Carrots with parsley, Blueberries, Tomato juice	17 Traditional meatloaf, Baked potato, Sour cream, Scalloped corn, 24 hour fruit salad	18 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	19 Baked fish, Cheesy hash browns, Broccoli, Dinner roll, Apple slices	20 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins
23 Breaded baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies	24 Cornflake chicken, Roasted vegetable rice pilaf, Creamy cucumber salad, Tropical fruit	25 Roast beef, Mashed potatoes, Brown gravy, Country blend vegetables, Blueberry crisp	26 Barbecued spareribs, Baked beans, Spiral pasta salad, Fresh banana	27 Tuna salad sandwich/wheat, Lettuce/tomato, Hearty vegetable soup, Peachy pudding
30 Italian meatballs with sauce, Rotini, Parslied cauliflower, Garlic bread, Mandarin oranges				



PUT ME ON THE HI-LITES MAILING LIST

If you consider yourself homebound and are interested in having the Senior Hi-Lites delivered to you by mail, please complete the information slip below and return to our office. We will gladly add you to the list. Please Print. Check the box if you are interested in receiving information on the Home Delivered Meal Program.

Name _____

Address _____

City _____ Phone _____



Starting June 2025!

Rural Doorstop

Your Monthly Bus Service to Menomonie

Dunn County Transit, in partnership with the Dunn County ADRC, offers scheduled Tuesday pick-up service once a month in each of the four Dunn County Zones. Riders must call one day in advance to schedule a ride.

Service is available as follows:

Zone 1 the first week of the month
Zone 2 the second week of the month
Zone 3 the third week of the month
Zone 4 the fourth week of the month

Residence pick-up

Between 10:00 a.m. and 11:00 a.m.

Departure from Menomonie

Between 1:00 p.m. and 2:00 p.m.

Bus Fare

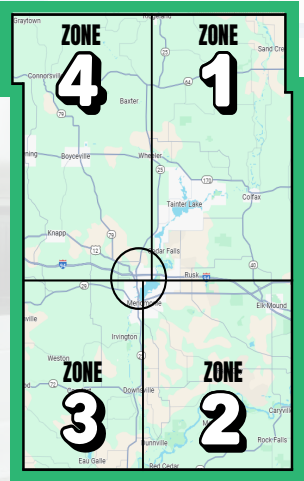
\$15 per ride (Bus Fare is FREE in June)

All buses wheelchair accessible

Be sure to plan ahead and reserve your ride early!



(715) 235-7433



Thanks to our partnership with the Dunn County ADRC, ride fares are free during the month of June!



Stepping Stones

of Dunn County

"People helping people strengthen the Dunn County Community by providing food, shelter, and support"

GET HELP



Food Pantry: Offers in-person, curbside, and pop-up options.



Shelter: Provides emergency housing, assistance, and referral services.



Community Connections: Links volunteers to neighbors to provide supportive services.

1602 Stout Rd, Menomonie, WI 54751
715.235.2920 | www.SteppingStonesDC.org

ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF JUNE FOR SITES IN DUNN COUNTY (CHECK MONTHLY MENU FOR SITE CLOSINGS)

COLFAX GRAPEVINE SENIOR CENTER (715-962-2550)

- Dine-In Meals Monday through Thursday at 11:30 am
- Congregate and Home Delivered Meals
- Cards and Bingo – Call for Details

HOSFORD-RICH APARTMENTS (715-235-4047)

- Dine-In Meals Monday, Tuesday, Thursday and Friday at 11:30 am
- Congregate and Home Delivered Meals

TANTARA APARTMENTS DINING ROOM (715-556-0266)

- Dine-In Meals Monday through Friday
- Congregate and Home Delivered Meals

For all questions regarding the Dunn County Nutrition Program, please call the ADRC at 715-232-4006.

SUPPORT GROUPS

THE BRIDGE TO HOPE: The Bridge to Hope offers FREE and confidential services to victims and survivors of domestic abuse, sexual assault and human trafficking in Dunn and Pepin Counties. For ongoing and current weekly support group dates and times, please call 715-235-9074.

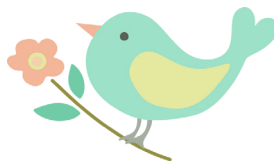
DIABETES SUPPORT GROUP: From September through May on the 1st Thursday of the month, the Diabetes Support Group meets from 7 to 8 p.m. in the Mayo Clinic Health System in Menomonie Education Center.

MISCELLANEOUS:

Dunn County Genealogical Society meets on the third Saturday of each month at 10 a.m. at the Russell J. Rassbach—Dunn County Historical Museum. For more information, call 715-232-8685. Do not meet in August and December.



2025 CAREGIVER SUPPORT GROUPS



Women Connected

2nd Wednesday of the month
11:30 a.m.-1:00 p.m.
Menomonie Senior Center
1412 6th Street E, Menomonie, WI

Caregiver Coffee Hour

1st Thursday of the month
9:30 a.m.-11:00 a.m.
Exit 45 Restaurant
2100 County Rd B, Menomonie, WI

Relatives Raising Children

2nd Thursday of the month
9:30 a.m.-11:00 a.m.
Menomonie Senior Center
1412 6th Street E, Menomonie, WI

Caregiver Support Group

3rd Wednesday of the month
2:00 p.m.-3:30 p.m.
Menomonie Senior Center
1412 6th St E, Menomonie, WI

Exploring Dementia

4th Monday of the month
10:30 a.m.-12:00 p.m.
Menomonie Senior Center
1412 6th Street E., Menomonie, WI

Dementia Support Group

1st Wednesday of the month
1:00-2:30p.m.
Grapevine Senior Center
121 Main Street, Colfax, WI

The Purple Perk & Artful Expressions

3rd Monday of the month; 10am-12pm; Menomonie Senior Center
For the Caregiver and Care Receiver; Art Project to begin at 10:45am

Grief Support Group Mondays at Noon Menomonie Senior Center



For more information or any questions, contact ADRC at (715)232-4006.



DO YOU LIKE TO LISTEN TO PODCASTS?

Do you want to know more about dementia and the research that is happening at the University of Wisconsin – Madison. If so, check out Dementia Matters with Dr. Chin. You can listen on podbean, spotify or iTunes.



HELP END ELDER ABUSE

- Emotional Abuse
- Financial Abuse
- Physical Abuse
- Neglect or Self-neglect
- Harassment

COUNTY HELPLINES

DUNN COUNTY DEPT. OF HUMAN SERVICES & ADRC
Adult Protective Services 715-232-4006
DOMESTIC ABUSE VICTIM ADVOCATE
24-Hour Crisis Line 800-924-9918
Dunn County Sheriff's Office 715-232-1348
Aging & Disability Resource Center 715-232-4006
Bridge to Hope 715-235-9074



Can Kindness Improve Our Health? *By the GWAAR Legal Services Team*



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

Many studies have shown that acts of kindness, such as helping out a neighbor or volunteering for a community organization, can improve our sense of happiness and well-being. Lately, we are beginning to recognize that acts of kindness can improve our physical health as well.

One recent experiment found that adults age 60 and over who spent 15 hours a week mentoring underprivileged elementary school children actually saw improvements in their brain health. It may be that volunteering helps lower stress levels. Stress can play a role in

controlling blood pressure, cholesterol levels, and risks of cardiovascular disease.

Volunteering has also been associated with lower levels of physical pain and better balance and physical stamina overall. Making the effort to help others also helps keep you physically active and may help you and others overcome feelings of social isolation. And what better way to get exercise than to get out and lend a hand in your community?



LAKE WISSOTA CHARITY GOLF SCRAMBLE

FRIDAY - JUNE 6
5 - person scramble

WHISPERING PINES GOLF CORSE

FOOD AND FUN

This is a fun and friendly competition to raise funds for local charities. There will be lots of chances to win prizes on the course. Get there early to enter for drawings and bid on fantastic silent auction items.

AGENDA

- 8:00 - 9:00 AM Check - In
- 10:00 AM Shotgun Start for Golfers
- 11:30 AM- 1:00PM Lunch provided for Golfers
- Around 4:30pm Dinner provided for Golfers

All are invited to take part in the Raffle before 1:00pm and the Silent Auction before 4:30pm. Food included for golfers only. Items awarded after dinner.

Supporting local charities:  

For a registration form or to donate to this event email LWDCharityGolf@gmail.com



DEMENTIA P.A.C.T. Positive & Assertive Caregiver Training

ATTEND SOME OR ALL TRAININGS

JOIN USE FOR FREE QUARTERLY TRAININGS TO INCREASE YOUR SKILLS AS A CAREGIVER

HOW TO SPEAK DEMENTIA
MARCH 4TH, 2 PM - 4PM

Learn tips and strategies to improve communication with someone living with dementia. Strategies will decrease your frustration.

STAGES & SUPPORT
JUNE 3RD, 2 - 4PM

Determine roughly what stage of dementia your loved one is in and how to best support them day to day.

DEMENTIA & HOME SAFETY
SEPTEMBER 2, 2-4PM

Learn about low tech and high tech solutions to keep your loved one safe at home

DEMENTIA & SUNDOWNING
DECEMBER 2, 2-4PM

Learn about this symptom that is often present with dementia. You will gain understanding and strategies to work through sundowning.



621 4th St West
Menomonie

- Join Carla Berscheit, Dementia Care Specialist to gain knowledge, understanding and resources.
- Registration is required.

715-232-4006 adrc@co.dunn.wi.us



ADRC of Dunn County Announces

Senior Farmers' Market Voucher Program - 2025

You may be eligible to receive vouchers that can be used to purchase produce at local Farmers' Markets.

Senior Farmers' Market Vouchers are offered to senior citizens 60 years of age and older (55 if you are Native American) to purchase fresh, locally grown fruit, vegetables and herbs from certified farmers. The vouchers are provided by a grant from the USDA Food and Nutrition Service and brought to you by the Wisconsin Dept. of Health Services and local partner groups.

- **You must be age 60 or older. Native American 55+.**
- **Gross household income must not exceed the following:**
 - \$2,413 per month – 1 person
 - \$3,261 per month – 2 people
 - \$4,109 per month – 3 people

Distribution starts in June

Call 715-232-4006 to apply

Virtual Dementia Support Groups



Join us for support, encouragement and resources

For Caregivers of someone living with dementia:

Monday Coffee Connect - Every Monday 10-11 am.

Contact Kelsey at kflock@lacrossecounty.org

Monday DISH - 1st Monday of the month 7-8pm.

Contact Carla at cberscheit@chippewacountywi.gov

Circle of Support - 3rd Tuesday of the month 2-3pm.

Contact Teresa at teresa.gander@vernoncounty.org

Evening Conversations - Every Thursday night 7:30-8:30pm.

Contact Teresa at teresa.gander@vernoncounty.org

Minds & Voices - 2nd Wednesday of the month, 10:30 - 11:30am

contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us

Lewy Body Dementia Caregiver Support Group - 2nd & 4th

Wednesday of each month 1:30-3:30pm.

Contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us

Friday Support - Every Friday morning 9-10am.

Contact Karen at karen.tennyson@co.rock.wi.us

Third Wednesday - Third Wednesday of the month 6:30 - 7:30 pm

contact Tricia at tricia.rotering@co.trempealeau.wi.us

For those living with MCI or early stage dementia

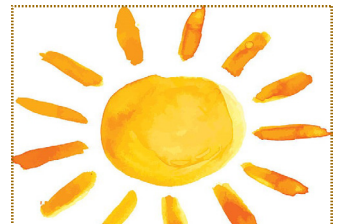
Conversations - 1st & 3rd Wednesday of the month, 10:30 am - noon

contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us

SHIRLEY DOANE SENIOR CENTER

1412 Sixth Street E
Menomonie, WI 54751
715-235-0954 email: seniors@wwt.net
menomonieseniorcenter.org

Shirley Doane Senior Center June 2025



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9am-11am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	3 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 10am Cribbage 10am Scams Targeting Seniors 12:30pm ADRC BINGO-CIZE <i>7pm Popcorn in the Park</i> 🍿	4 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	5 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 12:30pm ADRC BINGO-CIZE 1pm 500 Cards	6 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm BINGO	7
8	9 9am-11am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	10 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:00am BOARD MEETING - SENIOR CENTER 10am Cribbage 10am-Noon CIL Blood Pressure & Sugar Screening 12:30pm ADRC BINGO-CIZE <i>7pm Popcorn in the Park</i> 🍿	11 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 11:30am-1pm ADRC Women Connected 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	12 8:30-9:15am Chair Yoga 9:30am- 11am ADRC Relatives Raising Kids 10am-2:30pm ADS* 12:30pm ADRC BINGO-CIZE 1pm 500 Cards	13 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm BINGO	14
15 HAPPY FATHER'S DAY	16 9am-11am Tai Chi 10am-12pm Purple Perk & Artful Expressions ADRC 12pm ADRC Grief Support 12:30pm CVLR Cooking w Monixa* 12-3pm Open Walking Gym 1pm Mah Jongg	17 8:30am Foot & Nail Clinic* 10am Cribbage 12:30pm ADRC BINGO-CIZE 1:30-2:15pm Chair Yoga <i>(note new start time)</i> <i>7pm Popcorn in the Park</i> 🍿	18 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 11:30am-12:30am Senior Center Community Friendship Meal—Menu TBD 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot 2-3:30pm Caregiver Support Group ADRC	19 10am-2:30pm ADS* 12:30pm ADRC BINGO-CIZE 1pm 500 Cards 1:30-2:15pm Chair Yoga	20 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm BINGO	21
22 TWINS VS BREWERS DAY TRIP* 🏆	23 9am-11am Tai Chi 10am-2:30pm ADS* 10:30am-12pm ADRC Exploring Dementia 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	24 8:30am Foot & Nail Clinic* 10am Cribbage 12:30pm ADRC BINGO-CIZE 1:30-2:15pm Chair Yoga <i>7pm Popcorn in the Park</i> 🍿	25 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	26 10am-2:30pm ADS* 12:30pm ADRC BINGO-CIZE 1pm 500 Cards 1:30-2:15pm Chair Yoga	27 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm BINGO	28
29	30			No Stronger Seniors Classes until September	<i>Need Reservations *</i>	

RESOURCE GUIDE

Resources for Seniors, Families and Caregivers in Dunn County

If you have any questions or would like clarification on any of the information presented on the list, please call the Aging & Disability Resource Center of Dunn County at 715-232-4006 or 833-534-0606. Our email address is adrc@co.dunn.wi.us and our website address is: www.co.dunn.wi.us/adrc



General Information & Outreach for Seniors and Disabled Adults

Information and/or Assistance to Appropriate Services

Aging & Disability Resource Center of Dunn County	715-232-4006
Compass IL (formerly CILWW)	715-233-1070 or 1-800-228-3287
dunn.myresourceguide.org/resources	
Elder Care Locator	1-800-677-1116
Federal Citizen Information Center	1-844-872-4681
Great Rivers 2-1-1	1-800-362-8255
Hmong Mutual Assistance Association	715-832-8420

Access to Publicly Funded Long-Term Support Services

Aging & Disability Resource Center of Dunn County	715-232-4006
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Elder and Vulnerable Adult Abuse (financial, physical, emotional)

The Bridge to Hope	715-235-9074 or 1-800-924-9918
Dunn County Department of Human Services	715-232-1116
Elder Abuse Hotline	1-833-586-0107

Legislative Information

Legislative Hotline	1-800-362-9472
Tony Evers (Governor)	1-608-266-1212
Tammy Baldwin (US Senator)	1-608-264-5338
Ronald Johnson (US Senator)	1-414-276-7282
Derrick Van Orden (3 rd District US Congressman)	1-202-225-5506
Rob Stafsholt (10 th District State Senator)	1-608-266-7745
Jesse James (23 rd District State Senator)	1-608-266-7511
Romaine Quinn (25 th District State Senator)	1-608-266-3510
Jeff Smith (31 st District State Senator)	1-608-266-8546
Clint Moses (29 th District Assembly)	1-608-237-9129
Rob Summerfield (67 th District Assembly)	1-608-237-9167
David Armstrong (75 th District Assembly)	1-608-237-9175
Warren Petryck (93 rd District Assembly)	1-608-237-9193

Alzheimer's, Confusion and Memory Loss

Alzheimer's Information and Support Groups

Aging & Disability Resource Center of Dunn County	715-232-4006
Alzheimer's Association 24-Hour Help Line	1-800-272-3900
Alzheimer's Disease Education and Referral Center	1-800-438-4380
Alzheimer's Support Group	715-232-4006
Dementia Manual	https://daanow.org/pathways-to-well-being-manual/
Greater Wisconsin Alzheimer's Association Chapter	715-720-7611

Adult Day Care

Aurora Community Services	715-235-1839
Grace Lutheran Adult Day Services	715-738-1925

Hmong Senior Center LLC	715-514-3491
Reach Adult Day Services (Menomonie)	715-235-7733
Reach Adult Day Services (Eau Claire)	725-833-7755
Rellim Senior Day Care	715-600-0746
Shirley Doane Senior Center	715-235-0954

Dementia Care Living Facilities

Comforts of Home Advanced Memory Care	715-800-8325
Our House Memory Care	715-232-8181
The Neighbors of Dunn County	715-232-2661
VitaCare Living (Care Partners Assisted Living)	715-235-6333

Memory Diagnostic Evaluation Clinics

Mayo Clinic Health System Memory Care Clinic	715-838-1900
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Caregiver Support

Support Groups

Aging & Disability Resource Center of Dunn County	715-232-4006
(Family Caregiver Support Program & Alzheimer's Support Program)	

Call for current information for all support groups.

Caregiver Coffee Hour	<u>VIRTUAL</u>
Caregiver Support Group	Monday Coffee Connect
Dementia Support Group (Colfax)	Monday DISH
Exploring Dementia	Circle of Support
Relatives Raising Children	Evening Conversations
Women Connected	Minds & Voices
	Lewy Body Dementia
	Friday Support
	Third Wednesday

Employment

Dunn County Job Center Workforce Development	715-232-7360
Employment Resources, Inc. (ERI)	1-608-246-3444
Indianhead Senior Community Service Employment Program	715-231-4179
LE Phillips Career Development Center	715-834-2771
WI Department of Vocational Rehabilitation	1-800-622-1771

Exercise, Fitness and Health

Exercise and Fitness

Colfax Grapevine Senior Center	715-962-2550
Menomonie High School Pool & Fieldhouse	715-232-1197
Rassbach Museum (winter walking program)	715-232-8685
Shirley Doane Senior Center in Menomonie	715-235-0954
UW-Stout Fieldhouse	715-232-1392

Health and Wellbeing

American Cancer Society	1-800-227-2345
American Diabetes Association	1-800-342-2383
Arthritis Foundation	1-800-283-7800
Caring Hands on Soles (Home Visits)	715-491-0022
Dunn County Health Department (mammograms for low income women under 65)	715-232-2388
Flu shots – DC Health Department	715-232-2388
Foot Care Clinics – Shirley Doane Senior Center	715-235-0954
Foot & Nail Care UW Eau Claire (Apr & Oct)	715-836-3636
Free Clinic of Menomonie	715-308-3808
Just Toes & Foot Care (Home Visits)	715-559-6077
Mayo Clinic Patient Education	507-284-8140

National Cancer Institute	1-877-448-7848
Smoking Cessation – DC Health Department	715-232-2388
The Mobile Nail Care Nurse, LLC	1-701-373-5458

Financial/Legal/Advocacy

Complaints/Investigation

Benefit Specialists/ADRC of Dunn County	715-232-4006
Compass IL (CILWW)	715-233-1070
Consumer Product Safety Commission	1-800-638-2772
Consumer Protection	1-800-422-7128
Disability Rights of Wisconsin	1-877-338-3724
	(TTY) 1-888-758-6049
Elder Financial Empowerment (Elder Financial Abuse)	1-800-488-2596
Fraud Information Center	1-800-876-7060
Landlord/Tenant (Dept of Agriculture)	1-800-422-7128
Medicare Fraud Spotters	1-800-633-4227
Office of the Commissioner of Insurance	1-800-236-8517
Ombudsman Program for Nursing Homes/Group Homes/Community Options Program	1-800-815-0015

Estate Planning

WI State Law Library	1-800-322-9755
Probate	715-232-6782

Financial Assistance

Benefit Specialists/ADRC of Dunn County	715-232-4006
Energy Fuel Assistance (WestCap)	715-598-4750
Food Share (Quest Card)	1-888-283-0012
Medical Assistance (Forward Card)	1-888-283-0012
Medicare	1-800-633-4227 or 715-232-4006
Prescription Drug Assistance Program	715-232-4006
Senior Care Prescription Drug Program	1-800-657-2038
Social Security and SSI	1-800-772-1213 or 1-866-815-2924
Wisconsin SSI	1-800-362-3002

Guardianship Assistance

Aging & Disability Resource Center	715-232-4006
Dunn County Human Services	715-232-1116
Private Elder Law Attorneys	715-232-4006
WI Guardianship Support Center	1-855-409-9410

Insurance Information

Benefit Specialists/ADRC of Dunn County	715-232-4006
GRCC (Medicaid/Badgercare)	1-888-283-0012
Medigap Hotline	1-800-242-1060
Office of the Commissioner of Insurance	1-800-236-8517

Legal Assistance Information

Free Legal Assistance	wi.FreeLegalAnswers.org
Lawyer Referral Service	1-800-362-9082
State Bar of Wisconsin	1-800-728-7788
Wisconsin Judicare	1-800-472-1638

Representative Payee

House Calls of Menomonie Inc.	715-232-6475
Payee Services	715-233-0203
Polk Burnett Payee Inc	715-731-0133
RP Services of WI Inc.	715-285-5020

Taxes

AARP Tax Appointments (February through April) (Free Income Tax and Homestead Tax Credit Assistance)	715-232-4006
Internal Revenue Service	1-800-829-1040
myfreetaxes.com	1-866-698-9435
Property Tax Deferral Program (WHEDA)	1-800-755-7835
Vita Free Tax Preparation	1-800-906-9887
Wisconsin Department of Revenue	1-608-266-8100
Wisconsin Tax Refund Info	1-608-266-8100

Veterans Services

Dunn County Veterans Service Office	715-232-1646
Veteran’s Administration – Wisconsin	1-800-827-1000

Food and Nutrition

Grocery Shopping Assistance

Community Connections Program	715-235-2920
Dicks Fresh Market, 1408 9 th Street E, Menomonie	715-235-2134
Grandma’s Helpers	715-308-9275 or 715-308-9273
Kyle’s Market, 115 S Main Street, Colfax	715-962-3585
Walmart, 108 Cedar Falls Road, Menomonie	715-235-6565

Home Delivered Meals

Aging & Disability Resource Center of Dunn County	715-232-4006
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Senior Dining (Hot Meals) 715-232-4006

Colfax Grapevine Senior_Center (Mon thru Thurs)	715-962-2550
Dairyland Café in Ridgeland (Mon thru Fri)	715-949-1985
Hosford-Rich Apartments (Mon, Tues, Thurs, Fri)	715-235-4047
Sand Creek Café (Mon thru Fri)	715-658-1335
Tantara Apartments (Mon thru Fri)	715-556-0266

Area Food Pantries/Food Programs and Free/Reduced Cost Meals

Boyceville – West CAP Food Access & Resource Center

823 Main Street - Phone: 715-280-3238
 Serves Boyceville & Glenwood City Area School Districts
 Food Pantry Schedule: Every Thursday 1-7 pm
 Commodity boxes for age 60 and older. Senior Farmers Market Vouchers

Commodity Supplemental Food Program – CSFP

Supplemental food package through West CAP Phone: 715-977-1167

Dunn County - FoodShare – Formerly Food Stamps Program (Income Based)
 Call GRCC 1-888-283-0012 or Dunn County Human Services at 715-232-1116

Dunn County Elderly Nutrition Program – Must be 60+ - Home-Delivered Meals.
 Congregate meal sites in several communities. Nutritional supplements (Ensure).
 Senior Farmers Market Vouchers. Dunn County ADRC: 715-232-4006

Dunn County – WIC Program (Women, Infants & Children)
 Dunn County Government Center, 3001 US Hwy 12 East, Suite 9, Menomonie -
 Phone: 800-722-2295

Elk Mound – Shepherd’s Shelf

Shepherd of the Hill Lutheran Church, 207 University Street, Elk Mound
 Tuesdays 4-6 pm and Fridays 10 am-12 noon – Elk Mound Residents Only
 Phone: 715-879-5115

Elk Mound Farmer’s Market

Elk Mound Village Hall on Hwy 12 Phone: 715-879-5011

Knapp – Plates and Knappkins Food Distribution

Every month that has a 5th Saturday (about every 3 months)
 7–9 am - \$15 Donation
 508 Highway 12, Knapp - Phone: 715-665-2310

Knapp Community Projects Food Pantry

Thursdays 2-5 – Donations welcome
 Phone: 715-665-2310

Little Free Pantry – Our Savior’s Lutheran Church

910 Ninth Street, Menomonie Phone: 715-235-0693
 Take what you need – share what you can.

Menomonie – Monday’s Meal

From 5-6:00 pm, Menomonie United Methodist Church, 2703 Bongey Drive,
 Menomonie – Phone: 715-235-0654

Menomonie – Tuesday’s Table

Hot home-cooked meal every Tuesday 5-6:00 pm. St Joseph’s Catholic Church,
 921 Wilson Avenue, Menomonie – Phone: 715-232-4922

Menomonie – Wednesday’s Table

Hot home-cooked Meal every Wednesday 5-6 pm
 Christ Lutheran Church, 1306 Wilcox Street, Menomonie
 Phone: 715-235-5573

Menomonie – Thursday’s Table

Hot home-cooked meal every Thursday 5-6 pm. First Congregational Church,
420 Wilson Avenue, Menomonie – Phone: 715-235-5838

Menomonie Farmer’s Market

May through October – Wilson Street Park, Menomonie
Wednesdays 10 am-6 pm, Saturdays 8 am-1 pm Phone: 608-327-0080

School Lunches – Free/Reduced and Project SAM (Share A Meal)

Contact your local school’s food service office
Menomonie 715-235-2920 or assistant@steppingstonesdc.org

Stepping Stones Food Pantry

Food pantry and Commodity Boxes for 60+
1602 Stout Road, Menomonie - Call for hours: 715-235-2920
Pop-Up Curbside Food Pantries in rural Dunn County – Call 715-232-2920

Hearing Impairment

Information, Support, Assistive Devices

Aging & Disability Resource Center of Dunn County	715-232-4006
Center for Communication, Hearing & Deafness	1-414-604-2200
Compass IL (CILWW)	715-233-1070
National Hearing Aid Helpline	1-800-521-5247
Office for the Deaf and Hard of Hearing	1-855-359-5252
TAP Hearing Aid Assistance (TAP HAA)	1-608-266-2536
TEPP Program	1-608-231-3305 or 1-715-233-1070
Wisconsin Bureau for the Deaf and Hearing Impaired	(TTY) 1-855-359-5252 Or 608-266-1255
Wisconsin Relay Customer Support	(TTY/Voice) 1-800-676-3777 (Speech Disabled) 1-877-787-1989 or (Espanol) 1-800-676-4290

Local telephone companies can provide help with assistive devices.

Home Modifications/Repairs

Relocation, Repairs and Modifications

101 Mobility (Stairlifts, Ramps, Auto Lifts, etc.)	612-540-0070
Access ((Home and Vehicle Mobility)	844-945-4387
Caring Transitions (Moving/Decluttering/Downsizing)	715-318-1410
Compass IL (CILWW)	715-233-1070
City of Menomonie Deferred Loans	715-235-9081
Dunn County Community Development Block Grant	715-726-7933
Eau Claire Home Organizers	715-500-4762
Foundation for Rural Housing	888-400-5974
Habitat for Humanity	715-833-8993
Home Repair/Buyer Program (CCHA)	715-726-7933
Home Safety Innovations	920-538-2148
Lifeway Mobility (Wheelchair lifts/ramps)	952-808-3646
RANWW Foundation (REALTORS Association)	715-835-0923
Stepping Stones Community Connections Program	715-235-2920
Tomorrow’s Home Foundation (Mobile and Manufactured Homes)	1-608-255-1088
USDA Rural Development	715-232-2614
West Cap	1-800-606-9227 or 715-598-4750

Local telephone and utility companies;
Local city/village government “Block Grants.”

Housing Options

Apartments with Noon Meals, Light Housekeeping, Emergency Call

System (Varies per site)

Galloway Home	715-214-1360
Hosford-Rich Apartments	715-235-0656
Tantara Apartments	715-235-4718
The Oaks	715-235-7793

Assisted Living (Services vary)

American Lutheran Communities (Mondovi)	715-926-4962
Assisted Living Advisors	715-210-4066
Assisted Living Locators	715-628-2011
Autumn Village	715-235-3697
Cambridge Senior Living (Eau Claire)	715-577-8418
Colfax Senior Living	715-962-3186
Comforts of Home Assisted Living	715-231-3020
Our House Senior Living	715-232-8181
Potters Country Home	715-235-6789 or 715-505-0621
VitaCare Living (Care Partners and Country Terrace)	715-235-5112

Skilled Nursing Facilities

American Lutheran Home	715-235-9041
Glenhaven (Glenwood City)	715-265-4555
Spring Valley Senior Living & Health Care	715-778-5545
The Neighbors of Dunn County	715-232-2661

Subsidized Housing Units (rent is based on income)

Boyceville Manor	715-235-4718
Cedar Grove Apartments (Menomonie)	715-232-9940
Colfax Manor	715-235-4718
Colfax Prairie Homes	715-598-4750
Gaylord Nelson Apartments (Menomonie)	715-419-2238
Hillcrest Apartments (Wheeler)	715-619-0062
Hosford-Rich Apartments (Menomonie)	715-235-0656
Menomonie Housing Authority (Menomonie)	715-235-0656
Memorial Heights Apartments (Menomonie)	715-235-0656
Morningside Apartments (Sand Creek)	715-619-0062
The Oaks (Menomonie)	715-235-7793
Pine Ridge Apartments (Ridgeland)	715-619-0062
Pinedale Apartments (Menomonie)	715-716-4173
Ridgeland Manor	715-235-4718
Riverview Apartments (Downsville)	715-619-0062
Sunnyside Apartments (Knapp)	715-665-2495
Tantara Apartments	715-235-4718
Tiffany Street Apartments (Boyceville)	715-619-0062
University Village (Menomonie)	715-834-3411
Valley View Apartments (Knapp)	715-619-0062
Warren Knowles Manor (Menomonie)	715-419-2238

Subsidized Rent Vouchers

Dunn County Housing Authority	715-598-9887
Lutheran Social Services	877-967-5577
Menomonie Housing Authority	715-235-0656
West Cap	1-800-606-9227 or 715-598-4750

Other Senior Housing Options

Dancing Oaks	715-233-0406
www.seniorhomes.com/wisconsin/seniorlivingnearnearme.org	
Village at White Pine	715-231-2100

In-Home Services

Nursing, In Home Services, Respite, Bathing Assistance, Housekeeping

Advanced Living Care LLC	715-505-2812
Advanced Wound Care	262-302-2592
All or Some Cleaning Services	715-949-1530
Almost Family Home Health Care	715-831-0631
Appeal to Heaven	715-379-7889
Aurora Community Health	715-235-3707
Aveanna Home Health	715-598-5600
Caring Transitions (downsizing, decluttering, estate sales)	715-318-1410
Compass IL (CILWW)	715-233-1070
Clearwater Assisted Living LLC	715-598-8866
Cornerstone Caregiving	534-444-9021
Empatia Palliative Care	414-944-2038
Heal to Thrive	779-210-7387
His Hands & Feet, LLC	715-505-1645
Home Companions	715-533-8946
Home Instead	715-941-4717
House Calls Personal Touch Respite Program	715-232-6475
Integrity Home Healthcare	715-944-9065
Interim Home Healthcare & Palliative Care	715-834-1313
Lakeland Home Health Care	715-239-2075
MaidPro (cleaning services)	715-215-2519
Mayo Clinic Health Systems Home Care	800-236-8408
Peaceful Living	715-386-7071
Safe at Home Senior Care	715-598-7233
St. Croix Structuring (transition/hoarding services)	715-243-9375
Seniors Helping Seniors	715-514-4511
Serenity Care Agency	715-308-3800
Stepping Stones	715-235-2920
Sunshine Care Inc.	715-514-5566
Touching Hearts at Home	715-245-1944
Two Sisters and a Bucket	715-495-2825
Village Caregiving	715-492-0191
Visiting Angels	715-598-1750

Hospice Services

Adoray Home Health & Hospice	1-800-359-0174
Heartland Hospice	1-866-216-5708
Interim Healthcare Hospice Care	715-834-1313
Lily Home & Hospice	715-201-2233
Mayo Clinic Health System Home Health & Hospice	1-800-236-8408
Moments Hospice	715-800-0900
St. Croix Hospice	1-855-278-2764

Medical Equipment

All Star Mobility	715-598-8433
Apria Healthcare	715-834-7517
Compass IL (CILWW)	715-233-1070
Grace Home Respiratory (Altoona)	715-832-7377
Home Safety Innovations	920-379-4439
Mayo Clinic Store (Eau Claire)	715-838-1815
NuMotion, LLC	715-552-3711
Veterans Service Office (Loan Closet)	715-232-1646
WI Council of the Blind & Visually Impaired	1-800-783-5213

Mental Health Resources

Arbor Place	715-235-4537
Aurora Counseling Center	715-235-4696
Beacon Mental Health Resources	715-308-5742
Callier Clinic (Office in Menomonie)	715-836-0064
Crisis Texting Line (HOPE)	Text "TALK" to 741741
Dunn County Department of Human Services	715-232-1116
Hmong Family Helpline	1-877-740-4292
LGBT National Hotline	1-888-843-4564
LGBT National Youth TalkLine (up to age 25)	1-800-246-7743
Mayo Clinic Behavioral Health	715-233-7891
Monarch House Peer Run Respite	715-505-5641
NAMI Chippewa Valley	715-450-6484
National Alliance on Mental Illness NAMI	1-800-950-6264
National Domestic Violence Hotline	1-800-799-7233
National Sexual Assault Hotline	1-800-656-4673
Northwest Connections	1-888-552-6642
Suicide Hotline	988 or 1-800-273-8255
The Friendship Line (for seniors)	1-800-971-0016
Trans Lifeline	1-877-565-8860
UpliftWI	1-534-202-5438
Veterans Crisis Line	988 or 1-800-273-8255

Senior Centers & Organizations

Senior Centers

Boyceville Community Center	715-643-2351
Colfax Grapevine Senior Center	715-962-2550
Hmong Senior Center	715-514-3491
Rock Creek Town Hall (Mondovi)	715-563-3478
Shirley Doane Senior Center	715-235-0954

Senior Citizen Organizations

AARP (American Association of Retired Persons)	1-888-687-2277
CWAG (Coalition of Wisconsin Aging Groups)	1-608-224-0606 or 1-800-488-2596

Personal Emergency Response Systems

*Not an all-inclusive list – Endorsements are not assumed nor implied

Alert1	1-877-594-4097
FastHelp	1-866-964-3375
Home Safety Hub (24-7 Telcom)	1-715-231-2000
Lifefone	1-800-331-9198
Lifeline	1-855-681-5351
Lively (Best Buy Health)	1-800-345-5651
Medical Alert	1-800-800-2537
Medical Guardian	1-800-668-9200
Per Mar Security Services	1-800-473-7627
Senior Safety	1-888-473-2800
VRI Cares	1-800-860-4230

Transportation Services

Buses

Dunn County Transit Commission	715-235-7433
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Volunteer Drivers

Aging & Disability Resource Center	715-232-4006
Compass IL New Freedom Transport Program	715-233-1070 or 1-800-228-3287
Stepping Stones of Dunn County	715-235-2920
Veterans Service Office	715-232-1646

Other Transportation Providers

Accessible Vehicle Rentals	1-800-596-4366
A&J Mobility (personal vehicle accessibility conversion- Including rentals)	1-877-833-9830
Anytime Transport, LLC	715-559-6607
Carepool	833-268-2688
Handi-Lift	715-822-5077
Heartland Transportation	715-949-1313
Town & Country Taxi	715-309-9619 or 715-563-7272
MTM/Veyo (Badgercare & Medicaid clients)	1-866-907-1493

Vision and Hearing Impairment

Books/Newspapers on Tape (Talking Books)

Wisconsin Talking Book and Braille Library	1-414-286-3045
Wisconsin Council of the Blind	1-608-255-1166 or 1-800-783-5213
Local libraries have large print books and books on tape.	

Information, Support and Assistive Devices

American Foundation for the Blind	1-800-232-5463
Compass IL (CILWW)	(Voice & TTY) 1-800-228-3287 or 715-233-1070
Lighthouse Guild	1-800-284-4422
Wisconsin Council for the Blind	1-608-255-1166 or 1-800-783-5213
WI Office for the Deaf and Hard of Hearing	1-855-359-5252



ADRC STAFF

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5/2025

New AI Robot ElliQ Arrives in Wisconsin to Help Older Adults Stay Connected and Independent, with Support from the ADRC of Dunn County through Inclusa Foundation Grant



By Tracy Fischer,
ADRC Manager

In a major step to support older adults in Wisconsin, the Dunn County Aging and Disability Resource Center is making ElliQ, an AI-powered care companion robot, available at no cost to residents of the Wisconsin willing to participate in a one year pilot project. This initiative is part of a broader effort of the Aging and Disability Resource Center of Dunn County to enhance social connection, promote independence, and improve the well-being of elderly individuals aging in place.

ElliQ, already present in thousands of older adults’ homes across the nation, is the first-ever proactive and empathetic AI companion, created specifically to support older adults through daily check-ins, wellness guidance, social engagement, access to services, and more. ElliQ fosters independence and improves wellbeing and social connectedness by engaging the older adults in meaningful conversations, offering reminders for medications and appointments, suggesting wellness activities, and providing companionship through bi-directional interactive dialogue. Unlike other smart technologies that react to commands, ElliQ initiates interactions and builds personalized context to enhance engagement. 95% of the ElliQ programs participants have reported decreased loneliness, demonstrating its effectiveness in improving daily life and well being and 75% of participants have reported that ElliQ helps them feel more socially connected.

A 2023 advisory issued by the Surgeon General has underscored the dangers of social isolation, linking loneliness to severe health risks, including cognitive decline and increased healthcare costs. ElliQ serves as a vital tool in combating these challenges, supplementing traditional in-person support with AI-driven companionship tools as well as social features to increase human connections via ease to use features, such as video calls, photo sharing, memoir sharing and community events like live bingo and virtual tours.

This Aging and Disability Resource Center of Dunn County program is available through funding provided by a grant by from



the Inclusa Foundation. Participants in the pilot project will receive an ElliQ device as well as the monthly subscription fees for one year for the Elli Q program service. If the participants like the device and service, they will have the option to keep the device and continue to pay for the monthly subscription fee on their own after the one year pilot project. Participants do need to agree to complete quarterly surveys regarding their experiences with

ElliQ during the pilot project period.

Dunn County is proud to offer cutting-edge technology like ElliQ to the older residents of Wisconsin. By providing this AI companion, we hope to provide older adults a resource to maintain their independence, stay socially connected, and enhance their overall well-being.

Intuition Robotics CEO and Co-Founder Dor Skuler has said: “Our mission is to empower older adults with technology that fosters connection and well-being. We are excited to see Dunn County leading the way in Wisconsin by bringing ElliQ to its residents and helping seniors age in place with confidence and companionship. Deanna Dezern, 84 year-old woman from Florida, defines ElliQ as her ‘best friend’. I am confident that residents of Wisconsin will also forge meaningful connections with ElliQ which will better their daily lives”.

General requirements for those participating in the project are that they have to have to be age 60 years or better, live alone, and have wifi internet services. ElliQ is only available in English at this time Participants should also have the ability to see and hear adequately in order to fully engage with EillQ. Those interested in participating in the pilot project can call case manager Mary Linberg with the Dunn County ADRC at 715-231-2727 for more information. More information about ElliQ can be found at ElliQ.com.

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CELEBRATING JUNE DAIRY MONTH: A TOAST TO HEALTH AND TRADITION



*Submitted by Bernie Allen,
Aging & Transportation Programs Manager*

June is a special month for dairy lovers as we celebrate June Dairy Month — a time to honor the hard-working farmers who provide us with the milk, cheese, yogurt, and butter we enjoy daily. For many, dairy products have been a staple of the diet for generations, and there are numerous reasons why dairy continues to be a smart choice for your health, especially as we age.

A Rich Source of Nutrients

Dairy products are packed with essential nutrients that support bone health, muscle strength, and overall wellbeing. For seniors, calcium and vitamin D are especially important as they help maintain strong bones and prevent osteoporosis, a condition that causes bones to become weak and brittle.

- Calcium is vital for building and maintaining strong bones and teeth.
- Vitamin D helps the body absorb calcium and is essential for maintaining bone density.
- Protein in dairy products helps preserve muscle mass, an important factor in maintaining mobility and strength as we age.

Good for Your Heart

While dairy is often associated with calcium, it also contains heart-healthy nutrients like potassium, which helps manage blood pressure. Low-fat and fat-free dairy options can provide all these benefits with fewer calories and less saturated fat, which can be beneficial for heart health.

Dairy and Digestive Health

Did you know that certain dairy products, like yogurt, contain probiotics? These beneficial bacteria promote healthy digestion and can support the immune system.

For those with digestive sensitivities, switching to yogurt with live active cultures can make a noticeable difference in gut health.

Dairy's Role in a Balanced Diet

Whether it's a glass of milk, a bowl of cottage cheese, or a slice of cheese on your sandwich, dairy products can be a delicious and versatile addition to your daily meals. Here are some simple ways to incorporate more dairy into your diet:

- Add a scoop of cottage cheese to your salad for an extra boost of protein.
- Enjoy a warm bowl of oatmeal with milk for breakfast instead of water for added creaminess.
- Make smoothies with yogurt, fresh fruit, and a splash of milk for a refreshing snack.



Supporting Local Dairy Farmers

June Dairy Month is also an excellent opportunity to support local dairy farmers in your community. Many farmers' markets and local grocery stores offer milk, cheese, and other dairy products from nearby farms. When you buy local, you're not only supporting your health but also contributing to the wellbeing of the local economy.

Enjoying Dairy at Any Age

Whether you're 25 or 85, dairy remains an important part of a healthy, balanced diet. As we get older, it's important to continue nourishing our bodies with the nutrients that support our bones, muscles, and overall vitality. So, this June Dairy Month, let's raise a glass of milk, enjoy a cheesy snack, or indulge in a dollop of yogurt to celebrate both the taste and the health benefits of dairy.



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June Recipes:

Baked Macaroni and Cheese

(Recipe from landolakes.com)

Ingredients:

Macaroni and Cheese

- 1 pound uncooked dried elbow macaroni
- ¼ cup butter
- 1 medium (1 cup) onion, coarsely chopped
- ¼ cup all-purpose flour
- 1 teaspoon ground mustard
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- 1 teaspoon hot pepper sauce
- 4 cups milk
- 16 ounces (4 cups) shredded cheddar cheese, divided
- 8 ounces cut into 1-inch dice American Cheese



Topping

- ¼ cup butter
- 1 cup panko bread crumbs
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon garlic powder

Instructions:

1. Heat oven to 400°. Generously butter 12x9-inch (3 quart) casserole dish.
2. Cook macaroni 3 minutes less than al dente according to package directions (about 4 minutes after water returns to a boil); drain. Set aside.
3. Melt ¼ cup butter over medium heat in large stockpot. Add onion; cook 5 minutes or until softened. Add flour, ground mustard, garlic powder, salt, pepper and hot sauce; cook, stirring constantly for one minute. Slowly whisk in milk, cook until mixture is bubbling around the edges. Fold in 2 cups shredded cheddar and American; continue cooking until cheese is melted. Stir in cooked macaroni.
4. Pour ½ of macaroni mixture into prepared baking dish. Top with 1 cup shredded cheddar. Top with remaining macaroni mixture; sprinkle with remaining cheese.
5. Melt ¼ cup butter in 12-inch skillet over medium-high heat. Add panko, parsley and garlic powder. Mix well; cook for 1 minute. Sprinkle evenly over macaroni and cheese mixture.
6. Bake for 20 minutes or until top is golden brown and bubbling around the edges. Let stand for 1 minute before serving.

Prep Time: 30 minutes | Cook Time: 20 minutes

Strawberry Banana Smoothie

(Recipe from eatingwell.com)

Ingredients:

- 1 cup strawberries, frozen
- 1 banana, peeled
- 1 (5.3-ounce) container vanilla Greek yogurt
- 1 cup milk

Instructions:

1. Combine all ingredients in a blender and process until smooth.



Prep Time: 10 minutes | Cook Time: 22 minutes



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Noticing the Clutter: Avoiding Burnout Blindness

by Jen Miller, Rellim Senior Day Care

You know that feeling when your closet or purse is finally neat and organized—but then, before you know it, it turns into a cluttered, hot mess? You don't realize how bad it has gotten until you can't find that one item you need.



Caregiving is the same way. Burnout does not happen overnight—it builds up quietly. Without regular relief, stress accumulates until there is a breaking point. That is why prevention is essential!

One of the biggest emotional hurdles caregivers face is the shift in roles—from being a son, daughter, or spouse to becoming the full-time organizer, health manager, or decision-maker. Often, caregiving is a 24/7 position. It gets more complicated when a loved one resists the very support meant to help them (and you).

In those moments, it helps to consider who your loved one is and what they value. Many women connect deeply to purpose and relationships—offering them the chance to “help out” at a center or visit a friend may feel more natural than suggesting they need help. Men may respond more to feeling useful—being asked for their opinion or presence at a chili feed or woodworking activity. It's less about convincing and more about inviting them to stay engaged on their own terms.

It can also help to be honest: *“I'm doing everything I can, but I can't keep this up alone. It would really help me if you tried this so we can do this long-term.”*

Sometimes, knowing it is for you—not just for them—opens the door.

Another barrier? Misunderstanding what self-care really means. It's not just a bubble bath or a walk in the park. For caregivers, self-care can mean bringing in services that lighten the load—like senior day care, respite care, or outsourcing lawn care, errands, or housekeeping. Letting go of a few tasks doesn't mean you're letting your loved one down—it means you're making space to keep showing up with energy and compassion for caregiving to be sustainable.

Caregiving is one of the most meaningful things a person can do. But meaning doesn't make it easy. And love doesn't cancel out limits. The goal isn't to be everything—it's to stay well enough to be present, kind, and connected.

Small adjustments now—before burnout takes hold—can protect both the caregiver and the relationship you're working so hard to preserve. Don't wait until you're overwhelmed—reach out to local senior resources, support networks, or aging services to explore the options available to help you and your loved one thrive.

Signs You're Near Burnout

- Always tired, even after rest
- Irritable or emotionally flat
- Lost interest in things you once enjoyed
- Forgetting appointments or making mistakes
- Feeling resentful, guilty, or overwhelmed
- Can't recall the last time you did something just for you

If this sounds familiar, pause, reassess, and reach out for support.

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Summer Driving Tips for Seniors: Stay Safe and Enjoy the Journey

Essential warm-weather driving tips for adults 55+ to ensure a smooth, safe, and stress-free summer

Reprinted from <https://www.retirenet.com/>

Summer is a great time for road trips, visiting family, and exploring new places, but it also brings unique challenges for drivers. High temperatures, increased traffic,



and summer storms can make driving more stressful, especially for older adults. Whether you're planning a long trip or just running errands, here are essential driving tips to help seniors stay safe and comfortable on the road.

Prepare Your Car for the Summer Heat

Hot weather can put extra strain on your vehicle, so ensure your car is in top shape before hitting the road.

- ✓ **Check the battery:** Heat can weaken your battery, leading to unexpected breakdowns. Have it tested before long trips.
- ✓ **Inspect your tires:** Hot pavement can increase the risk of blowouts. Check tire pressure regularly and look for signs of wear.
- ✓ **Top off fluids:** Ensure your coolant, oil, and windshield washer fluid levels are adequate to prevent overheating and maintain visibility.
- ✓ **Test the air conditioning:** A working AC is essential for staying comfortable during summer drives.

Beat the Heat and Stay Comfortable

- ✓ **Drive during cooler hours:** Early morning or late evening trips help avoid extreme heat and heavy traffic.
- ✓ **Wear lightweight clothing:** Light, breathable fabrics can keep you cool while driving.
- ✓ **Stay hydrated:** Bring a bottle of water to prevent dehydration, which can lead to fatigue.
- ✓ **Use sun protection:** Sunglasses and a sunshade for your windshield can help reduce glare and keep your car cooler.

Prevent Driver Fatigue

Long drives and heat can lead to exhaustion, making it harder to react quickly.

- ✓ **Take regular breaks:** Stop every 1-2 hours to stretch and rest.
- ✓ **Avoid drowsy driving:** If you feel tired, switch drivers if possible or take a short nap.
- ✓ **Eat light meals:** Heavy foods can make you sluggish; opt for snacks like fruit, nuts, or granola bars.

Stay Prepared for Emergencies

Even with the best planning, unexpected situations can arise.

- ✓ **Carry an emergency kit:** Include water, non-perishable snacks, a flashlight, jumper cables, and basic tools.
- ✓ **Have roadside assistance ready:** Keep the number for AAA or your insurance company's roadside service handy.
- ✓ **Charge your phone:** A fully charged phone ensures you can call for help if needed.

Watch for Summer Storms

Sudden downpours, thunderstorms, and extreme heat waves are common in summer.

- ✓ **Slow down in rain:** Wet roads increase stopping distances, so reduce speed and increase following distance.
- ✓ **Avoid flooded roads:** Never drive through standing water; even a few inches can cause hydroplaning.
- ✓ **Use headlights properly:** Turn them on in rain or low visibility, but avoid high beams in fog.

Enjoy a Safe and Stress-Free Summer Drive

By preparing your car, staying hydrated, and driving smart, you can enjoy a smooth and safe trip wherever the summer takes you. Whether you're heading on a scenic road trip or just visiting loved ones, these simple tips will help make your journey stress-free. Stay safe, and happy travels!

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