

# Helping Hands

2026

## *Resource Guide*

**for the Mature  
Market in  
Dunn, Rusk  
and Barron  
Counties**

Do you want to move? Maybe downsize? Or maybe a loved one needs to know where they can get in-home care or where they can go for a social meal?

*You've come to the right place.*

**Helping Hands** is here for you.



# Need A Little Help Getting Around?



**ALL STAR**  
**MOBILITY, LLC**

Quality Backed by Experience



**ALL STAR**  
**ELEVATOR, LLC**

Quality Backed by Experience

**Visit Our "NEW" SHOWROOM**  
**Full Selection of Walking Aides**



**OVER 100 UNITS IN STOCK**

*Come See Our NEW Electric Bike Store*

**3315 Hwy 93, Eau Claire, WI**

*(Corner of Hamilton Ave & Hwy 93)*



## **Wheelchairs**

- Transport Wheelchair
- Manual Wheelchair
- Wheelchair Accessories



## **Bathroom Safety**

- Transfer Benches
- Shower Chairs
- Commodes
- Raised Toilet Seats

## **Power Scooters • Stair Lifts**

**Power Wheelchairs**

**Lift Recliners • Elevators**

**Vertical Lifts • Ramps**

**Electric Bikes**

**Conversion Vans (New & Used)**



## **Walking Aids**

- Rollators
- Walkers
- Canes
- Crutches

**We Service & Repair Your Equipment**

**FREE In-Home Assessment**

*Call to Schedule and Appointment!*



**LA CROSSE 608-519-9292**

**715-598-8433**



**www.AllStarMobilityLLC.com | www.AllStarElevatorLLC.com**



***SERVICE with  
PASSION***

## DISCOVER THE DIFFERENCE

Providing assisted living and memory care services in a thoughtfully designed community setting.

Experience the difference of a non-corporate, unconventional care provider like Comforts of Home.

More cost effective than our competitors, with no hidden fees—just reliable, affordable care you can plan around.



### GREAT LOCATIONS

Menomonie Chippewa Falls  
Hudson River Falls  
Baldwin St. Croix Falls

[www.COHSeniorLiving.com](http://www.COHSeniorLiving.com)



# Empowering Seniors to Prevent Healthcare Fraud



*Protect*  
your personal information

*Detect*  
suspected fraud, abuse,  
and errors

*Report*  
suspicious claims or  
activities

**Contact Senior Medicare Patrol | [www.smpwi.org](http://www.smpwi.org)**

**888-818-2611**



WisconsinSeniorMedicarePatrol

Call us with questions about  
billing errors, scams, and  
medical identity theft



# SMP

Senior Medicare Patrol

**Preventing Medicare Fraud**

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



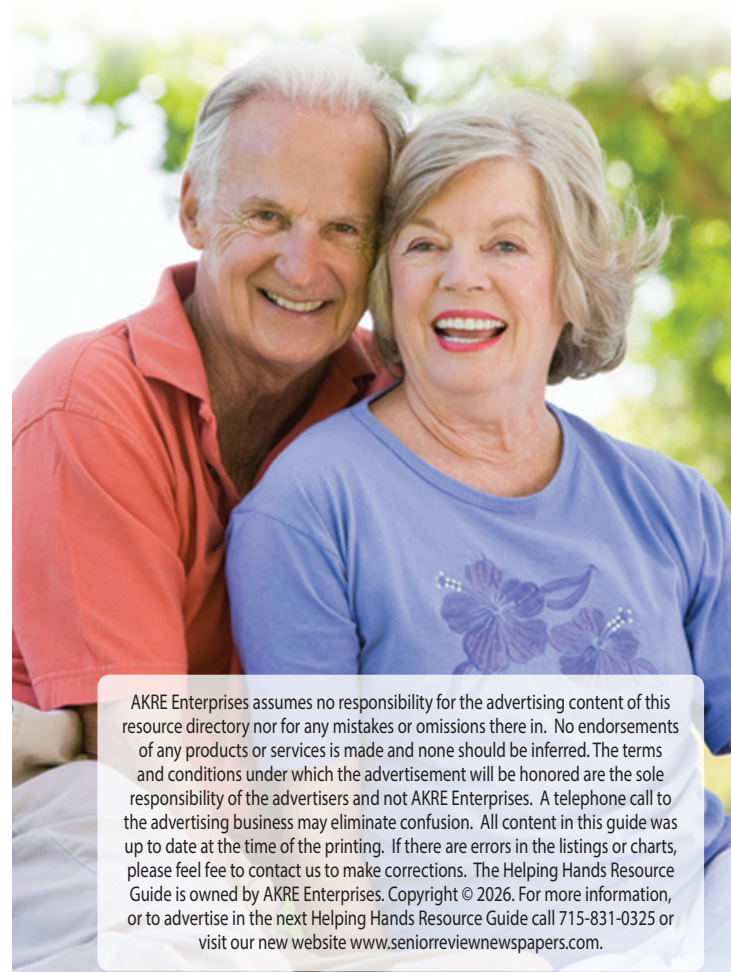


# Contents

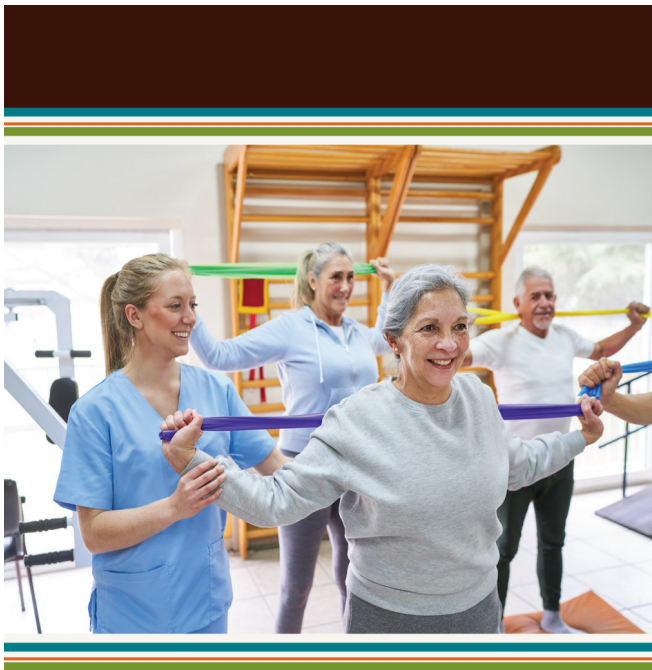
Questions:  
seniorreviewnewspapers@gmail.com  
**715-831-0325**

## Charts

- 6-7**    **Independent Living**
- 9**      **Home Care & Hospice**
- 10**    **Assisted Living**
- 11**    **Skilled Nursing and  
Rehabilitation**
- 12**    **Food and Nutrition**



AKRE Enterprises assumes no responsibility for the advertising content of this resource directory nor for any mistakes or omissions there in. No endorsements of any products or services is made and none should be inferred. The terms and conditions under which the advertisement will be honored are the sole responsibility of the advertisers and not AKRE Enterprises. A telephone call to the advertising business may eliminate confusion. All content in this guide was up to date at the time of the printing. If there are errors in the listings or charts, please feel free to contact us to make corrections. The Helping Hands Resource Guide is owned by AKRE Enterprises. Copyright © 2026. For more information, or to advertise in the next Helping Hands Resource Guide call 715-831-0325 or visit our new website [www.seniorreviewnewspapers.com](http://www.seniorreviewnewspapers.com).



## care&rehab

*Rehab, Skilled Nursing, Memory Care  
Assisted & Independent Living*

# Love that Care

### Ask for Care & Rehab

660 E. Birch Ave, Barron, WI  
(715) 537-5643

1100 Seventh Avenue, Cumberland, WI 54829  
(715) 822-7050

1001 East 11th Street North, Ladysmith, WI 54848  
(715) 532-5546



[careandrehab.com](http://careandrehab.com)

# Independent Living

## Facilities:

	County	Subsidized	Public or Private Transportation	Pets Allowed	Beauty/ Barber Shop	Dining	Elevator to All Floors	Storage	Entertainment	Parking/Garage	Religious Services	Laundry
<b>Barron County Housing Authority</b> 715-537-5344	Barron	Yes	Public	Yes	No	No	No	Yes	No	Yes	No	Yes
<b>Housing Authority of Menomonie</b> 715-235-0656	Dunn	Yes	Public	Yes	Yes	No	Yes	No	No	Yes	No	Yes
<b>The Oaks Senior Living</b> 715-235-7793	Dunn	4 Apts.	If Contacted	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
<b>The Lakewood Apts. Cumberland</b> 715-822-2741	Barron	Yes	Private	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>University Village Menomonie Apartments</b> 715-834-3411	Dunn	Yes	Public	No	No	No	No	Yes	No	Yes	No	Yes

## \* Other facilities in the Dunn/Rusk/Barron County Areas

**Dancing Oaks** Menomonie  
715-233-0406

**Tantara Apartments**  
Menomonie  
715-235-4718

**Barron County Housing Authority**  
715-537-5344

**Brentwood Senior Communities**  
Rice Lake: 715-736-7400

**Boyceville Manor**  
715-235-4718

**Bruce Housing Authority Parksites Apartments, Bruce**  
715-868-4731

**Catholic Charities Bureau Housing Mgmt - Evergreen Apartments**  
Chetek: 715-394-2012

**Cedar Grove Apartments**  
Menomonie  
715-232-9940

**Chetek Housing Authority - Lone Oak Apartments**  
Chetek  
715-924-3300

**City of Barron, Housing Authority - Park Lawn Apartments**  
715-537-5533

**Colfax Housing**  
715-235-4718

**Colfax Prairie Homes**  
715-962-3238

**Cumberland Housing Authority**  
715-822-2005

**Evergreen Manor**  
Colfax  
715-778-5938

**Galloway Homes**  
Menomonie  
715-235-9041

**Gaylord Nelson Apartments**  
Menomonie  
715-419-2238

**Greenwood Manor**  
Ladysmith  
715-532-7543

**Hillcrest Apartments**  
Wheeler  
715-688-2272

**Hosford-Rich Apartments**  
Menomonie  
715-235-0656

**Jospeph J Vinopal Villa**  
Almena  
715-651-2053

**Kathy Richards Management**  
Menomonie  
1-906-932-5500

**Ladysmith Housing Authority, Ruskhaven Apartments**  
715-532-7076

**Memorial Heights Apartments**  
Menomonie  
715-235-0656

**Menomonie Country Apartments**  
715-664-8751

**Morningside Apartments**  
Sand Creek  
715-688-2272

**Neil Rasmussen Manor**  
Glen Flora  
715-418-4100



**Pine Ridge Apartments**  
Ridgeland  
715-688-2272

**Pinedale Apartments**  
Menomonie  
715-235-7376

**Rice Lake Housing Authority**  
715-234-3721

**Ridgeland Housing**  
715-235-4511

**Riverview Apartments**  
Downsville  
715-688-2272

**Sunnyside Apartments**  
Knapp  
715-308-3158

**Sunrise Meadow II**  
Barron  
800-606-9227 x 336

**The Lakewood Apartments**  
Cumberland  
715-822-2741

**Tiffany Apartments**  
Boyceville  
715-688-2272

**Turtle Lake Non-profit Housing -Lakeland Manor**  
715-986-2546

**University Village**  
Menomonie  
715-834-3411

**Valley View Apartments**  
Knapp  
715-688-2272

**Warren Knowles Manor**  
Menomonie  
715-419-2238

**West Cap**  
715-235-4511

**William Bechtel Villa**  
Ladysmith  
715-418-4100

**Woodland Village Apartments**  
Rice Lake  
715-234-1590

**Woodstone Senior Living Community**  
Rice Lake  
715-736-6060

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 2026.

## 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



## Dove Healthcare

### Assisted Living & Memory Care

a comfortable step between home and skilled nursing

### Tracheostomy & Ventilator Care

by staff trained in respiratory care

### Physical Therapy

after surgery, injury, or illness

### Skilled Nursing Care

directed by your physician

### Long-Term Care

when 24 hour care is needed



715-726-3852 • [dovehealthcare.com](http://dovehealthcare.com)



# VOLUNTEERS NEEDED!

Volunteering is fun, can make you feel good, and provides a way to touch people in a very real personal way. You can volunteer as little or as much time as you would like.

## Volunteer Opportunities:

**Transportation Program:** Volunteers provide rides to Dunn County residents that need rides to medical appointments.



For more information on becoming a Volunteer Driver, or for other volunteer opportunities with the ADRC, call: (715) 232-4006 or email [adrc@co.dunn.wi.us](mailto:adrc@co.dunn.wi.us)  
[www.co.dunn.wi.us/adrc](http://www.co.dunn.wi.us/adrc)

**Mileage Reimbursement Opportunities Available!**

- Colonial style home -built in 1991
- Offering 4 spacious resident rooms, with each room featuring 249 square feet of living space and a private bath.
- Focus is individualized assisted living for adults who can benefit from personal care, health monitoring, and supportive services to improve, stabilize, or maintain their physical health, mental health and well-being.

**APPLE VALLEY HOME**  
6700 Highway 53 | Eau Claire  
**(715) 835-5141**

*There's no better home for your loved one than Apple Valley*

**Feels like home.**

- Located behind HSHS Sacred Heart Hospital
- Heat, water, sewer & garbage included
- Storage in apartment & basement
- Beauty salon, library and recreation room
- Tenant garages available

**St. Francis Apartments**

851 University Drive,  
Eau Claire, WI

*Independent Senior Living for Seniors 62+*

To schedule a tour, please call  
715.834.1338 or 715.838.2000 | Email: [admin@cwree.com](mailto:admin@cwree.com)



# Home Care & Hospice

**Adoray Home Health & Hospice**  
715-629-1888

**Advanced Living Care**  
715-505-2812

**Asian Home Health**  
715-254-0893

**Aveanna Home Health**  
715-598-5600

**Care & Rehab- Barron**  
715-537-5643

**Care & Rehab-Cumberland**  
715-822-7050

**Care & Rehab-Ladysmith**  
715-532-5546

**Center for Independent Living**  
715-736-1800

**Chores & Care -ADRC**  
715-537-6225

**Comfort Keepers**  
715-381-6730

**Fancy Feet Foot Care**  
715-234-7224

**Flambeau Home Health & Hospice**  
715-339-4371

**Gentiva Health Services - Heartland Hospice**  
888-436-8482

**Hands On In-Home Care**  
715-949-1313

**Help At Home, LLC**  
920-210-5292

**House Calls Personal Touch Respite Program**  
715-232-6475

**Hearts of Gold, Inc.**  
715-468-2931

**Home Sweet Home**  
715-296-5586

**Hope Hospice and Palliative Care**  
715-532-0173

**Indianhead Community Action Agency**  
715-532-4222

**Indianhead Medical Center Home Health (Shell Lake Hospital)**  
715-468-7833

**Interim Healthcare**  
715-832-1313

**International Quality Homecare Corporation**  
877-854-1411  
**Lakeview Medical Center Home Care & Hospice**  
715-236-6256

**Mayo Clinic Health System Home Health & Hospice**  
715-537-3186, Barron

**Moore Genuine Care**  
715-286-2734

**Nicolett Staffing Supportive Home Care**  
715-532-9202

**Peaceful Living**  
715-386-7071

**Safe at Home Senior Care**  
715-598-7233

**Seniors Helping Seniors**  
715-514-4511

**Spring Valley Home Health**  
715-778-5045

**St. Croix Hospice**  
715-318-0916

**Stepping Stones**  
715-235-2920

**Sunshine Care Inc**  
715-514-5566

**Supportive Home Services**  
715-762-3200

**Tong Xeng Home Care**  
715-514-4406

**Touching Hearts at Home**  
715-245-1944

**Visiting Angels**  
715-598-1750



**The Neighbors of Dunn County**  
Generations of caring since 1892

**Skilled Nursing Home Facilities**

Spacious private rooms | Skilled rehabilitation therapies  
Daily activities, events, and live entertainment  
Barber / Beautician  
Church / Worship services  
And so much more!

2901 Forbes Ave, Menomonie  
**715-232-2661**  
[www.neighborsdc.org](http://www.neighborsdc.org)



**AFFORDABLE RENTALS!**  
Accepting applications for seniors/disabled persons.  
1 and 2 bedrooms. Income based rent.  
Most utilities included.

Pick up an application at our office:  
1202 10th St. East, Menomonie  
**715.235.0656**

**Housing Authority OF THE City of Menomonie**  
Equal Housing Opportunity



# Assisted Living

## Facilities:

	County	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	Nurse On-Site
<b>Amery Memory Care</b> 715-268-4800	Polk	CBRF	Call	No	60	Assist with	Yes	Yes	Yes	Yes	Contracted	Yes	Yes
<b>Apple Valley Home</b> 715-835-5141	Eau Claire	AFH	Call	No	Yes	Yes	No	No	Upon Request	Yes	Call for Rehab	Yes	No
<b>Autumn Village, Menomonie</b> 715-235-3697	Dunn	RCAC	Call	Yes	Yes	Assist with	No	Yes	Yes	Yes	Yes	Yes	Yes
<b>Cambridge Senior Living</b> 888-651-7220	Barron/ St. Croix	CBRF	Call	No	Yes	Assist with	Yes	Yes	Yes	Yes	Contracted	Yes	Yes
<b>Care &amp; Rehab-Ladysmith</b> 715-532-5546	Rusk	RCAC	Call	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Care Villas of Ladysmith</b> 715-532-5546	Rusk	RCAC	Call	Yes	Yes	Assist with	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Comforts of Home</b> 715-953-2196	Dunn	RCAC	Call	No	Yes with	Assist	No	Yes	Yes	Yes	No	Yes	Yes
<b>Comforts of Home</b> 715-800-8325	Dunn	CBRF	Call	No	Yes with	Assist	Yes	Yes	Yes	Yes	No	Yes	Yes
<b>Dove Healthcare-Barron Assisted Living</b> 715-537-1151	Barron	RCAC	Call	No	34	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
<b>Dove Healthcare-Bloomer Assisted Living</b> 715-568-2716	Chippewa	RCAC	Call	No	24	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
<b>Meadowbrook at Chetek</b> 715-924-4891	Barron	RCAC	Call	No	Yes	No	No	Yes	Yes	No	Yes	No	Yes

## \* Other facilities in the Dunn/Rusk/Barron County Areas

**Brentwood Senior Communities**  
Rice Lake  
715-736-7400

**Cambridge Senior Living**  
Rice Lake  
888-651-7220

**Lake Manor - Ladysmith**  
715-532-6090

**Meadowbrook at Chetek**  
715-924-4891

**Monroe Manor - Barron**  
715-537-5700

**Our House - Rice Lake**  
715-236-7211

**Our House Senior Living**  
Menomonie  
715-232-8181

**Pelican Place Apartments**  
Chetek  
715-924-4357

**Potters Country Home**  
Menomonie  
715-235-6789

**River's Edge**  
Chetek  
715-790-4727

**Triple Springs Country Home**  
Downing  
715-643-7040

**Woodstone Senior Living Community**  
Rice Lake  
715-736-6060



# Skilled Nursing & Rehab

## Facilities:

	County	Private Room	Total Beds	Medicare	Medicaid	Attached to Hospital	Respite Care	Hospice	Respiratory Care	IV Therapy	Therapy Services	Memory Care
<b>American Lutheran Home, Menomonie</b> 715-234-9041	Dunn	Yes	37	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No
<b>Care &amp; Rehab-Barron</b> 715-537-5643	Barron	Yes	50	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
<b>Care &amp; Rehab-Cumberland</b> 715-822-7050	Barron	Yes	50	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
<b>Care &amp; Rehab -Ladysmith</b> 715-532-5546	Rusk	Yes	50	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
<b>Dove Healthcare-Bloomer</b> 715-568-9770	Chippewa	Yes	50	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No
<b>Dove Healthcare-Rice Lake</b> 715-234-2604	Barron	Yes	50	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No
<b>The Neighbors of Dunn County</b> 715-232-2661	Dunn	Yes	137	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
<b>Wisconsin Veterans Home at Chippewa Falls</b> 715-720-6775	Chippewa	Yes	72	Yes	Yes	No	Call	Yes	Yes	Yes	Yes	No

## \* Other facilities in the Dunn/Rusk/Barron County Areas

**Amery Memory Care**  
715-268-4800

**Meadowbrook of Chetek**  
715-924-4891

**Brentwood Memory Care**  
715-736-7402, Rice Lake

**Colfax Health & Rehabilitation Center**  
715-962-3186

**Cornell Health Services**  
715-239-6288

**Glenhaven (Glenwood City)**  
715-265-4555

**Golden Age Manor**  
715-268-7107, Amery

**Heritage of Elmwood Nursing Home**  
715-639-2911

**Heritage Lakeside**  
715-234-9101, Rice Lake

**Knapp Haven Nursing Home**  
715-924-4891, Chetek

**Monroe Manor**  
715-537-5700, Barron

**Our House Memory Care**  
715-736-0347, Rice Lake

**Rusk County Memorial Hospital Swing Bed**  
715-532-5561, Ladysmith

**Spring Valley Health & Rehab**  
715-778-5545

**Woodstone Memory Care**  
715-736-6060, Rice Lake

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 2026.

# Food and Nutrition

## \* Senior Dining

**Colfax Grapevine Senior Center**  
(Mon thru Thurs) 715-962-2550

**Dairyland Café in Ridgeland**  
(Mon thru Fri) 715-949-1985

**Eau Galle Civic Center**  
(Mon & Wed) 715-232-4006

**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

## \* Food Pantries

*And Food Programs and  
Free/Reduced Cost Meals*

### **Boyceville – West CAP Food Access & Resource Center**

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

### **Boyceville Food Harvest Ministry**

\$15 Requested Donation –  
You Eat You Qualify  
3rd Saturday of the Month, 8 am  
1002 Main Street, Boyceville  
For More Information, 715-619-6979

### **Commodity Supplemental Food Program – CSFP**

Supplemental food package through  
West CAP 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/ 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 715-879-5115

### **Elk Mound Farmer's Market**

Elk Mound Village Hall on Hwy 12  
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 / 715-665-2310

### **Knapp Community Projects Food Pantry**

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

### **Little Free Pantry – Our Savior's Lutheran Church**

910 Ninth Street, Menomonie  
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  
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  
715-232-4922

### **Menomonie – Wednesday's Table**

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

### **Menomonie – Thursday's Table**

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

### **Menomonie Farmer's Market**

May through October  
Wilson Street Park, Menomonie  
Wednesdays 10 am-6 pm,  
Saturdays 8 am-1 pm  
715-641-0050

### **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+  
Income guidelines apply,  
call for more information  
1602 Stout Road, Menomonie  
Call for hours: 715-235-2920



## YOUR LOCAL HOMETOWN PHARMACY

### Beyond Prescriptions, We're Your Partner in Health and Wellness.

- ✓ Vaccines & Immunizations
- ✓ Supplements
- ✓ Long Term Care Services
- ✓ Simplified Medication Packaging
- ✓ Medication Synchronization and Reviews
- ✓ Local Delivery

**Give us a call or stop in today!**

**Mondovi Pharmacy** 122 S. Eau Claire St - Mondovi  
**715-926-4938**

**Ed's Pharmacy** 1511 Main St - Bloomer  
**715-568-2190**

**Wally Shong Pharmacy** 153 W Lincoln St - Augusta  
**715-286-2515**

Compassion and understanding in your time of need



Our staff is here to guide and assist you with a high degree of respect and concern during your time of loss. We will provide the most fitting service for your individual needs, at the most affordable cost with the many options that we offer.

Two options to serve you, at one convenient location:

#### **Stokes, Prock & Mundt** FUNERAL CHAPEL

Even the smallest touch can make a big difference in personalizing your funeral services.

715-832-3428  
stokesprockandmundt.com



#### **Cremation Society** of Wisconsin

We have our own on-site crematory and a full staff to assist you with whatever your needs may be.

715-834-6411  
cremationsociety-wi.com

Do you need help paying for burial or cremation expenses for your loved one?

Helpful Hearts Foundation was created to help low-income families who have experienced the death of a loved one, to pay for funeral expenses. For more information visit [www.helpfulheartswi.org](http://www.helpfulheartswi.org).



**Helpful Hearts**  
Foundation



**535 South Hillcrest Pkwy**  
**Altoona, WI**

We also service the entire state of WI.



## MEADOWBROOK

— SENIOR LIVING AT CHETEK —

**Where Quality & Comfort come standard**

### Amenities Available:

- One or Two Bedroom Suites
- Onsite Parking
- Access to Exercise & Dining Rooms
- Washer/Dryer
- Full Kitchen w/range & refrigerator
- Internet Services
- Maintenance & Housekeeping Services
- Onsite Dining
- And so much more!!

**Contact us for a Tour Today!**



**715-383-5597**



**708 Tainter Street**  
**Chetek, WI 54728**



Independent Senior Living • Short Term Rehabilitation • Long Term Care • Hospice Care

# Older Americans and Medicare Call Scams

*by the GWAAR SMP Team and resourced by Federal Communications Commission*

Medicare and health insurance scammers frequently target older Americans. Bad actors may spoof the number that appears on your caller ID so that an incoming call seems to be from a government agency or a health provider that you already know and trust so you'll be more likely to answer the call.

If you pick up and the caller asks for personal information, such as your Medicare card number, your Social Security number, or other health insurance identification, it is most likely a scam call. If you get a call like this, hang up immediately!

## Be Aware

- Medicare does not call you uninvited and ask you for personal or private information.
- You will usually get a written statement in the mail before you get a phone call from a government agency.
- Calls requesting health insurance information should not be trusted.

## Medicare.gov urges you to take the following precautions:

- Never give your Medicare card, Medicare number, Social Security card, or Social Security number to anyone except your doctor or people you know should have it (like insurers acting on your behalf or people who work with Medicare, like your State Health Insurance Assistance Program (SHIP).
- Do NOT accept offers of money or gifts for free medical care.
- Do NOT allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.

- Never Join a Medicare health or drug plan over the phone unless YOU called Medicare.
- If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal details, hang up and call 1-800-MEDICARE (1-800-633-4227) or visit [medicare.gov](http://medicare.gov).



## More Tips to Avoid Scams

- Don't answer calls from unknown numbers.
- If you are being pressured for information immediately, hang up!
- Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords or PINS over the phone.
- If a caller says they are from a health insurance provider or a government agency, hang up and call back using a phone number on an account statement or an official website.
- If you think you've been scammed, contact local law enforcement immediately.

## File a Complaint With the FCC

File a consumer complaint about robocall scams with the FCC. The FCC Complaint Center FAQ has more information about how to file a complaint, and what happens after a complaint is filed.



# Amery Memory Care


A happier life for everyone...





*Celebrating 12 Years  
of Exceptional Care*

## NOW HIRING!



 **715-268-4800**

  @MemoryCarePartners



**Virtual tour available at:**  
**AmeryMemoryCare.com**

## We can help!



**Start the New Year off *right*.**  
**Talk to someone about your gambling.**  
**Get Help!**

**Wisconsin Council on Problem Gambling**  
**800-426-2535**



For more than 70 years, American Lutheran Communities has been a trusted friend and good neighbor, providing quality care in western Wisconsin communities.

## Our Communities:

### Skilled Nursing

**American Lutheran  
Communities Menomonie**  
915 East Elm Avenue  
Menomonie, WI 54751  
(715) 235-9041

**American Lutheran  
Communities Mondovi**  
200 Memorial Drive  
Mondovi, WI 54755  
(715) 926-4962

### Assisted Living

**Autumn Village**  
915 Elm Avenue East  
Menomonie, WI 54751  
(715) 235-3697

**Hillview**  
210 Memorial Drive  
Mondovi, WI 54755  
(715) 926-4962

### Senior Living Community

**The Oaks**  
1320 12th Ave E  
Menomonie, WI 54741  
(715) 235-7793



*Quality Care.  
Christian Atmosphere.*

 Call any of our locations for your personal tour!  
 [www.americanlutheranhomes.com](http://www.americanlutheranhomes.com)

## Affordable One-Bedroom Apartments

For Elderly (62+) and Disabled Households

- Located Near Downtown • Off-Street Parking
  - Includes Window Coverings & Appliances
  - Laundry Facilities On-Site • Pets Welcome • Smoke-Free
- Income restrictions apply*

Locations in Barron, Almena, Turtle Lake,  
Prairie Farm, Dallas and Haugen

**Barron County Housing Authority • 715-537-5344**



Please apply online at:  
[www.barroncountyha.com](http://www.barroncountyha.com)



**CORNELL**  
HEALTH SERVICES

*The right choice*

- Flexible visitation for loved ones
- Physical, occupational & speech therapy 7 days a week
- Concierge services

Our residents have the opportunity to be a partner in the care they receive, to develop trusting relationships with our caregivers, and to reach their highest level of independence.

We are passionate about making our center **The Right Choice** for you or your loved one.

**320 N 7th Street, Cornell | 715-239-6288 | [cornellhs.com](http://cornellhs.com)**



## UNIVERSITY VILLAGE APARTMENTS

2110 Fifth Street  
Menomonie, WI

One and two bedroom  
Hud Section 8 rental assisted  
apartments

All utilities included  
except telephone and cable TV

Rent is 30% of income



**715.834.3411**

## GOVERNMENT SUBSIDIZED HOUSING

across Dunn County. Taking applications for our waiting list.

**Gaylord Nelson Manor • 715-419-2238**

603 E 21st Avenue, Menomonie  
*Physically disabled housing*

**Warren Knowles Manor • 715-419-2238**

507 Cedar Court, Menomonie  
*Physically disabled housing*

**Joseph J Vinopal Villa • 715-418-4100**

105 Ashland Avenue W, Almena  
*Senior housing*

**Neil Rasmussen Manor • 715-661-1394**

N5762 Cedar Street, Glen Flora  
*Physically disabled and senior housing*

**William Bechtel Villa • 715-418-4100**

1200 W Baker Avenue, Ladysmith  
*Senior housing*

**ImpactSeven.org**

### LEAVE YOUR MAINTENANCE WORRIES BEHIND

Most properties are pet-friendly and include community rooms, on-site laundry and off-street parking. Residents are responsible for 30% of adjusted income



"This institution is an equal opportunity provider and employer."



# It's About Living Well — Right to the End

*By Stokes, Prock & Mundt Funeral Chapel*

**W**e spend our lives planning for the things that matter — vacations, weddings, retirement, even what's for dinner next week. But one plan many of us avoid is one of the most meaningful of all: planning for how we want to be remembered. Funeral preplanning isn't about death; it's about living well, right up to the very end. It's a chance to ensure that your final chapter reflects the life you've lived — and to give your loved ones the priceless gift of peace of mind.

Many people don't realize how much emotional weight is tied up in "what if" thoughts about the future. Questions like "What will happen when I'm gone?" or "Will my family know what to do?" can quietly sit in the back of your mind for years. By taking the time to preplan your funeral, you clear away that mental clutter. Instead of uncertainty, there's calm. Instead of leaving decisions to others, you've put your wishes into place — and that frees you to enjoy today more fully.

Preplanning is about more than choosing a casket or a service date. It's about telling your story the way you want it told. Maybe you want a traditional service with hymns and prayers, or perhaps you imagine something more personal — a celebration with laughter, favorite music, and photo displays. You can choose readings that reflect your values, request a memorial slideshow of family moments, or even plan a gathering in a special location, like the garden you loved or the lake where you spent summers.

When you make those choices yourself, you shape a farewell that's as unique as the life you lived. It's your story — and you get to write the ending.

One of the most profound benefits of preplanning is the gift it gives to those you love. In the days following a loss, families face dozens of decisions, often under emotional strain and time pressure. Without guidance, they may struggle with questions: Would Mom have wanted a burial or cremation? Did Dad prefer a small service or something larger?

By answering those questions in advance, you lift a tremendous burden from their shoulders. They can focus on what truly matters — comforting one

another and celebrating your life — rather than worrying whether they're "getting it right." Many families describe a deep sense of relief when they know they're carrying out their loved one's wishes exactly as intended.

There's also a practical side to preplanning: it allows you to make financial decisions thoughtfully and ahead of time. Funeral costs can add unexpected stress for families, but preplanning gives you options — from setting aside funds to prepaying for services at today's prices. It's one more way to ensure your affairs are in order and your loved ones are protected.

Perhaps the most surprising thing about preplanning is how life-affirming it can be. Many people say they feel lighter, more at peace, and even more focused on enjoying life once their plans are in place. It often sparks meaningful conversations with children and grandchildren, giving you the chance to share memories, values, and wishes openly.

And with that important task checked off your list, you're free to focus on what truly matters: savoring the time you have, making new memories, and embracing each day without the shadow of uncertainty.

Preplanning isn't about preparing for death — it's about making the most of life. It's an act of love, a celebration of individuality, and a final gift of clarity and comfort to those you cherish most. By planning ahead, you ensure that your story ends the way it deserves to: with grace, purpose, and the same thoughtfulness that guided the rest of your life.

After all, living well doesn't stop at the end — it simply takes a different kind of planning.





# The Absolute Gift of Hospice

by Kristi Gay, freelance writer

Before I became personally involved with Hospice and didn't know much about it, I only shuddered with dismay when I heard someone "is on Hospice" knowing it meant death was around the corner. Death and talk of death was scary and something I completely avoided.

However, that was before I BECAME OBSESSED with the angels that are part of Hospice, where now I light up like Clark Griswold's Christmas-lit-house when I hear someone GETS Hospice care. As my dad used to say, "the only certainty in this life is death" which seemed pessimistic before, but it really is true, death is just part of life. However, the road to death can be made so beautiful, peaceful, and filled with love thanks to two things: Hospice and Faith. My dad's final month was all of these things, and I've even described it as magical, which seems impossible given the circumstances.

I'll do a quick runthrough of all the things Hospice can offer that delighted us as my dad was a joyful participant of Hospice care for a month in January 2020: home visits from the nurse that included a fix for every new symptom plus giving us reassurance



that everything is normal and what to expect next (this is huge!). Someone came to give him massages, someone came to sing, someone came to pray, someone came to counsel both from a faith standpoint, and someone else from a therapist standpoint. Two other options that my elderly friend took advantage of

when she was in Hospice was virtual reality where someone comes and straps on a VR headset and can choose a location that you want to explore that you hadn't had time to visit: ancient Egypt, the Grand Canyon, the Redwood Forest, or many other locations. You can have a weekly visitor, which I became as a Hospice volunteer after finding out how awesome it is, to just visit without any special talents like these listed, but just as a friend to talk about whatever the patient wants to talk about. And finally, the thing that was really great for the family is that Hospice stays around and gives support for a YEAR after your loved one passes, offering grief counseling or check-ins. This brings a lot of comfort to the patient who is worrying about who they're leaving behind but also to the family who is in full-on caregiver mode and then feels lost and aimless when the person is gone.

When someone is given a terminal diagnosis, just like every struggle in life, there are two options: fight it or embrace the best parts of it. Hospice allows the exit from this life to be full of grace. The Hospice nurses are there for not only the patient but the family or caregivers, to help all of us and guide us. No one wants to be an expert at death, but because it is a certainty, why not take all the help, comfort, and peace that these experts have to offer! Hospice is no longer something I fear, it's the biggest benefit one can get when they are faced with the end of life on this earth.



*Guiding you through the  
aspects of the funeral  
service with compassion,  
dignity and respect.*



1017 East Railroad Avenue | Colfax  
715-962-3525 | sampsonfuneralhome.com

*\* Proudly Serving Our Community \**

# SENIOR SAFETY TIPS

Staying healthy also means staying safe. Here are some of the top accident risks seniors face, and tips on how to prevent them.



## MEDICATIONS



### THE RISKS

26% of seniors make potentially serious mistakes when taking medications.

### HOW TO STAY SAFE

- Be sure your doctor knows ALL medications you are taking.
- Check the expiration date of your medicines.
- Keep a Vial of Life kit in your home.

## SLIPS & FALLS

### THE RISKS

32% of seniors experience one or more falls per year and 57% of seniors who have fallen will fall again within the next 12 months.

### HOW TO STAY SAFE

- Exercise regularly. Focus on leg strength and balance
- Ensure that steps and railings in your home are firmly fixed.
- Wear a medical alert button to get help quickly if you fall.



## FIRES

### THE RISKS

For seniors age 65+, the risk of dying in a fire is twice the national average. For seniors age 75+, the risk is 3 times greater.

### HOW TO STAY SAFE

- Never smoke in bed
- Keep space heaters away from flammable material.
- Keep a working smoke, fire and CO2 monitors throughout your house.



SOURCE: BayAlarmMedical.com



**WE TAILOR OUR PHARMACY SERVICES  
TO MEET YOUR NEEDS**

- 24/7 on-call coverage including holidays
- Complimentary, dependable deliveries
- Variety of medication packaging options
- Monthly MARs
- EMAR compatibility
- On-site flu shots at your facility
- Chart reviews and general consult available
- State approved training available for staff



LTC Rx is locally owned and operated.

**13 E. SPRUCE STREET - CHIPPEWA FALLS  
715.861.4422**

## CHIPPEWA VALLEY EYE CLINIC



**The Best Care in SIGHT**

- ✓ Ophthalmology
- ✓ Optometry
- ✓ Optical

**CVECLINIC.COM**

**EAU CLAIRE**

715.834.8471

**MENOMONIE**

715.235.8335

**RICE LAKE**

715.234.8444

Outreach Locations in Black River Falls, Cumberland, Durand



Our Special Needs Trusts help preserve the assets of people with disabilities without endangering their eligibility for public benefits. For information on setting up a Wispect Trust use our Contact Us Form at [wispect.org/contact-us/](http://wispect.org/contact-us/)



**LIVING BEYOND LIMITATIONS**



Madison, WI  
(608) 268-6006  
[wispect.org](http://wispect.org)

Put more life into your *Lifestyle!*

Vist us to learn more about

**THE HERITAGE DIFFERENCE**



### Featuring:

- Impressive staff longevity
- 2 full time nurses
- Locally owned and operated
- A true sense of community
- Heritage exclusive events
- Nurse Practitioner onsite visits
- Physical, Occupational, and Speech therapy onsite
- Advanced Technology in Memory Care
  - Smart toilet
  - Radar fall detection



*Contact for a tour!*

**HERITAGE**  
AT OAKWOOD HILLS

715-831-9118  
3706 Damon St., Eau Claire, WI 54701  
[heritagesenior.com/oakwood-hills](http://heritagesenior.com/oakwood-hills)

**HERITAGE**  
COURT

715-831-8200  
3515 E. Hamilton Ave., Eau Claire, WI 54701  
[heritagesenior.com/heritage-court-eau-claire](http://heritagesenior.com/heritage-court-eau-claire)



# The First Five Steps to Take After an Alzheimer's Diagnosis

By Becky Streeter

**Y**ou or your loved one has just been diagnosed with Alzheimer's disease. Within seconds, hundreds of items pop up on your to-do list. Your emotions take a ride on a wicked roller coaster that plunges deep into a state of overwhelm. What do you next?

- 1. Take a moment to stop and breathe.** Yes, there are many things to do, and this diagnosis is also a lot to process. Don't make any decisions for a few days, or even a week. In many cases, this amount of time won't make much of a difference for physical decline, but it can really help emotional acceptance of what's to come.
- 2. Call the Alzheimer's Association or visit their website.** Care coordinators through the toll-free hotline (1-800-272-3900) can provide assistance ranging from safety tips, information about the progression of Alzheimer's, names for attorneys and neurologists in your area, and recommendations for next steps in your personal journey. The website (<https://www.alz.org/help-support>) is also a wealth of information on the most current research, medical definitions, contact information for professionals on the topic, and support options.
- 3. Be open about your diagnosis and tell your loved ones.** It can be hard to tell your friends and family, but you're going to need them in your corner. This diagnosis doesn't affect just you, but those who will come alongside you as well. It is important to be clear about your desires for care and living arrangements. Beware of those who deny or question your diagnosis or outlook. Surround yourself with those who will be accepting and supportive.
- 4. Create a personal care team.** Though the list may grow and change over time, this group

could include trusted family members, healthcare providers, legal and financial professionals, and therapists. It's also a good idea to try to get everyone together in person, via an online video conference, or via phone in order to establish each person's role and make sure everyone is on the same page for your current and future needs.

- 5. Contact a lawyer.** The Alzheimer's Association can provide referrals for many legal service professionals. Certified Elder Law Attorneys are one of the best options as they specialize in a wide range of subjects particularly affecting seniors. A lawyer can help you get your financial affairs in order and appoint a power of attorney. If you are still working, specifically ask about the appropriate time to tell your manager so as to incur as few negative consequences in the workplace, whether or not intentional, as possible. Also talk about collecting Social Security benefits. Even with a dementia diagnosis, collection of benefits can be an arduous and lengthy process. You might be dreading making these decisions, but it is better to accomplish them sooner with the ability and faculties you have at present.



*Source: Stillman, Sheryl. "Alone with Alzheimer's." Next Avenue. 16 Sept 2022. [www.nextavenue.org/alone-with-alzheimers](http://www.nextavenue.org/alone-with-alzheimers).*

## WI Veterans Home at Chippewa Falls

**Private Rooms  
Fun & Engaging Activities  
Tasty Culinary Experience  
Therapy Services**

**Compassionate  
& Professional  
Skilled  
Nursing Care**

**WISCONSIN  
VETERANS HOMES  
at CHIPPEWA FALLS**

**Call 715-720-6775 to set up a tour of  
our community!**

**2175 E Park Ave • Chippewa Falls • WisVets.com**



- Experienced Caregivers
- Insured and Bonded
- 24/7 Manager On-Call

**Cornerstone**  
CAREGIVING  
ASSISTED LIVING AT HOME

Welcome to Cornerstone Caregiving. We are a senior in-home care service that allows your loved ones to stay where they feel most comfortable: home. We are experienced senior care professionals who are willing and ready to be with your loved ones whenever they need help, for as long as they need help.

**What We Can Offer:**

- COMPANIONSHIP
- LIGHT HOUSEKEEPING
- ERRANDS
- TRANSPORTATION
- MEAL PREPARATION
- MEDICATION REMINDERS
- EXERCISE
- WALKING
- GROOMING
- DRESSING
- PERSONAL CARE
- INCONTINENCE CARE
- BATHING
- REPOSITIONING
- PLANT CARE
- PET ASSISTANCE
- CONTACT US FOR A FREE ASSESSMENT

**WE ACCEPT  
LONG-TERM CARE  
INSURANCE,  
VA BENEFITS &  
PRIVATE PAY.**







**Call Today!**  
534-444-9021  
a.balow@cornerstonecaregiving.com  
www.cornerstonecaregiving.com/eaucclair  
2153 Eastridge Center, Eau Claire, WI 54701



# 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](http://www.comfortkeepers.com/office-326/family-education-center/starting-the-conversation)  
[www.helpguide.org/elder/senior\\_services\\_living\\_home.htm](http://www.helpguide.org/elder/senior_services_living_home.htm)  
[www.caregiverstress.com/family-communication/40-70/communication-tips](http://www.caregiverstress.com/family-communication/40-70/communication-tips)





## ❖ *Dementia with Dignity* ❖

**The Dementia Care Specialist Program (DCS) helps people living with Alzheimer's disease and related dementias and their care partners, learn about services and programs, live with dignity and security, and achieve maximum independence and quality of life. Dementia Care Specialist can also provide evidenced-based information on strategies you can implement to protect your brain as you age.**

Dementia Care Specialists (DCS) are employed by Aging & Disability Resource Centers in select counties. Here's how to connect with your local DCS:

### ADRC of Eau Claire County

[www.eauclairedrc.org](http://www.eauclairedrc.org)

 [facebook.com/ECC.ADRRC](https://facebook.com/ECC.ADRRC)

 [@ADRCeau Claire](https://instagram.com/ADRCeau Claire)


 [Eau Claire County ADRC](https://youtube.com/Eau Claire County ADRC)

### ADRC of Chippewa & Dunn County

[www.co.chippewa.wi.us/adrc](http://www.co.chippewa.wi.us/adrc)

[www.co.dunn.wi.us/adrc](http://www.co.dunn.wi.us/adrc)

 [facebook.com/ADRCChippewaCo](https://facebook.com/ADRCChippewaCo)

 [facebook.com/groups/dementiacarechippewaco](https://facebook.com/groups/dementiacarechippewaco)

EC: 715-839-4735 ❖ CF: 715-726-7777 ❖ Dunn: 715-232-4006





**LIMITED  
OPENINGS!**

# SKILLED ASSISTED LIVING

- RICE LAKE, WI -



No matter what stage of life you're in, Cambridge Senior Living has the flexibility to fit your lifestyle! Age in place with us & enjoy these fantastic amenities & more:

- Studio-style floor plans all with Private Bathrooms
  - Kitchenette options
  - Companion suite options
- Fun & exciting activity calendar offering:
  - Weekly live music
  - Weekly exercise programs
- In-house theater
- On-site salon & spa
- Beautiful views
- Secured courtyard
- Laundry & housekeeping
- 24/7 on-site staff
- Full-time Registered Nurse on-site
- Chef-prepared meals
- Availability for in-house:
  - Primary care visits
  - Podiatry services
  - OT/PT/ST/RN visits
  - Lab service



**CALL TO SCHEDULE A TOUR!**  
**888.651.7220**



**CAMBRIDGE  
SENIOR LIVING**

[www.cambridge.care](http://www.cambridge.care)

FIND US ONLINE

