

# 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

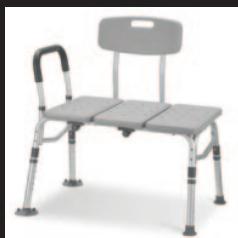
**3315 Hwy 93, Eau Claire, WI**

*(Corner of Hamilton Ave & Hwy 93)*



### Wheelchairs

- Transport Wheelchair
- Manual Wheelchair
- Wheelchair Accessories



### Bathroom Safety

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



### Walking Aids

- Rollators
- Walkers
- Canes
- Crutches

### Power Scooters • Stair Lifts

**Power Wheelchairs**  
**Lift Recliners • Elevators**  
**Vertical Lifts • Ramps**  
**Electric Bikes**

### Conversion Vans (New & Used)

**We Service & Repair Your Equipment**

### **FREE In-Home Assessment**

*Call to Schedule and Appointment!*



LA CROSSE 608-519-9292

[www.AllStarMobilityLLC.com](http://www.AllStarMobilityLLC.com) | [www.AllStarElevatorLLC.com](http://www.AllStarElevatorLLC.com)

**715-598-8433**



# ***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



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).

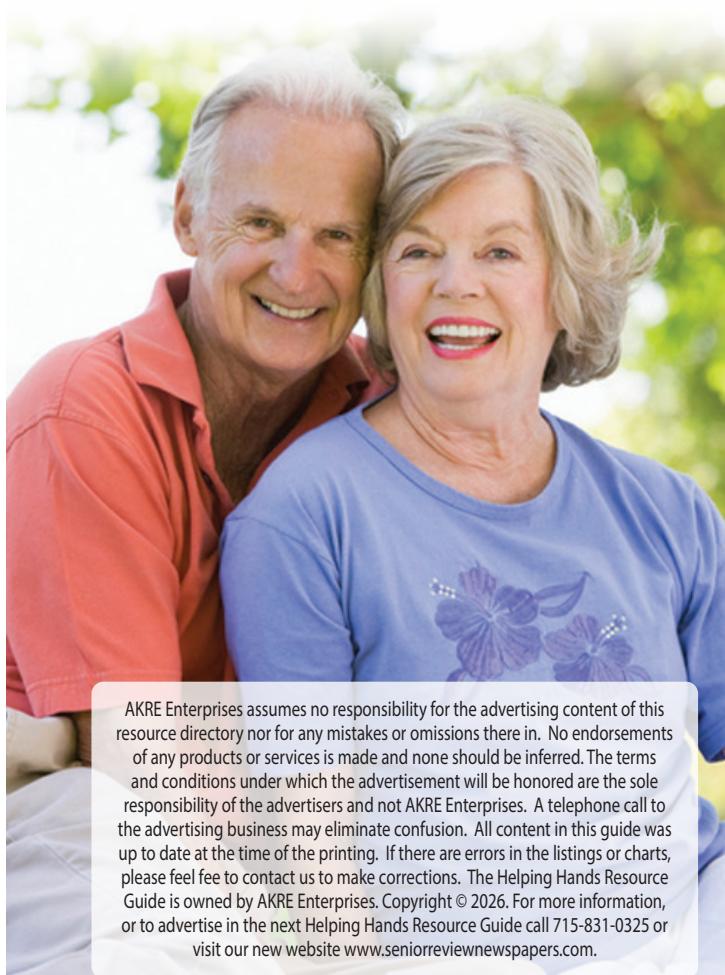
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Questions:  
seniorreviewnewspapers@gmail.com

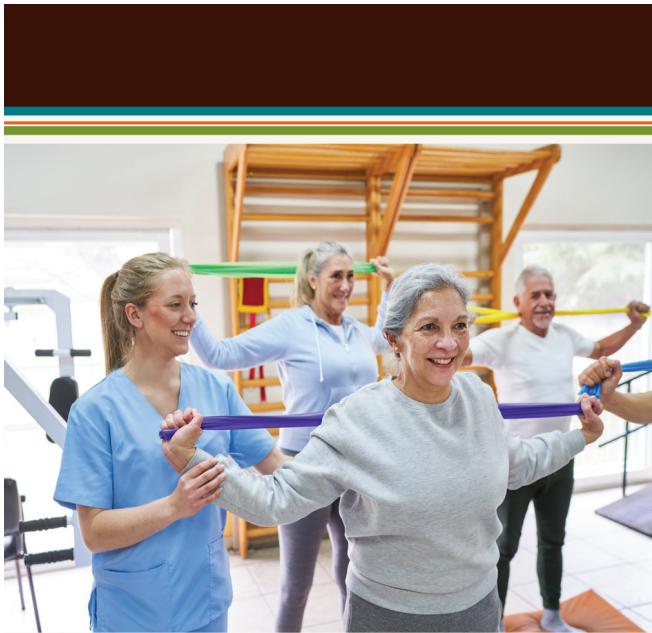
**715-831-0325**

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**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**

# 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

<b>Dancing Oaks</b> Menomonie 715-233-0406	<b>Cedar Grove Apartments</b> Menomonie 715-232-9940	<b>Galloway Homes</b> Menomonie 715-235-9041	<b>Kathy Richards Management</b> Menomonie 1-906-932-5500
<b>Tantara Apartments</b> Menomonie 715-235-4718	<b>Chetek Housing Authority - Lone Oak Apartments</b> Chetek 715-924-3300	<b>Gaylord Nelson Apartments</b> Menomonie 715-419-2238	<b>Ladysmith Housing Authority, Ruskhaven Apartments</b> 715-532-7076
<b>Barron County Housing Authority</b> 715-537-5344	<b>City of Barron, Housing Authority - Park Lawn Apartments</b> 715-537-5533	<b>Greenwood Manor</b> Ladysmith 715-532-7543	<b>Memorial Heights Apartments</b> Menomonie 715-235-0656
<b>Brentwood Senior Communities</b> Rice Lake: 715-736-7400	<b>Colfax Housing</b> 715-235-4718	<b>Hillcrest Apartments</b> Wheeler 715-688-2272	<b>Menomonie Country Apartments</b> 715-664-8751
<b>Boyceville Manor</b> 715-235-4718	<b>Colfax Prairie Homes</b> 715-962-3238	<b>Hosford-Rich Apartments</b> Menomonie 715-235-0656	<b>Morningside Apartments</b> Sand Creek 715-688-2272
<b>Bruce Housing Authority Parksite Apartments</b> , Bruce 715-868-4731	<b>Cumberland Housing Authority</b> 715-822-2005	<b>Jospeh J Vinopal Villa</b> Almena 715-651-2053	<b>Neil Rasmussen Manor</b> Glen Flora 715-418-4100
<b>Catholic Charities Bureau Housing Mgmt - Evergreen Apartments</b> Chetek: 715-394-2012	<b>Evergreen Manor</b> Colfax 715-778-5938		

<b>Pine Ridge Apartments</b> Ridgeland 715-688-2272	<b>Sunnyside Apartments</b> Knapp 715-308-3158	<b>Turtle Lake Non-profit Housing -Lakeland Manor</b> 715-986-2546	<b>West Cap</b> 715-235-4511
<b>Pinedale Apartments</b> Menomonie 715-235-7376	<b>Sunrise Meadow II</b> Barron 800-606-9227 x 336	<b>University Village</b> Menomonie 715-834-3411	<b>William Bechtel Villa</b> Ladysmith 715-418-4100
<b>Rice Lake Housing Authority</b> 715-234-3721	<b>The Lakewood Apartments</b> Cumberland 715-822-2741	<b>Valley View Apartments</b> Knapp 715-688-2272	<b>Woodland Village Apartments</b> Rice Lake 715-234-1590
<b>Ridgeland Housing</b> 715-235-4511	<b>Tiffany Apartments</b> Boyceville 715-688-2272	<b>Warren Knowles Manor</b> Menomonie 715-419-2238	<b>Woodstone Senior Living Community</b> Rice Lake 715-736-6060
<b>Riverview Apartments</b> Downsville 715-688-2272			

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

# 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!

### Apple Valley Home Assisted Living With A Touch of Luxury



- 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	Fancy Feet Foot Care 715-234-7224	Indianhead Medical Center Home Health (Shell Lake Hospital) 715-468-7833	Seniors Helping Seniors 715-514-4511
Advanced Living Care 715-505-2812	Flambeau Home Health & Hospice 715-339-4371	Interim Healthcare 715-832-1313	Spring Valley Home Health 715-778-5045
Asian Home Health 715-254-0893	Gentiva Health Services - Heartland Hospice 888-436-8482	International Quality Homecare Corporation 877-854-1411	St. Croix Hospice 715-318-0916
Aveanna Home Health 715-598-5600	Hands On In-Home Care 715-949-1313	Lakeview Medical Center Home Care & Hospice 715-236-6256	Stepping Stones 715-235-2920
Care & Rehab- Barron 715-537-5643	Help At Home, LLC 920-210-5292	Mayo Clinic Health System Home Health & Hospice 715-537-3186, Barron	Sunshine Care Inc 715-514-5566
Care & Rehab-Cumberland 715-822-7050	House Calls Personal Touch Respite Program 715-232-6475	Moore Genuine Care 715-286-2734	Supportive Home Services 715-762-3200
Care & Rehab-Ladysmith 715-532-5546	Hearts of Gold, Inc. 715-468-2931	Nicolett Staffing Supportive Home Care 715-532-9202	Tong Xeng Home Care 715-514-4406
Center for Independent Living 715-736-1800	Home Sweet Home 715-296-5586	Peaceful Living 715-386-7071	Touching Hearts at Home 715-245-1944
Chores & Care -ADRC 715-537-6225	Hope Hospice and Palliative Care 715-532-0173	Safe at Home Senior Care 715-598-7233	Visiting Angels 715-598-1750
Comfort Keepers 715-381-6730	Indianhead Community Action Agency 715-532-4222		



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

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)

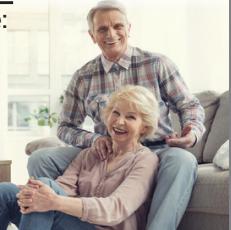


**AFFORDABLE RENTALS!**  
Accepting applications for seniors/disabled persons.  
1 and 2 bedrooms. Income based rent.  
Most utilities included.

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

**715.235.0656**

  
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
Amery Memory Care 715-268-4800	Polk	CBRF	Call	No	60	Assist with	Yes	Yes	Yes	Yes	Contracted	Yes	Yes
Apple Valley Home 715-835-5141	Eau Claire	AFH	Call	No	Yes	Yes	No	No	Upon Request	Yes	Call for Rehab	Yes	No
Autumn Village, Menomonie 715-235-3697	Dunn	RCAC	Call	Yes	Yes	Assist with	No	Yes	Yes	Yes	Yes	Yes	Yes
Cambridge Senior Living 888-651-7220	Barron/ St.Croix	CBRF	Call	No	Yes	Assist with	Yes	Yes	Yes	Yes	Contracted	Yes	Yes
Care & Rehab-Ladysmith 715-532-5546	Rusk	RCAC	Call	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Care Villas of Ladysmith 715-532-5546	Rusk	RCAC	Call	Yes	Yes	Assist with	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Comforts of Home 715-953-2196	Dunn	RCAC	Call	No	Yes with	Assist	No	Yes	Yes	Yes	No	Yes	Yes
Comforts of Home 715-800-8325	Dunn	CBRF	Call	No	Yes with	Assist	Yes	Yes	Yes	Yes	No	Yes	Yes
Dove Healthcare-Barron Assisted Living 715-537-1151	Barron	RCAC	Call	No	34	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Dove Healthcare-Bloomer Assisted Living 715-568-2716	Chippewa	RCAC	Call	No	24	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Meadowbrook at Chetek 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
American Lutheran Home, Menomonie 715-234-9041	Dunn	Yes	37	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No
Care & Rehab-Barron 715-537-5643	Barron	Yes	50	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Care & Rehab-Cumberland 715-822-7050	Barron	Yes	50	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Care & Rehab -Ladysmith 715-532-5546	Rusk	Yes	50	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Dove Healthcare-Bloomer 715-568-9770	Chippewa	Yes	50	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No
Dove Healthcare-Rice Lake 715-234-2604	Barron	Yes	50	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No
The Neighbors of Dunn County 715-232-2661	Dunn	Yes	137	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Wisconsin Veterans Home at Chippewa Falls 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

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# 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

**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

## ⌘ 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

## 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](http://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](http://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).



**535 South Hillcrest Pkwy  
Altoona, WI**

We also service the entire state of WI.

 **Helpful Hearts  
Foundation**

## 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

**M**edicare 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.



## 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.

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

By Stokes, Prock & Mundt Funeral Chapel

We 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

**B**efore 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.

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# 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

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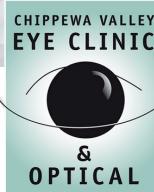
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# The First Five Steps to Take After an Alzheimer's Diagnosis

By Becky Streeter

You 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).*

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# IN-HOME CARE

## STARTING THE CONVERSATION



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

	Not wanting to leave the house		Forgetting to take medication regularly
	Refusing to shower or change clothes		Getting confused when questions are asked
	Losing weight from not eating or cooking meals		Becoming Isolated from friends & family

### TIPS FOR HAVING THE CONVERSATION

#### START EARLY

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

#### BE UNDERSTANDING

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

#### BE HONEST

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

#### BE RESPECTFUL

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

#### ASK FOR HELP

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

Sources:  
[www.comfortkeepers.com/office-326/family-education-center/starting-the-conversation](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

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

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