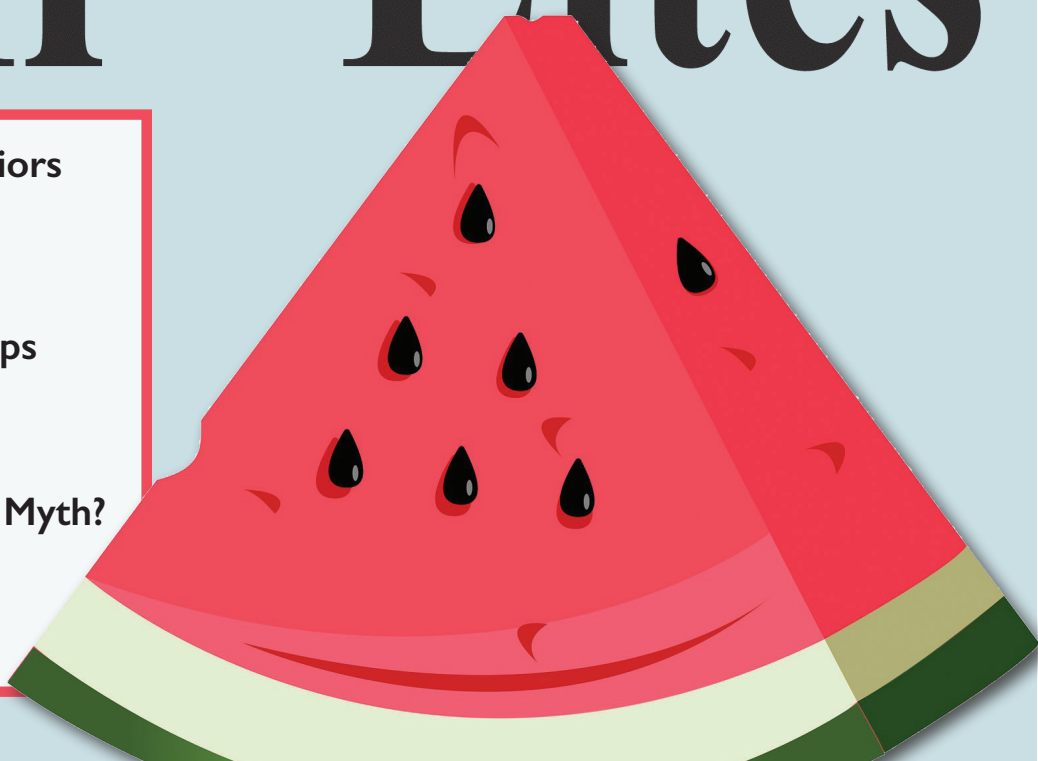




Hi SENIOR Lites

- The Importance of Hydration for Seniors
- Medicaid Copays
- What is Lewy Body Dementia?
- Nourishing Seniors: Healthy Eating Tips for July
- Elders and Dehydration Risk
- Generational Differences: Are They a Myth?
- Comfort Wipe Long Reach Toilet Aid
- The Power of Patience in Caregiving



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

The Importance of Hydration for Seniors



Submitted by Casey Schnacky, ADRC Outreach-Caregiver Coordinator

Staying hydrated is essential for good health at every age, but it becomes even more important as we grow older. Because the sense of thirst often decreases with age, many older adults may not realize they need more fluids.

Proper hydration supports digestion, kidney function, joint health, energy levels, and brain function. It can also help reduce the risk of urinary tract infections, kidney stones, constipation, and confusion.



Tips for Staying Hydrated:

- Drink water regularly throughout the day, even if you don't feel thirsty.
- Keep a water bottle or glass within easy reach.
- Enjoy hydrating foods such as watermelon, oranges, cucumbers, and soups.

- Add lemon, berries, or cucumber slices to water for extra flavor.
- Choose a variety of healthy beverages, including water, milk, and caffeine-free teas.

Watch for Signs of Dehydration:

- Dry mouth
- Fatigue
- Headache
- Dizziness
- Dark yellow urine

Making hydration a daily habit can improve overall health, energy, and quality of life.

Adapted from an article on senior hydration and healthy aging-<https://happytohelpcaregiving.com/blog/essential-hydration-for-seniors-benefits-and-strategies-for-caregivers>

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

LOCAL FREE MEALS & FOOD PANTRY

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. Tuesday, 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.

AFFORDABLE RENTALS!

Accepting applications for seniors/disabled persons.

1 and 2 bedrooms. Income based rent.

Most utilities included.

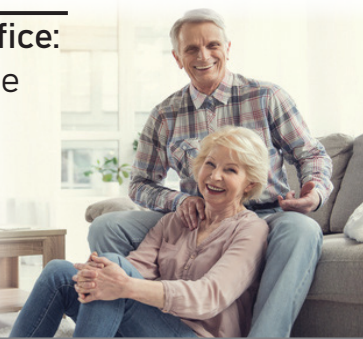
Pick up an application at our office:

1202 10th St. East, Menomonie

715.235.0656



Equal Housing Opportunity



FOOD PANTRY HOURS

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

SATURDAY (Inside Only) 9:00 am to 12:30 pm



Mon/Tues/Sat - **Inside Shopping Only**. No curbside available.
Wed - **Curbside Shopping Only**. No inside shopping available.
Check-in every 14 days to receive meat, dairy, dry goods, bakery, fresh fruits & vegetables (as available).



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

www.SteppingStonesDc.org

POP-UP PANTRY SCHEDULE

EVERY 1ST AND 3RD THURSDAY OF EACH MONTH

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 OF EACH MONTH

DOWNSVILLE 11:30 am - 12:30 pm

New Hope Luthern Church N2698 460th St, Downsville

COLFAX 2:00 pm - 3:00 pm

Viking Bowl and Lounge N108 S Main St, Colfax

EVERY 1ST TUESDAY OF EACH MONTH

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, Mondovi



Households may receive approximately 4 to 5 days' worth of food. Items available include non-perishables, fresh or frozen produce, bread, dairy, and meat.



www.SteppingStonesDc.org

Editor/Publisher: Brigit Olson | **Offices:** Senior Hi-Lites, 1826 Benton Avenue, Eau Claire, WI 54701 | **Advertising:** 715-831-0325 | **Email:** brigit.olson@gmail.com
Aging & Disability Resource Center of Dunn County and Senior Hi-Lites assumes no responsibility for the advertising content or copy of the Senior Hi-Lites, 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 all the advertisers and not the Aging & Disability Resource Center of Dunn County or Senior Hi-Lites Publications. A telephone call to the advertising merchant may eliminate confusion to any exceptions in the advertisements. Senior Hi-Lites is owned by Brigit Olson, ©2026. See www.seniorreviewnewspapers.com

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Roast Beef, Mashed Potatoes-Brown Gravy, Country Blend Vegetables, Dinner Roll, Blueberry Crisp, Milk	2 Bratwurst on a Bun, Tator Tots, Watermelon, M&M Cookie, Milk	3 MEAL SITE CLOSED 
6 Sailsbury Steak, Mashed Potatoes-Brown Gravy, Parslied Cauliflower, Dinner Roll, Mandarin Oranges, Milk	7 Barbeque Glazed Chicken, Baked Beans, Cucumber Salad, Wheat Bread, Melon Medley, Milk	8 Breaded Pork Chop, Oven Roasted Sweet Potatoes, Broccoli, Applesauce, Milk	9 Baked Salmon Steak, Baked Potato- Sour Cream, Carrots with Parsley, Strawberry Shortcake, Milk	10 Italian Meatballs with Sauce, Rotini, Mixed Green Salad, Garlic Bread sticks, Rhubarb Crumble, Milk
13 Roast Beef, Mashed Potatoes- Brown Gravy, Sliced Beets, Raisin Oatmeal Cookie, Milk	14 Baked Ham, Candied Sweet Potatoes, Broccoli, Cherry Crisp, Milk	15 Herb Baked Chicken, Baby Bakers, Winter Squash, Wheat Bread, Blueberries, Milk	16 Hamburger on a Bun- Lettuce, Tomato, Pickle, Baked Beans, red Gelatin with Mandarin Oranges, Milk	17 Breaded Baked Fish, Baked Potato, Sour Cream, Green Beans, Buttered Rye Bread, Strawberries, Milk
20 Roasted Turkey Breast, Boiled Potato- Turkey Gravy, Seasoned Brussel Sprouts, Dinner Roll, Grapes, Milk	21 Orange Chicken, Steamed Rice, Broccoli, Raisin Sour Cream Bar, Tomato Juice, Milk	22 Roast Pork, Mashed Potatoes, Gravy, Seasoned Peas, Wheat Bread, Sweet Cherries, Milk	23 Meat Lasagna, Mixed Green Salad, Garlic Bread Sticks, Cantaloupe, Milk	24 Battered Fish, Pan Fried Potatoes, Carrots with Parsley, Wheat Bread, Strawberry Cheesecake, Milk
27 Chicken Alfredo over Noodles, Carrots with Parsley, Apple, Tomato Juice, Milk	28 Traditional Meatloaf, Baked Potato- Sour Cream, Scalloped Corn, 24 Hour Fruit Salad, Milk	29 Shredded Pork Sandwich- On bun, Baked Beans, Creamy Coleslaw, Watermelon, Milk	30 Hamburger Gravy, Mashed Potatoes, Stewed Tomatoes, Cranberry Orange Muffins, Milk	31 Baked Fish, Cheesy Hashbrowns, Broccoli, Dinner Roll, Pineapple Tidbits, Milk



Find us at
seniorreviewnewspapers.com



**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

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 _____



ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF JULY 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

Happy 4th of July



SUN	MON	TUE	WED	THU	FRI	SAT
28	29 Grief Support Group Menomonie Senior Center 12:00pm	30 	1 Caregiver Coffee Hour Independence State Bank Elk Mound, WI 1:00pm	2 World UFO Day	3 ADRC Closed 	4 4 th of July
5 National Bikini Day 	6 Virtual Dementia Support Group 7:00pm Grief Support Group Menomonie Senior Center 12:00pm	7 Women Connected Support Group ADRC Resource Room 12:00pm	8 COME SEE US AT THE MENOMONIE FARMER'S MARKET! 10AM-4PM National Freezer Pop Day 	9 Relatives Raising Children ADRC Resource Room 9:30am	10 National Kitten Day 	11 Mojito Day
12	13 Dementia Support Group ADRC Resource Room 10:30am Grief Support Group Menomonie Senior Center 12:00pm	14 Creative Caregiver ADRC Resource Room 1:00pm Cow Appreciate Day 	15 Long Distance Caregiver Virtual Support Group 11:00am Caregiver Support Group ADRC Resource Room 2:00pm	16 World Snake Day	17 Medicare & You ADRC Resource Room 2:30pm	18
19 National Ice Cream Day 	20 Grief Support Group Menomonie Senior Center 12:00pm 	21 Lake Superior Day 	22 COME SEE US AT THE MENOMONIE FARMER'S MARKET! 10AM-4PM	23 National Gorgeous Grandma Day 	24	25
26	27 Dementia Support Group ADRC Resource Room 10:30am Grief Support Group Menomonie Senior Center 12:00pm	28 World Nature Conservation Day 	29	30 Share a Hug Day 	31 National Mutt Day 	AUG. 1

HELP END ELDER ABUSE

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

COUNTY HELPLINES

DUNN COUNTY DEPARTMENT OF HUMAN SERVICES & ADRC

Adult Protective Services.....715-232-1116

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 Hope715-235-9074



Medicaid Copays *By the GWAAR Legal Services Team*



*Submitted by Bethany Schneider,
ADRC Elder Benefit Specialist*

If you or a loved one is enrolled in a Medicaid program such as BadgerCare+, SSI Medicaid, or the Medicaid Purchase Plan (MAPP), you may have copays for certain items or services that range from \$0.50 - \$3.00. Similarly, if you are in the Qualified Medicare Beneficiary (QMB) program, you may also be charged copays. For most Medicaid programs, however, there is a limit on how much you can be charged per month. Qualifying members may not pay more than five percent of their household income for monthly premiums and copays.

Exempt Programs

There are some Medicaid programs where members will not be charged copays. Those programs are:

- Family Planning Only Services
- Institutional Medicaid (not including childless adults (CLAs) enrolled in BadgerCare Plus and residing in an institution)
- Katie Beckett
- Wisconsin Well Woman Medicaid

Exempt Services

The following services do not require copayment:

- Case management services
- Crisis intervention services
- Community support program services
- Emergency services
- Family planning services, including sterilizations
- HealthCheck
- HealthCheck "Other Services"
- Home care services
- Hospice care services
- Immunizations
- Independent laboratory services
- Injections
- Private Duty Nursing (PDN) and PDN services for ventilator-dependent members
- Pregnancy related services
- Preventive services with an A or B rating from the U.S. Preventive Services Task Force
- Residential substance use disorder treatment services
- School-based services
- Substance abuse day treatment services
- Surgical assistance

Five Percent Cost Share Limit

Members enrolled in Medicaid programs and QMB may not pay more than 5% of their household income for monthly premiums and copays combined (total cost share). This limit does not apply to deductibles, or patient liability or cost share

for long-term care Medicaid services. However, this cost share limit does not apply to members enrolled in MAPP and SeniorCare.



Misinformation

Oftentimes, national sources unfamiliar with the specifics of the Wisconsin Medicaid program will incorrectly state that Medicaid or QMB members have \$0 copays. However, with the exception of the exempt Medicaid programs or medical services listed above, most Medicaid members may be charged copays of up to \$3.00 per item or service up to the monthly maximum, if applicable. This even applies to members who are in dual eligible special needs Medicare Advantage plans (D-SNPs) where the plan's evidence of coverage states that copays are \$0.

For more information, contact your health plan directly or call the number on the back of your ForwardHealth card.



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

1017 East Railroad Ave. | PO Box 175 | Colfax
715-962-3525 | sampsonfuneralhome.com

** Proudly Serving Our Community **

What is Lewy Body Dementia?



Submitted by Carla Berscheit,
Dementia Care Specialist

Lewy Body Dementia is the second most common form of dementia (Alzheimer’s is number one.) Over 1 million Americans are affected by this disease. Lewy Body Dementia is marked by a protein found in the brain that disrupts the communication between neurons.

This disruption, eventually leads to brain cells dying. Lewy Body Dementia affects memory and thinking skills, but also affect motor components. Some common symptoms include, tremor, slower and shuffled walking, stiffness of muscles and stooped posture and balance changes. Visual hallucinations and fluctuations in alertness and energy are also common. The cause of this type of dementia is unknown. If you would like to find out more about this type of dementia, a good resource is www.lbda.org



If you are concerned about your memory or a loved one’s memory, contact the ADRC at 715-232-4006 to schedule a memory screen. This information can then be used to have further discussion with your doctor.

Dementia Care Specialist Programs 2026

Exploring Dementia Caregiver Support Group	2nd and 4th Monday at ADRC 10:30 AM – Noon
P.A.C.T. Quarterly Caregiver Training	June 2, September 1, December 2 at ADRC 2:00 pm - 4:00 pm
Monday DISH Caregiver Support Group	1st Monday of the Month - VIRTUAL 7:00 pm - 8:00 pm
Long Distance Caregiving Support Group	3rd Wednesday of the Month - VIRTUAL 11:00am - Noon
Caregiver Coffee Hour	1st Wednesday of the Month - Independence State Bank- Elk Mound 1:00 pm - 2:00 pm

Contact Carla Berscheit, Dementia Care Specialist with questions related to brain health, memory changes or dementia. 715-308-3527 or cberscheit@dunncountywi.gov



www.dunncountywi.gov/adrc





Coffee and Conversation

Do you have questions about DEMENTIA

*Are you worried you might get it?
Can you prevent it?
Do you think it is hereditary?
Do you care for someone living with dementia?*

ADRC
Aging and Disability Resource Center
of Dunn County

Carla Berscheit, Dementia Care Specialist at the Aging and Disability Resource Center of Dunn County will be available to provide unbiased and evidenced based information and resources

Menomonie East YMCA
3019 Schneider Ave SE
July 14
9:00 am - 10:00 am



CAREGIVER COFFEE HOUR

A supportive space for caregivers to connect, share experiences, learn helpful strategies, and find encouragement while caring for a loved one.

1st Wednesday of the month	2026 Dates	
1:00pm	February 4	July 1
Independence State Bank	March 4	August 5
E401 Menomonie Street	April 1	September 2
Elk Mound, WI	May 6	October 7
	June 3	November 4

Join us in a welcoming space where understanding, compassion, and shared experiences come together to foster healing and hope. Share ideas and resources that can help make everyday life more manageable.

ADRC
Aging and Disability Resource Center
of Dunn County
Your Bridge to Support
(715)232-4006
Contact the Dunn County Aging and Disability Resource Center for more information.

INDEPENDENCE STATE BANK
Established 1897 • Member FDIC



JULY DEMENTIA SUPPORT & EDUCATION

FOR MORE INFORMATION AND PROGRAM FLYERS, CHECK OUT THE ADRC
CALENDAR EVENTS AT WWW.DUNNCOUNTYWI.GOV/ADRC
AND CLICK ON "DEMENTIA CARE SPECIALIST"

DEMENTIA P.A.C.T.

Positive & Assertive Caregiver Training

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

ALL TRAININGS WILL BE HELD AT

DUNN COUNTY ADRC - 3001 HWY 12 E, MENOMONIE

- **SCAMS AND FRAUD - SEPTEMBER 1, 2-4PM**
Seniors and people with dementia are at a higher risk of fraud and abuse. Join us as we discuss practical ways to help protect yourself, or a loved one.
- **DEMENTIA BEHAVIORS - DECEMBER 1, 2-4PM**
Do you struggle with helping your person with dementia complete hygiene tasks? Is your person dealing with hallucinations or paranoia? Join us for practical research backed strategies.

ATTEND SOME OR ALL TRAININGS!

715-232-4006 | adrc@dunncountywi.gov

DEMENTIA SUPPORT GROUP

A support group for those that are caring for
someone living with dementia.

When: 2nd & 4th Monday of every month

Time: 10:30 am to Noon

Where: Dunn County ADRC - 3001 Hwy 12 E, Menomonie

2026 Dates:

July 13 & 27 | August 10 & 24

September 14 & 28 | October 12 & 26

November 9 & 23 | December 14 & 28

For more information, call the ADRC at 715-232-4006

LONG DISTANCE CAREGIVING

Caring for someone with dementia from a distance can create challenges. If you care for someone in Wisconsin living with dementia while you live a distance away, this support group was designed for you. Join Dementia Care Specialists from the Aging & Disability Resource Center for resources, education and support.

This group meets virtually the 3rd Wednesday of the month from 11:00 am to noon CST

To find out more, or register to join contact Carla at cberscheit@dunncountywi.gov

MONDAY D.I.S.H.

Dementia Informed Super Heroes

This group is designed for working caregivers that are supporting someone living with dementia. This groups meets once a month to discuss topics that are important to you and related to your situation.

VIRTUAL SUPPORT GROUP

Dementia Care: Join Wisconsin's Dementia Care Specialists, as they share information and resources related to your care situation.

Peer Support: Gain peer support and understanding from others that are navigating a similar journey.

Personalized Resources: Receive additional information and resources for your situation and the county you live in.

When: First Monday of the Month • 7:00 - 8:00 PM

Contact Carla for more information:
cberscheit@dunncountywi.gov • 715-308-3527

Questions about brain health, dementia, and/or caring for a person with dementia?

**Contact Carla Berscheit,
Dementia Care Specialist, ADRC**

715-308-3527

cberscheit@dunncountywi.gov

National 24/7 Helpline 1-800-272-3900 or www.alz.org

ADRC Website:



**Find more
Brain Health
information
& upcoming
events!**

ADRC Facebook Page:



Nourishing Seniors: Healthy Eating Tips for July



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

As we embrace the warmth of July, it's the perfect time to focus on nutrition for seniors. With fresh summer

produce at its peak, this month offers a wonderful opportunity to incorporate vibrant fruits and vegetables into our diets. Good nutrition is essential for maintaining health and well-being, especially for older adults.

The Importance of Nutrition for Seniors

Proper nutrition plays a crucial role in supporting overall health as we age. A balanced diet helps to:

- **Boost Immunity:** Nutrient-rich foods strengthen the immune system, helping to ward off illnesses.
- **Maintain Healthy Weight:** Eating well can help manage weight and reduce the risk of chronic diseases.
- **Enhance Energy Levels:** A nutritious diet provides the energy needed for daily activities and staying active.
- **Support Mental Health:** Certain nutrients can improve mood and cognitive function, promoting mental clarity.

Fresh Summer Produce

July is a fantastic month for fresh fruits and vegetables. Here are some seasonal favorites to include in your meals:

- **Berries:** Strawberries, blueberries, and raspberries are rich in antioxidants and vitamins.
- **Tomatoes:** Packed with vitamins C and K, tomatoes are versatile and great for salads or sauces.
- **Zucchini:** Low in calories and high in fiber, zucchini can be grilled, sautéed, or spiralized for a fun pasta alternative.
- **Peaches:** Juicy and sweet, peaches provide vitamins A and C, making for a delicious snack or dessert.

Easy and Healthy Meal Ideas

To help you make the most of summer produce, here are some simple meal ideas:

1. **Berry Smoothie:** Blend your favorite berries with yogurt or almond milk for a refreshing breakfast or snack.
2. **Caprese Salad:** Layer fresh mozzarella, sliced tomatoes, and basil. Drizzle with olive oil and balsamic vinegar for a light summer salad.
3. **Zucchini Noodles:** Use a spiralizer to make zucchini noodles, then toss them with cherry tomatoes, garlic, and olive oil for a healthy pasta dish.
4. **Grilled Peaches:** Halve peaches and grill until caramelized. Serve with a dollop of yogurt for a tasty dessert.



Hydration is Key

Don't forget to stay hydrated during the hot summer months! Drinking enough fluids is essential, especially for seniors. Aim for at least 8 glasses of water a day, and consider incorporating hydrating foods like cucumbers, watermelon, and soups. Herbal teas and infused water with fruits and herbs can also add flavor and encourage hydration.

Tips for Healthy Eating

- **Plan Meals Ahead:** Take time to plan meals for the week, incorporating a variety of fruits, vegetables, whole grains, and lean proteins.
- **Snack Wisely:** Choose healthy snacks like nuts, yogurt, or fresh fruit to keep energy levels up throughout the day.
- **Involve Family:** Cooking and sharing meals with family can make healthy eating more enjoyable and encourage good habits.

Conclusion

This July, let's celebrate the abundance of summer produce and commit to nourishing our bodies with healthy, delicious meals. By focusing on nutrition, we can enhance our health and well-being, making the most of this vibrant season. Enjoy the flavors of summer and remember that good nutrition is a vital ingredient for a happy and healthy life!

.....

Cumber Salad Recipe

Recipe from thepioneerwoman.com

Ingredients

- 2 lb. cucumbers, thinly sliced (preferably English cucumbers)
- 1 small red onion, thinly sliced
- 5 tbsp. apple cider vinegar
- 1 tbsp. granulated sugar
- 4 tsp. kosher salt
- ½ tsp. ground black pepper
- 2 tbsp. fresh dill or chives, chopped



Directions:

1. Combine the cucumber, onion, vinegar, sugar, salt and pepper in a medium bowl. Toss gently to combine; let stand for at least 30 minutes.
2. Stir in dill or chives just before serving.

Total Time: Prep Time: 10-15 minutes, Total Time: 40-50 minutes
Yield: 4 – 6 servings

All Welcome — No Cost

Community Meals

Free Meals in Menomonie

Monday, Tuesday,
Wednesday & Thursday

Monday's Meal 5-6 pm
Menomonie United Methodist Church,
2703 Bongey Dr.
Drive Thru To Go

Tuesday's Table 5-6 pm
St. Joseph's Church
10th St. & Wilson Ave. (lower level)
In Person Dining

Wednesday's Table 5-6 pm
Christ Lutheran Church,
1306 Wilcox St.
In Person Dining & To Go

Thursday's Table 5-6 pm
First Congregational United
Church of Christ
420 Wilson Ave.
To Go

2026 Digital Literacy for Seniors

Complete the 10-week course and
purchase your computer for just \$25!

Computers come with Windows 11, a one-year warranty through
First Choice, and training on Google Docs and other free tools.

Space is limited to 10 participants, so don't wait!

Call the Dunn County Aging and Disability Resource Center today to save your spot!
(715)232-4006

ADRC Resource Room
3001 US Hwy 12 E, Suite 160
Menomonie, WI

Thursdays | Aug. 13, 20, 27
from | ²⁰²⁶ Sept. 3, 10, 17, 24
2-3:30pm | Oct. 1, 8, 15

YOU'LL LEARN ABOUT:

- Basic computer and phone skills
- Internet basics
- Email and social media
- Windows basics
- Information literacy
- Cybersecurity basics
- Telehealth

SHIRLEY DOANE
SENIOR CENTER

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

Shirley Doane Senior Center

July 2026



SUN	MON	TUE	WED	THU	FRI	SAT
		* <u>Needs Reservation</u>	1 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	2 10am-2:30pm ADS* 1pm Mexican Dominos 1:30-2:15 Chair Yoga	3 CENTER CLOSED 4TH OF JULY HOLIDAY	4
5	6 8:30-9:30am Tai Chi 10-11:30am CVLR "Holiday Death Train**" 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	7 8:30am Foot & Nail Clinic* 9am Cribbage 1pm Euchre 1:30-2:15 Chair Yoga 7pm Popcorn in the Park	8 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	9 10am-2:30pm ADS* 1pm Mexican Dominos 1:30-2:15 Chair Yoga	10 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	11
12	13 8:30-9:30am Tai Chi 10am-12pm Menomonie Library Tech Monday 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	14 9am BOARD MEETING- SR CENTER 8:30am Foot & Nail Clinic* 10am-12pm CIL BPressure & BSugar 9am Cribbage 1pm Euchre 1:30-2:15 Chair Yoga 7pm Popcorn in the Park	15 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	16 10am-2:30pm ADS* 1pm Mexican Dominos 1:30-2:15 Chair Yoga	17 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	18
19	20 8:30-9:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	21 8:30am Foot & Nail Clinic* 9am Cribbage 1pm Euchre 1:30-2:15 Chair Yoga 7pm Popcorn in the Park	22 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30am— Community Friendship Meal* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	23 10am-2:30pm ADS* 1pm Mexican Dominos 1:30-2:15 Chair Yoga	24 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	25
26	27 8:30-9:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	28 8:30am Foot & Nail Clinic* 9am Cribbage 1pm Euchre 1:30-2:15 Chair Yoga 7pm Popcorn in the Park	29 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	30 10am-2:30pm ADS* 1pm Mexican Dominos 1:30-2:15 Chair Yoga	31 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	

Elders and Dehydration Risk



By Tracy Fischer, ADRC Manager for the ADRC of Dunn County

Staying hydrated is important at every age, but older adults face a higher risk of dehydration—and its effects can be more serious. Dehydration can set in faster than you might expect, and symptoms can become dangerous before you realize what's happening. The

good news is that with a little awareness and some daily habits, you can reduce your risk and stay well.

Understanding Dehydration

Dehydration occurs when your body loses more fluids than it takes in. When there's not enough water in your system, it affects how your body functions. Dehydration can happen more easily during hot weather, after physical activity, or when you're ill. While mild dehydration can often be treated at home, severe dehydration is a medical emergency and requires immediate attention.

Why Are Seniors at Greater Risk?

Several age-related changes make older adults more vulnerable to dehydration:

- **Reduced sense of thirst:** As we age, the body becomes less effective at signaling thirst. You might not feel thirsty even when your body needs water, which means you may go too long without drinking.
- **Changes in kidney function:** Older kidneys are less efficient at regulating the body's fluid balance, which can lead to dehydration more quickly.
- **Medication side effects:** Many common medications—including diuretics (“water pills”) and blood pressure drugs—can increase fluid loss. Taking multiple medications can also raise the risk of dehydration.

- **Cognitive changes:** Memory loss, dementia, or Alzheimer's disease can make it harder to remember to drink fluids or to recognize thirst signals.

How to Prevent Dehydration

Preventing dehydration is simple when you build a few key habits into your daily routine:

- **Drink regularly:** Aim to drink water consistently throughout the day, even if you're not thirsty. Water is the best choice. Avoid too much soda, coffee, or alcohol, as these can contribute to fluid loss.
- **Use reminders:** If you often forget to drink, set alarms on your phone or use sticky notes around your home as prompts.
- **Eat hydrating foods:** Many fruits and vegetables—like watermelon, cucumber, oranges, and lettuce—have high water content and can help keep you hydrated.
- **Flavor your water:** If plain water doesn't appeal to you, try adding slices of lemon, lime, cucumber, or fresh herbs like mint or basil to make it more enjoyable.
- **Increase fluids in heat or during activity:** Hot weather and exercise increase your body's need for water. Be proactive about drinking extra fluids during these times.
- **Talk to your doctor:** If you're still experiencing signs of dehydration despite your efforts, consult your healthcare provider. They can help identify if medications or health conditions are contributing to the problem.



Stay Ahead of Dehydration

Being proactive about hydration helps you feel better, stay active, and avoid complications. With a few small changes, you can protect your health and enjoy each day with energy and confidence.



DUNN COUNTY FAIR SCHEDULE

July 22 - 26, 2026

MONDAY, JULY 13, 2026

- 6:00 pm
 - Dog Judging (Tricks, Scent Work, and Freestyle)

SATURDAY, JULY 18, 2026

- 9:00 am - 12:00 pm
 - Planter/Container Contest Drop Off
 - Non-Animal Exhibit Drop Off

MONDAY, JULY 20, 2026

- 4:00 pm - 8:00 pm
 - Planter/Container Contest Drop Off
 - Non-Animal Exhibit Drop Off

TUESDAY, JULY 21, 2026

- 7:00 am - 10:30 am: All Food Projects Drop Off
- 9:00 am: Dog Judging
- 11:00 am: Cloverbud Judging
- 1:00 pm: All Non-Animal Judging
- 3:00 pm: Open Class Judging
- 4:00 pm: Cat Judging
- 5:30 pm: Aerospace Judging & Launch

WEDNESDAY, JULY 22, 2026

- 3:00 pm: Gates, Carnival, and Beer Garden Opens
- 4:00 pm: Horse Fun Show
- 6:00 pm: The Homegrown Tomatoes (HGT) Band

THURSDAY, JULY 23, 2026

- 8:00 am: Gates Open
- 9:00 am: Dairy, Goat and Horse Judging
- 9:00 am: Rabbit Hopping (Small Animal Barn)
- 10:00 am - 4:00 pm: 4-H Activity Barn Open
- 1:00 pm: Carnival and Beer Garden Opens
- 2:00 pm: Sheep Judging
- 2:30pm - 5pm: Wreckless Performs
- 7:00 pm - 10pm: Chris Kroeze Performs

FRIDAY, JULY 24, 2026

- 8:00 am: Gates Open
- 8:30 am: Cavies and Small Pet Judging
- 9:00 am: Swine and Rabbit Judging
- 10:00 am: Poultry Judging
- 10:00 am - 4:00 pm: 4-H Activity Barn Open
- 1:00 pm: Beef Judging
- 1:00pm: Carnival & Beer Garden Opens
- 2:30 pm - 5:00 pm: Holy Rocka Rollaz Performs
- 7:00 pm: Red Cedar Races in the Grandstand
- 7:00 pm - 11:00 pm: Tucker Baker Band Performs

SATURDAY, JULY 25, 2026

- 8:00 am: Gates Open
- 8:00 am: Summer Showdown Beef Show
- 9:00 am: Horse Judging
- 10:00 am - 4:00 pm: 4-H Activity Barn Open
- 11:00 am: Stuffed Animal Show
- 1:00 pm: Carnival & Beer Garden Opens
- 2:30 pm - 5:30 pm: Uncle Muskrat Performs
- 5:00 pm: Meat Animal Auction
- 7:00 - 11:00 pm: Bear Creek Band Performs
- 7:00 pm: Demolition Derby in the Grandstand

SUNDAY, JULY 26, 2026

- 9:00 am: Gates Open
- 10:00 am: Little Britches Show
- 10:00 am: Horse - Gymkhana and Gaming Awards
- 10:00 am - 2:00pm: 4-H Activity Barn Open
- 11:00 am - 2:00pm: 4-H Pie & Ice Cream Social
- 11:00 am - 12:00 pm: The Memories (Gospel)
- 12:15 pm: 4-H Award Ceremony
- 12:00 pm: Beer Garden Opens
- 1:00 pm: Carnival Opens
- 1:00 pm: Enduro Race in the Grandstand
- 1:30pm - 3:00 pm: The Memories (Variety) Performs

MEDALLION HUNT

- Thursday - Saturday
 - Clues posted every hour between 1pm - 5pm
 - Youth under 15 years of age
 - If it isn't found by 5pm, a drawing will be held





ADRC of Dunn County Announces

Senior Farmers' Market Voucher Program - 2026

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:**

- \$2,461 per month – 1 person
- \$3,337 per month – 2 people
- \$4,212 per month – 3 people

Distribution starts in June

Call 715-232-4006 to apply

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
www.co.dunn.wi.us/adrc

Mileage Reimbursement Opportunities Available!

SUN. AUG. 2

INDIANHEAD SWAP MEET AND CAR SHOW

1974 52nd YEAR 2026

Proceeds Benefit Local Charities

NORTHERN WIS. STATE FAIRGROUNDS CHIPPEWA FALLS - WISCONSIN

Vendor Set Up - 9am Saturday

50-50 RAFFLES
ALL SHOW VEHICLES ARE ELIGIBLE FOR THE DRAWING
each drawing will begin at 2:00 p.m.
YOU MUST BE PRESENT TO WIN!
Sponsoring Club Members Not Eligible

- \$50 Vendor (3 chances)
- \$50 Spectator (3 chances)
- \$200 Show Car
- PLUS...20 chances to win \$50!

\$1,500 CASH Give Aways!

\$5⁰⁰ PER PERSON OPEN AT 7AM

\$15⁰⁰ PLUS ADMISSION PER PERSON OUTDOOR SPACE
APPROX. 15' FRONTAGE
\$15 CAR CORRAL SPACE

NO VENDOR SET UP BEFORE SATURDAY

HWY. 124, NORTH SIDE OF CHIPPEWA FALLS
FOOD AND REFRESHMENTS AVAILABLE
CAMPING STARTS AT \$15 • PLAQUES TO 1ST 600 SHOW CARS!
ALL FOR SALE CARS MUST BE IN CAR CORRAL • NO FIREARMS FOR SALE

<http://www.indianheadcarshow.com>
Tri-Club Swap Meet, LLC 2026

VISIT OUR WEBSITE

NO NEW MEDICARE CARD



Have you been told you need a new Medicare card?

**STOP!
It's a scam**

Here's the truth

- Medicare is NOT issuing plastic cards
- You do NOT need to 'update' your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to SMP



SMP
Senior Medicare Patrol

Wisconsin Senior Medicare Patrol

888-818-2611

www.smpwi.org

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).

Generational Differences: Are They a Myth?

By the GWAAR Legal Services Team



Submitted by Bethany Schneider,
ADRC Elder Benefit Specialist

Differences between generations are talked about in popular culture and the workplace, from communication styles and work ethics to dating preferences and life goals. But as we know, stereotypes can be harmful. There has been a shift in attitude toward the concept of “generations” lately, with the Pew Research Center noting that arbitrary labels for generational cutoffs have no scientific basis.

In “The Myth Of Generational Differences: Why It’s Time To Drop The Labels”, Forbes discusses how reducing people to generational differences decreases trust, is divisive, and prevents the formation of genuine relationships. This is true whether in the workplace, your family, or your social networks. Also, the Wall Street Journal debunks myths in “Age Is but a Number: 8 Generational Myths to Rethink” - WSJ. Myths examined include that older generations don’t use social media, or that only older generations use coupons and discounts. While focused on customers and marketing, the article shows that assumptions about people based on generations may unnecessarily narrow a pool of people or lead to you discounting someone for a project or group that would bring value.

A study, Generations and Generational Differences: Debunking Myths in Organizational Science and Practice and Paving New Paths Forward, busts myths such as “generational explanations are obvious”, “talking about generations is largely benign”, and “generations are easy to study”. So where does that leave us if we want to move away from generational stereotypes?

Use what you know about specific individuals to enhance your relationship with them. If stereotypes say that Gen Z will only text, but your grandchild loves to call or Facetime, let that guide

how you communicate with them. Take advantage of the opportunity to participate in intergenerational groups or activities. “Better connecting the generations could change the world” talks about the potential for younger and older people working together to tackle societal problems like climate change, improve work, and strengthen marginalized communities. Focus on shared experiences and behaviors. We are all individuals with strengths that can be used to benefit each other in the home, at work or school, and in the community.



Potential activities for younger and older people to do together are numerous, from genealogy and storytelling to cooking and gardening. There are opportunities for everyone to learn new skills and teach each other. Check out “Resources on intergenerational practice — #AWorld4AllAges – Global Campaign to Combat Ageism” for info on how to connect with people of all ages and reduce harmful stereotypes.

If you find the concept of generational differences hard to give up, explore learning from other generations and how to improve yourself using traits of others. “From boomer frugality to gen Z fintech: my week of intergenerational finance hacks | Get Money Confident” | The Guardian explores the different financial practices of younger and older generations. The author learned a lot through her week of exploration and ultimately concluded that “there is something we could all learn from listening to each other on any topic”. This is probably the best approach to community and relationships for all of us. Approach younger and older generations with curiosity and openness, rather than letting stereotypes keep you away from potential connections and learning opportunities.

Advertise online for as low
as \$150 for the year!
seniorreviewnewspapers.com

LANDMARK
COMPANY

UNIVERSITY VILLAGE APARTMENTS

2110 Fifth Street, Menomonie

- One and two bedrooms
- All utilities included except telephone & cable TV
- HUD Section 8 rental assisted apartments
- Rent is 30% gross income

www.landmark-company.com
Call today (715) 834-3411 Ext. 110



The Medicine Shoppe
PHARMACY

Chippewa 715-723-9192
Menomonie 715-309-4329

9am-6pm Monday-Friday
9am-1pm Saturday

Celebrating our 75th Year!

Spin the wheel to win a free prize!

**MULDOON'S**
MEN'S WEAR
1506 S. Hastings Way, Eau Claire
800-942-0783 • muldoons.com

CHIPPEWA VALLEY CREMATION SERVICES

Caring and Affordable Services

Thinking Cremation?



We can help. And save you thousands. Go online or call today. We're here to help.

Celebration of Life Center

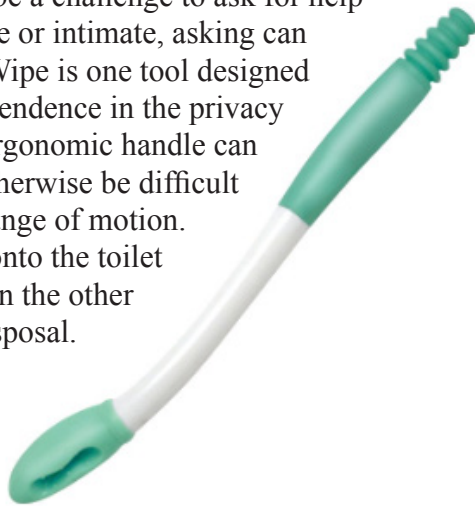
715.835.3333
1717 Devney Dr - Altoona
chippewacremation.com

Comfort Wipe Long Reach Toilet Aid

Submitted by Compass IL

Even in the best of times, it can be a challenge to ask for help – but when the problem is private or intimate, asking can seem impossible. The Comfort Wipe is one tool designed to help you maintain your independence in the privacy of your bathroom. Its 15" long ergonomic handle can help you reach areas that may otherwise be difficult to access if you have a limited range of motion. The silicone end securely grips onto the toilet tissue, while the release button on the other end allows for a fast, sanitary disposal.

The Comfort Wipe and similar items retail between \$10.00-20.00 at websites like Walmart.com.



Compass IL offers the opportunity for individuals to borrow or try out items mentioned in our articles before making a purchase.

To learn more about this assistive device or other devices that can improve your independence, please contact Compass IL at 715-233-1070 or 800-228-3287. Our services are provided free of charge. However, we do not directly fund the purchase of assistive technology. Through the WisTech Assistive Technology Program, Compass IL provides a variety of services, including information on alternative financing options like WisLoan, Telework, and TEPP, upon request.



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.



GREAT LOCATIONS

Menomonie Chippewa Falls
Hudson River Falls
Baldwin St. Croix Falls

www.COHSeniorLiving.com

Veteran's Corner

Staff: Greg Quinn, Jessica Christianson, & Amy Lynch

Contact: 715-232-1646 or vet@co.dunn.wi.us

Office hours: Monday-Friday / 8:00am-4:30pm



Are you a Veteran or family member with a green thumb?

Join the team to help keep the gardens at the Government Center looking their best. Call Amy at 715-232-1646 to sign up.



VA.gov got you down?

Call us to sign up for a half-day event on Thursday, July 16 in Room 100 of the Government Center. We'll assist with accessing VA.gov and show you how to file travel pay and refill prescriptions online.

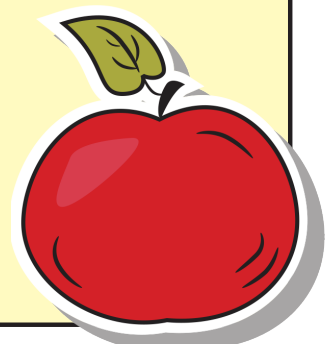
Summer travelers and snowbirds... this one's for you. The VA is no longer permitting temporary mailing addresses in the patient profile. This means that you need to update your address before going on an extended trip. You can do this in VA.gov or by calling 612-725-2000 for Minneapolis system, or 608-372-3971 for Tomah system. If you will receive prescriptions at the new address, please update your information at least two weeks prior to the time you will need medications.

As always, your Veterans' Service team is at the ready to serve you. Call 715-232-1646 for questions and to schedule appointments.

Dunn County Area Retired Educators' Association

The Dunn County Area Retired Educators' Association will meet Monday, July 13th, 12:00 noon, at the Menomonie Moose Lodge, 720 19th Ave. East. A picnic-style lunch will be served: brats, hot dogs, potato salad, baked beans, etc.

All retired public-school employees, preschool through university, are invited to attend. Please call Jean at 715-505-8285 by July 9th to RSVP.



The Power of Patience in Caregiving



Submitted by Casey Schnacky,
ADRC Outreach-Caregiver Coordinator

Patience is one of the most important caregiver skills you can develop.

Whether you're helping a senior with daily care tasks, supporting someone with memory loss or dementia, or simply providing companionship, patience builds trust and creates a calm, caring environment. In professional caregiver training, we often remind caregivers that slowing down and staying present can improve both the quality of care and the client's comfort.



Caregiver Tip: Take a deep breath before responding when challenges arise. A calm caregiver helps create a calm environment, something every senior deserves in home care and senior care settings.

<https://professionalassociationofcaregivers.org/2025/11/03/the-power-of-patience-in-caregiving/>

HOUSING APPLICATION HELP WORKSHOPS

We're here to help you find a place to call home.

Our friendly volunteers are available to assist you with completing housing-related applications during the times and locations listed below.

NEED HELP WITH HOUSING APPLICATIONS?

- Rental applications
- Subsidized housing
- Income-based housing
- Waitlist applications
- And more!

Volunteers are here to help you every step of the way!

PERSONALIZED HELP
Get one-on-one assistance from knowledgeable volunteers.

APPLICATION SUPPORT
We can help you understand and complete housing applications.

COMMUNITY FOCUSED
Our mission is to help our neighbors find safe, stable, and affordable housing.

WORKSHOP DATES & LOCATIONS

Location	Address	Time
KALEIDOSCOPE CENTER	809 Wilson Ave. Menomonie, WI 54751	THURSDAY, AUGUST 6, 2026 4 - 5 PM
		THURSDAY, SEPTEMBER 3, 2026 4 - 5 PM
		THURSDAY, OCTOBER 1, 2026 4 - 5 PM
		THURSDAY, NOVEMBER 5, 2026 4 - 5 PM
		THURSDAY, DECEMBER 3, 2026 4 - 5 PM
		THURSDAY, DECEMBER 3, 2026 4 - 5 PM
MENOMONIE PUBLIC LIBRARY	600 Wolske Bay Rd. Menomonie, WI 54751	THURSDAY, JULY 16, 2026 3 - 4 PM
		THURSDAY, AUGUST 20, 2026 3 - 4 PM
		THURSDAY, SEPTEMBER 17, 2026 3 - 4 PM
		THURSDAY, OCTOBER 15, 2026 3 - 4 PM
		THURSDAY, NOVEMBER 19, 2026 3 - 4 PM
		THURSDAY, DECEMBER 17, 2026 3 - 4 PM

WALK-IN BASIS
No appointment necessary—just drop in during the times listed above!

All are welcome!
Whether you're just getting started or need help with a specific application, we're here for you!

Questions?
We're happy to help!

TRACY FISCHER
715-231-6481

ROCHELLE WEBER
715-235-2920 ext. 203

Together, we can help more people find a place to call home.

Medication Management & Your Good Health Have Never Been Easier



We can help you with ALL of your needs!

- Med Sync - one pickup saves time
- Convenience Packaging such as planners
- Rx Consulting • Durable Medical Equipment
- Wellness Products • Local Delivery

Simplify your refills and your life. Ask us how.
Give us a call or stop in today.

Mondovi Pharmacy 122 SOUTH EAU CLAIRE STREET - MONDOVI
715-926-4938

Ed's Pharmacy 1511 MAIN STREET - BLOOMER
715-568-2190

Wally Shong Pharmacy 153 W LINCOLN STREET - AUGUSTA
715-286-2515



GOVERNMENT SUBSIDIZED HOUSING

in Dunn County

Gaylord Nelson Manor - 603 E 21st Ave Menomonie
Physically disabled housing, available immediately.

Warren Knowles Manor - 507 Cedar Court Menomonie
Physically disabled housing, available immediately.

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

ImpactSeven.org 715-419-2238



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 Wispact Trust use our Contact Us Form at wispact.org/contact-us/

LIVING BEYOND LIMITATIONS



Madison, WI
(608) 268-6006
wispact.org



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

Taking the Fear Out of Funeral Preplanning

By Stokes, Prock & Mundt Funeral Chapel

There are some topics in life that are easy to put off. Funeral planning is certainly one of them. For many people, even saying the words out loud can feel uncomfortable. It can bring up thoughts we would rather not dwell on, and for good reason. No one likes to think about the end of life.

But funeral preplanning is not really about focusing on death. In many ways, it is about bringing peace to life.

For seniors especially, preplanning can be a quiet, meaningful way to take back a sense of control. After a lifetime of making decisions, caring for family, working hard, raising children, building a home, and managing life's many responsibilities, it can feel reassuring to know that your final wishes are also in your hands.

Many people imagine funeral planning as something sad or overwhelming. But when it is done ahead of time, at your own pace, it often feels very different. There is no emergency. No one is rushing. No one is trying to make decisions through tears or shock. Instead, you can sit down calmly, ask questions, think things through, and choose what feels right for you.

That alone can make the whole subject feel much less scary. Preplanning gives you the chance to make personal choices while you are able to express them clearly. Do you prefer burial or cremation? Would you like a traditional service, a simple gathering, or something very private? Are there songs, readings, prayers, flowers, or personal touches that matter to you? Would you rather keep things simple so your family does not have to wonder what you would have wanted?

These decisions do not have to be made all at once. In fact, many people find comfort in taking it step by step. A conversation today might simply be about learning what options are available. Another day, you might write down a few preferences. Later, you may decide to put formal plans in place. There is no need to feel pressured. The important thing is that the conversation has begun.

One of the greatest gifts of funeral preplanning is the relief it can bring to your family. When someone passes away without plans in place, loved ones are often left guessing. They may wonder, "Is this what Mom would have wanted?" or "Would Dad have preferred something different?" Even in close families, those questions can be difficult.

When your wishes are written down, your family does not have to guess. They can focus more on remembering you, supporting one another, and beginning to heal. Your plan becomes a final act of care.

It can also ease worry about cost. While preplanning does not have to include prepaying, many people appreciate the chance to understand the financial side ahead of time. Knowing what choices



are available, what they cost, and how things can be handled can remove a lot of uncertainty. Sometimes, simply having clear information makes everything feel more manageable.

Most importantly, preplanning allows your wishes to reflect who you are. A service does not have to follow a certain mold or meet anyone else's expectations; it can be shaped around what feels most meaningful to you. It can be simple, peaceful, faith-filled, patriotic, musical, quiet, joyful, or deeply personal. It can reflect your values, your family, your personality, and the life you have lived.

Thinking about funeral plans may never become anyone's favorite task. But it does not have to be something to fear. When approached gently, it can bring a surprising sense of calm. It can turn an unknown into a plan. It can turn worry into reassurance. It can turn a difficult subject into a loving conversation.

Preplanning is not about giving up control. It is about keeping it. And for many people, that makes all the difference.

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. There's no right or wrong when it comes to celebrating your loved one and honoring their life, accomplishments, and individuality.

715-832-3428 | stokesprockandmundt.com

Cremation Society of Wisconsin

We offer a full range of cremation options. 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



535 South Hillcrest Parkway - Altoona, WI

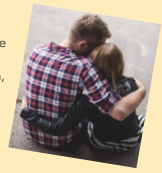
We also service the entire state of Wisconsin.



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

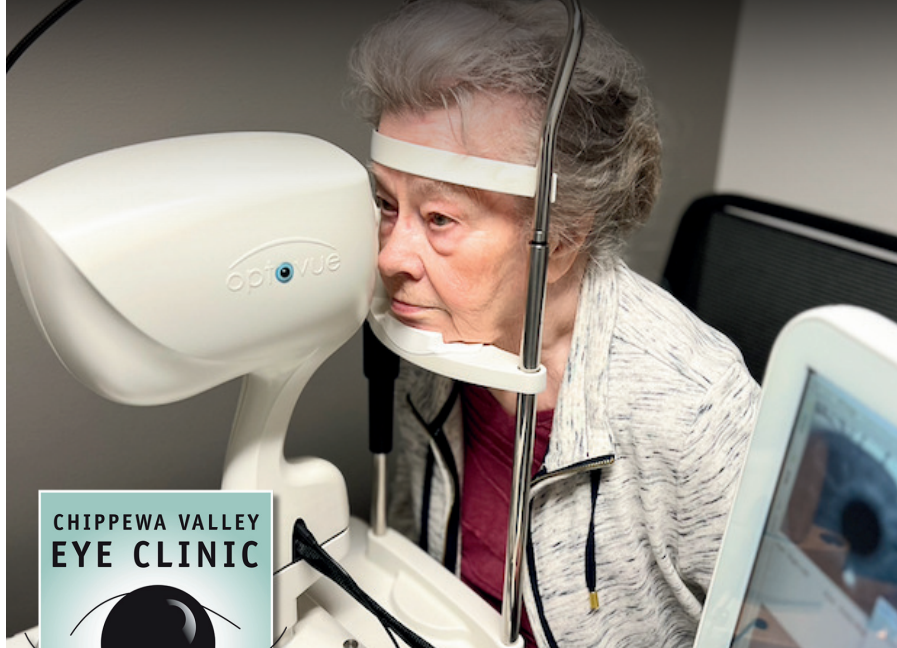
Helpful Hearts Foundation was created by Randy Mundt, former owner of Stokes, Prock & Mundt Funeral Chapel and Cremation Society of Wisconsin, to help low-income families who have experienced the death of a loved one, to pay for funeral expenses. While the primary purpose is to help with the loss of a child, the application process is open to anyone in financial need, for final expenses in Eau Claire and surrounding counties. We are reaching out to help our community, during their time of greatest need.

For more information on the application process, or to make a monetary donation to this 501(c)(3) non-profit organization, please visit www.helpfulheartswi.org.

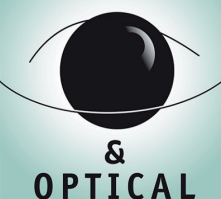


 **Helpful Hearts**
Foundation

CHIPPEWA VALLEY EYE CLINIC



CHIPPEWA VALLEY
EYE CLINIC



Aging Eye Care

- Glaucoma
- Macular Degeneration
- Diabetic Retinopathy
- Cataract
- Low Vision

715-834-8471

cveclinic.com



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



Call any of our locations for your personal tour!

www.americanlutheranhomes.com

Lake Hallie Memory Care

A happier life for everyone...



*Celebrating 13 Years
of Exceptional Care*



715-738-0011



@MemoryCarePartners

Call or Tour Today!

LakeHallieMemoryCare.com