



Hi SENIOR Lites

- **Resource For Debt Defense And Earnings Garnishments**
- **Additional Food Resources and Assistance**
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- **Unintentional Fall Deaths Among Adults Aged 65 and Over**
- **Summer 2023 Schedule of Events for Caregivers**



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Resource For Debt Defense And Earnings Garnishments

By the GWAAR Legal Services Team



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

The University of Wisconsin Law School's Consumer Law Clinic is available to assist individuals with consumer debt defense and earnings garnishment issues. Please note that the clinic does not provide information or referrals for bankruptcy.

In-person and telephone appointments are available.



Below are the dates and times for the walk-in clinic at The Village on Park, 2238 S. Park St., in Madison (look for the UW crest). The walk-in clinic is available through April 21, 2023

- Mondays, 4 – 7 pm
- Wednesdays, 4 – 7 pm
- Fridays, 9 am - 12 pm and 1 - 4 pm

No appointment is necessary, and there is no charge. Individuals should bring their garnishment papers and a recent pay stub to the consultation.

*Individuals anywhere within the state can also request a call back from a Consumer Law Clinic student through the intake portal at <https://law.wisc.edu/eji/clc> or call 608-263-6283. Clinic students can provide assistance and advice to any Wisconsin resident.

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



Aging & Disability Resource Center of Dunn County

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

Manager: Tracy Fischer
Social Workers: Amy White/Ruth Huske/
 Ashley Williams/ Wendy Sterry/Kelly Bien

Nutrition Director: Bernie Allen
Elder Benefit Specialist: Bethany Schneider
Caregiver Coordinator: Casey Romsos

Dementia Care Specialist: Carla Berscheid
Disability Benefit Specialist: Lisa Schuler
Community Health Worker: Alida Yang

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

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

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

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

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

FOOD HARVEST MINISTRY: Food distribution will be the third Saturday of each month 8:00 am until 10:00 am located at 1002 Main Street, Boyceville. No Requirements and No Questions Asked!!! All food is good quality surplus, some perishable, that otherwise would be wasted!!! Please bring bags or boxes to carry your food. If you have any questions or your church or organization would like to become involved, please call 619-6979.

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STEPPING STONES FOOD PANTRY

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

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
1:00p to 4:00p	10:00a to 1:00p	2:00p to 6:00p	2:00p to 6:00p	9:00a to 12:00p

Check-in to receive meat, dairy, dry goods, bakery, fresh fruits & vegetables*

Pick-up once a week

This service is free and open to anyone.



*as available

POP-UP CURBSIDE FOOD PANTRY



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

EVERY 1ST TUESDAY



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

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

EVERY 1ST AND 3RD THURSDAY



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

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

EVERY 2ND AND 4TH THURSDAY



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

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

For more information, contact Kris Pawlowski:
715.235.2920 ext. 202 | k.pawlowski@steppingstonesdc.org

All pop-up pantries are closed holidays.

Editor/Publisher: Brigit Olson | **Offices:** Senior Hi-Lites, 1826 Benton Avenue, Eau Claire, WI 54701 | **Advertising:** 715-831-0325 | **Email:** brigit.olson@gmail.com
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ADRC DUNN COUNTY NUTRITION PROGRAM

Colfax	M - Th	962-2550	Tantara in Menomonie	M - F	556-0266
Hosford-Rich Apts.	M, T, Th, F	235-4047	Sand Creek	M - F	658-1335
Ridgeland	M - F	949-1937	ADRC Office for Dunn County	M - F	232-4006

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Roasted turkey breast, Boiled potato with turkey gravy, Seasoned brussels sprouts, Dinner roll, Grapes	2 Beefy tater tot casserole, Cream style corn, Lemon bar	3 Roast pork with gravy, Cheesy mashed potatoes, California blend vegetables, Wheat bread, Mixed berries	4 Meat lasagna, Mixed green salad, Garlic bread, Melon medley	5 Crumb topped baked fish, Pan fried potatoes, Carrots with parsley, Strawberry cheesecake
8 Traditional meat loaf, Baked potato with sour cream, Scalloped corn, Blueberries	9 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, 24 hour fruit salad	10 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	11 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Fresh apple	12 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins
15 Crumb topped baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies	16 Cornflake chicken, Roasted vegetable, Rice pilaf, Creamy cucumber salad, Tropical fruit	17 Roast beef, Mashed potatoes with brown gravy, Country blend vegetables, Dinner roll, Blueberry crisp	18 Barbecued spareribs, Asparagus cuts, Spiral pasta salad, Fresh banana	19 Tuna salad sandwich on wheat, Lettuce leaf, Hearty vegetable soup, Pear in lime gelatin
22 Italian meatballs with sauce, Rotini, Parslied cauliflower, Garlic bread, Mandarin oranges	23 Pork chops with vegetable sauce, Bread stuffing, Broccoli, Melon medley	24 Barbecue glazed chicken, Baked beans, Marinated cucumber salad, Wheat bread, Applesauce	25 Breaded baked fish, Baked potato with sour cream, Carrots with parsley, Strawberry shortcake	26 Salisbury steak, Mashed potatoes with brown gravy, Whole kernel corn, Rhubarb crumble
29 MEAL SITES CLOSED 	30 Baked ham, Apple sweet potato bake, Parslied cauliflower, Cherry crisp	31 Chicken supreme, Baby bakers, Peas and carrots, Wheat bread, Blueberries		

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 _____

DEMENTIA ADULT DAY SERVICES (DADS)

Are you caring for a loved one with dementia? Need some respite? Check out the DADS program

Mondays & Tuesdays 10 AM - 2:30 PM

SHIRLEY DOANE

SENIOR CENTER

For more information call:
715-235-0954
or email: seniors@wwt.net

We offer affordable help to caregivers in the community



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715.235.2920

People helping people strengthen the Dunn County community by providing food, shelter and support.

FOOD PANTRY

EMERGENCY SHELTER

COMMUNITY CONNECTIONS

Give Help



Get Help



 **Words.** Follow us on Facebook and tell others about our work in the community.

 **Work.** Volunteer in our office, pantry, shelter, or community.

 **Wallet.** Donate money, food, and supplies to help those in need.

 **Pantry** offers in-person, curbside, and pop-up options. See our website for dates/times of operation.

 **Shelter** provides emergency housing, assistance and referral services.

 **Community Connections** links volunteers to neighbors to provide supportive services.

For more information, visit

www.steppingstonesdc.org

Stepping Stones is a tax-exempt 501(c)(3) charitable organization.

ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF MAY 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.

DO YOU LIKE TO LISTEN TO PODCASTS?

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





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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

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- Physical Abuse
- Neglect or Self-neglect
- Harassment

COUNTY HELPLINES

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



Additional Food Resources and Assistance By the GWAAR Legal Services Team



*Submitted by Bethany Schneider,
ADRC Elder Benefit Specialist*

March 2023 marked the end of FoodShare Emergency Allotments, which means all FoodShare members' benefits have returned to original amounts based on household size, income, and other expenses.

If you need additional help with food, there may be several options in your area.

- Meal sites are places people can go and eat a prepared meal, such as a soup kitchen, emergency shelter, or dining site.
- Food pantries are places people can get food to take home and prepare at no cost.
- Home-delivered meals are brought to an individual's home if they are unable to leave the home or prepare meals themselves.
- The Commodity Supplemental Food Program (CSFP) is a program that provides free monthly food packages to low-income adults aged 60 years and older. The package includes nutritious food that is worth about \$70 and is meant to supplement a person's diet.
- The Food Distribution Program on Indian Reservations (FDPIR) provides USDA Foods to income-eligible households living on Indian reservations and to Native American households residing in designated areas near reservations.
- Local religious or cultural centers may have food donations, even for non-members of the organizations.

You may also consider other financial assistance programs so you can free up money to buy food, such as:

- WHEAP (Wisconsin Home Energy Assistance Program), which helps eligible households pay a portion of their heating and electric energy costs.
- Numerous other public programs that can help people renovate and weatherize existing housing, fill energy needs, and access public housing and rent assistance.

To locate resources, contact any of the following:

- 211 Wisconsin. Call 211, 877-947-2211 or visit the website <https://211.wisconsin.com/communityos.org/> to connect with nonprofit and government resources, such as any of those listed below.
- Income Maintenance or Tribal Agencies
- Local Aging and Disability Resource Centers or Aging Units
- Local City or County Housing Authority
- Local Rural and Economic Development Offices



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May is National Salad Month



Submitted by Bernie Allen,
ADRC Nutrition Program
Coordinator

As we look forward to warmer weather, May is a great time to focus on delicious and healthy salad options. The good news is that a salad can be much more than just the traditional side salad, consisting of lettuce, croutons and dressing. A salad can be a nutritional powerhouse!

By adding items such as nuts, grains, fruit and protein to our salads, we can easily upgrade a side salad into a filling and nutritious meal. Here are some Spring-inspired recipes to try out:

Crunchy Mandarin Orange-Chicken Salad

Ingredients for the Salad:

- 3 cups finely chopped romaine or iceberg lettuce
- 2 cups shredded red cabbage
- 2 cups shredded chicken
- ½ cup jarred mandarin oranges, drained
- 1 instant ramen packet, crushed (flavor packet discarded)
- ½ cup shredded carrot
- 1/3 cup sliced green onions
- ¼ cup sliced almonds



Ingredients for the Dressing

- 3 tbsp. rice wine vinegar
- 2 tbsp. honey
- 1 tbsp. sesame oil
- 1 tbsp. hoisin sauce
- 2 tbsp. soy sauce
- 1 tsp. minced ginger
- 1 clove garlic, minced
- ¼ cup vegetable oil

Directions:

1. Make salad: In a large bowl, toss together lettuce, red cabbage, chicken, mandarin oranges, crushed ramen noodles, carrots, green onions, and sliced almonds.
2. Make dressing: In a small bowl, whisk together vinegar, honey, sesame oil, hoisin sauce, soy sauce, ginger, and garlic. Slowly drizzle in vegetable oil, whisking constantly until emulsified.
3. Before serving, drizzle over salad and toss to combine.

Recipe & photo from food.theffeed.com

Steak Taco Salad

Ingredients:

- ¼ c. plus 1 tablespoon extra-virgin oil, divided
- ¾ lb. steak (such as flank)
- 1 tbsp. taco seasoning
- Juice of two small limes
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- Sea salt
- 1 head romaine, chopped
- 1 c. corn kernels
- 1 c. black beans, rinsed and drained
- 1 c. cherry tomatoes, halved
- 2 green onions, sliced



Directions:

1. In a large skillet over medium-high heat, heat 1 tablespoon oil. Rub steak with taco seasoning sear until desired doneness, flipping once. Transfer to a cutting board and let rest 5 minutes, then slice against the grain.
2. Meanwhile, make dressing. In a small bowl, whisk together the remaining oil, lime juice, cumin, and oregano. Season with salt.
3. In a salad bowl, add romaine, seared steak, corn, black beans, tomatoes, and green onions. Season with sea salt, if desired.

Recipe & photo from delish.com

Roasted Beet and Goat Cheese Salad

Ingredients for Salad:

- 6 medium beets, scrubbed
- 6 c. arugula
- 1 avocado, sliced
- 4 oz. goat cheese, crumbled
- ½ c. chopped toasted walnuts

Ingredients for Dressing:

- ½ c. extra-virgin olive oil
- ¼ c. balsamic vinegar
- 1 tbsp. maple syrup
- 2 tsp. Dijon mustard
- Kosher salt
- Freshly ground black pepper

Directions:

1. Preheat oven to 400°. Wrap each beet in foil and place on a baking sheet. Roast until tender (you can insert a fork or knife through the foil to test), about 1 hour. Let sit until cool enough to handle, then peel and cut into wedges.

2. Meanwhile, make vinaigrette: In a jar, shake together olive oil, vinegar, maple syrup, and Dijon until fully combined. Season with salt and pepper.
3. Place arugula in a large serving bowl and lightly dress with vinaigrette. Top with beets, avocado, goat cheese, walnuts. Toss gently and add more vinaigrette as needed.

Recipe from delish.com

Grandma's Spinach Salad

Ingredients:

- ½ cup sugar
- ½ cup canola oil
- 1/3 cup white vinegar
- ½ teaspoon celery seed
- 10 ounces fresh baby spinach (about 13 cups)
- 1 small red onion, thinly sliced
- ½ pound sliced fresh mushrooms
- 5 hard-boiled eggs, sliced
- 8 bacon strips, cooked and crumbled

Directions:

1. Whisk sugar, canola oil, vinegar and celery seed until sugar is dissolved.
2. In a 13x9 inch dish, layer half of each of the following: spinach, onion, mushrooms and eggs. Repeat layers. Drizzle with dressing: top with bacon. Makes 8 servings.

Recipe from tasteofhome.com

Pear Chicken Salad with Maple Vinaigrette

Ingredients for Salad:

- 3 c. torn romaine lettuce
- 1 c. cubed cooked chicken breast
- 1 medium pear, sliced
- ¼ c. crumbled blue cheese
- ¼ c. dried cranberries



Ingredients for Dressing:

- 2 tbsp. balsamic vinegar
- 2 tbsp. maple syrup
- Salt
- 2 tbsp. extra-virgin olive oil

Directions:

1. In a large bowl, combine romaine, chicken, pear, cheese, and cranberries.
2. In a small bowl, whisk vinegar, maple syrup, and a dash of salt. Gradually whisk in olive oil until blended.
3. Drizzle dressing over salad, and toss to coat.

Recipe & photo from tasteofhome.com

Exploring Dementia Caregiving

Do you care for someone with dementia?
Join us for care strategies, resources and support

Fourth Tuesday of the Month

10:30–12:00

Shirley Doane Senior Center
1412 Sixth Street E,
Menomonie

The Dementia Adult Day Services (DADS) program is option during this meeting. To find out more about the availability, make a reservation and cost, contact the Senior Center at 715-235-0954



2023 Dates

January 24
February 28
March 28
April 25
May 23
June 27
July 25
August 22
September 26
October 24
November 28
December 26

FREE ART CLASSES

These classes are designed for people living with dementia and their care partners

February 15
May 17
August 16

1:00 pm -
3:00 pm

CHIPPEWA FALLS PUBLIC LIBRARY
CALL 715-723-1146 TO REGISTER

Taught by local Artist Lindamerry Udell

Menomonie Memory Café

2023 Dates

January 5
February 2
March 2
April 6
May 4
June 1
July 6
August 3
September 7
October 5
November 2
December 7

Memory Cafés are designed for people living with dementia and their care partners. This is an opportunity to gather and enjoy coffee and camaraderie

1st Thursday of the Month

10 am—11:30 am

United Methodist Church
2703 Bongey Drive

registration is not required.
Gatherings will comply with
Dunn County COVID Guidelines



Caring for Your Loved One at Home A Skills Fair for Family Caregivers

PRESENTED BY THE CHIPPEWA VALLEY DEMENTIA COALITION

Thursday, May 11, 2023 • 9AM - 3:30PM

Sleep Inn & Suites Conference Center • 5872 33rd Ave • Eau Claire
Centrally located between Dunn, Eau Claire, and Chippewa County!

WHO SHOULD ATTEND

Family caregiver of a spouse, adult child, parent, friend or neighbor who is living with dementia, Parkinson's disease, stroke, etc.

EVENT DETAILS

This Family Caregiver Skills Fair will help you learn practical skills with hands-on demonstrations by a registered nurse and physical, occupational, and speech therapists. Caregivers will learn how to provide everyday care for their loved ones.

TOPICS COVERED

- Oral Care · Handling Medications
- Bathing & Dressing · Incontinence Management
- Body Mechanics and Transfer Equipment Demos
- Adaptive Equipment and More!

Plus, presentations on palliative versus hospice care; meaningful activities; and Dementia Live (a simulation experience that immerses participants into what it might be like to live with dementia, resulting in deeper understanding and empathy)

REGISTRATION REQUIRED BY MAY 4

Online: <http://www.adrcevents.org>
Call: 715-839-4735

Thanks to our generous sponsors, a light breakfast and lunch are provided at this no-fee event. **You must register by May 4 and commit to attending please.**

VENUE SPONSORS



Unintentional Fall Deaths Among Adults Aged 65 and Over



Submitted By Ashley Greeley,
ADRC Social Worker



Unintentional fall injuries occur most frequently among people in older age groups. Over 2 million fall events are treated in emergency departments each year among adults aged 65 and over. A variety of factors contribute to the risk of falling, including difficulties in seeing, walking, and balance; disabilities; medication effects; and environmental walking obstacles, among other factors. Deaths due to unintentional falls are a leading cause of unintentional injury deaths among adults aged 65 and over.

In 2020, the unintentional fall death rate for adults aged 65 and over was higher for men (70.3 per 100,000 population) compared with women. Non-Hispanic White adults had the highest rates of unintentional fall deaths in 2020 compared with other race and Hispanic-origin groups. In 2020, the U.S. rate of unintentional fall deaths for adults aged 65 and over was 65.6, with rates varying by state. For both men and women, rates of unintentional fall deaths increased between 2000 and 2020 for adults aged 65–74, 75–84, and 85 and over. *Content from: CDC*

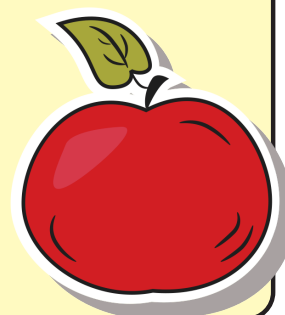
Dunn County Area Retired Educators' Association

MAY MEETING ANNOUNCEMENT

The Dunn County Area Retired Educators' Assoc. will meet on Monday, May 15, at the Menomonie Moose Lodge, 12:00 noon. The guest speaker will be Mary Jane Thomsen, Executive Director, American Red Cross NW Wisconsin Chapter, an area covering 17 counties and 5 Indian Bands. An overview of services and needs of the NW Wisconsin Chapter will be highlighted.

If you are a retired public school employee, pre-school through university, please plan to attend. Lunch will be served.

Please call Jean at 715.235.8286 by May 11 to RSVP.



TRAVELING CAREGIVER CAFÉ

Come and connect with the Caregiver Coordinator and other caregivers at different locations around Dunn County.

Find information and resources that can help you!

Tuesday, May 16 from 10am-12pm

Boyceville Public Library
903 Main Street, Boyceville, WI

Tuesday, June 20 from 10am-12pm

Grapevine Senior Nutrition Center
121 Main Street, Colfax, WI

On the 3rd Tuesday of each month from May through September.

More information to come.



Virtual Support Groups



Are you a family caregiver of someone living with dementia? You don't have to do it alone. We have several virtual support groups available

Monday DISH - First Monday of the Month 7-8 pm. Contact Scott at scott.seeger@adrc-cw.org

Circle of Support - Third Tuesday of the month 2-3 pm. Contact Becky at becky.kamrowski@co.trempealeau.wi.us

Evening Conversations - Every Thursday night 7:30-8:30 pm. Contact Becky at becky.kamrowski@co.trempealeau.wi.us

Lunch Bunch - Third Thursday of the month 11:30 - 12:30 pm. Contact Katrina at 715-279-7870

Lewy Body Dementia - Second Wednesday of the month, 6-8 pm. Contact Janell at romatowskiji@comcast.net



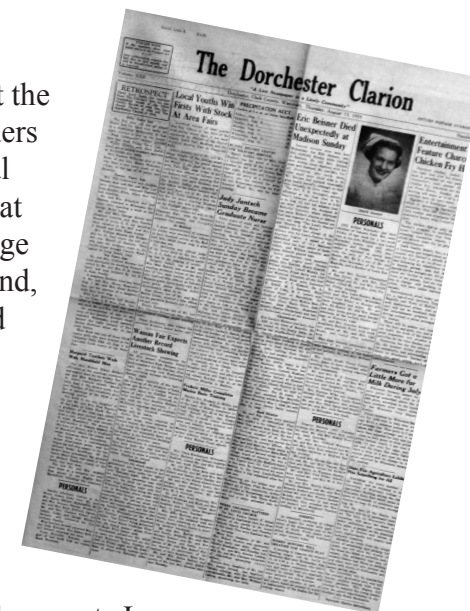
Enjoying Old Hometown Papers By Ken Anderson, The Mayberry Guru, themayberryguru@gmail.com

Many activities I once enjoyed are no longer possible when one reaches my age. I no longer play golf, tennis, or volleyball. My bicycling and jogging days are also a thing of the past. However, there is one activity that I am still able to enjoy. And that is reading.



The small-town Dorchester newspaper also informed readers about when residents suffered injuries or when residents were hospitalized. The stories often told the ailments suffered and the patients' conditions. And, of course, birth announcements and obituaries were also important news events. Detailed accounts of weddings were also popular subjects, and the paper always promoted free Saturday night wedding dances.

The Dorchester Clarion weekly paper would not have been complete without the popular "Personals" section. Here readers would learn about all the various social happenings within our village. Guests at Sunday dinners, birthday parties, college students returning home for the weekend, and overnight visitors would often find their names somewhere within the "Personals" section.



Reading my old Dorchester Clarion papers is like going back in time for a visit. I see the names of all the people I knew during my childhood and teen years. I remember many of the events I read about, and I occasionally come across my name in a story. Maybe fifty years from now, I hope someone will pick up a copy of this paper and enjoy a journey down memory lane.

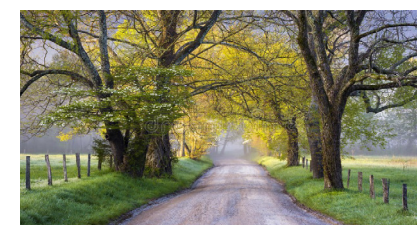
I began logging the books I read in 1996. Since then, I have read 3116. I carry a book to enjoy reading in various places when I know there will be some wait time. But my favorite spot to read is in my recliner in my den.

I also enjoy newspapers. I look forward to my daily Eau Claire Leader-Telegram, the weekly Abbotsford Tribune-Phonograph, the Ashland Bottom Line News and Views, and Eau Claire County Senior Review. But I especially enjoy reading old issues of the Dorchester Clarion. I have many from 1954 - 1972.

The Dorchester Clarion was far different from today's publications. It was only four pages, and many were ads from the four small grocery stores and other local businesses. That small weekly publication dealt with village life in the churches and schools. There would be occasional stories about a car accident, but crime stories were mostly nonexistent. I do recall reading one story about the village police chief's house being broken into while he was out on duty, but stories such as this were scarce.

Menomonie Area Senior Center
 1412 6th Street East
 Menomonie, WI 54751
 715-235-0954 email: seniors@wwt.net
 Web: menomonieseniorcenter.org

Menomonie Area Senior Center May 2023



SUN	MON	TUE	WED	THU	FRI	SAT
	1 9am-11am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Mah Jongg 1-3pm Euchre	2 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage / 10am-2:30pm DADS* 11-11:45am Stronger Seniors-Basic Class* 1-3 pm Hand & Foot Cards	3 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	4 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 1pm 500 Cards 1pm Private Duplicate Bridge*	5 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	6
7	8 9am-11am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Mah Jongg 1-3pm Euchre	9 8:30-9:15am Chair Yoga 8:30am BOARD MEETING - SENIOR CENTER 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage / 10am-2:30pm DADS* 11-11:45am Stronger Seniors-Basic Class* 1-3 pm Hand & Foot Cards	10 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	11 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 1pm 500 Cards 1pm Open Party Bridge	12 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	13
14 Happy Mother's Day!!	15 9am-11am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 12:30pm CVLR Cooking w/ Monica 1pm Mah Jongg 1-3pm Euchre	16 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage / 10am-2:30pm DADS* 11-11:45am Stronger Seniors-Basic Class* 1-3 pm Hand & Foot Cards	17 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 10am-2:30pm AARP Smart Driving Class 11:30am Senior Center Pork Loin Lunch 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	18 Last Stronger Seniors Classes Until Fall 8:30-9:15am Chair Yoga 9:45-10:30am Last Stronger Seniors* Intermediate* 10am-2:30pm ADS* 11-11:45am Last Stronger Seniors Basic* 1pm 500 Cards	19 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	20
21	22 9am-11am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Mah Jongg 1-3pm Euchre	23 8:30-9:15am Chair Yoga 10am Cribbage / 10am-2:30pm DADS* 10:30am Exploring Dementia Caregiving 1-3 pm Hand & Foot Cards	24 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	25 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards 1pm Open Party Bridge	26 9am-3pm Community Blood Drive 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	27
28	29 Memorial Day Senior Center Closed	30 No Chair Yoga Today 10am Cribbage 10am-2:30pm DADS* 1-3 pm Hand & Foot Cards	31 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	* Reservations Required		

Mental Health: There are Solutions!

By Carl A. Trapani, MA, MS, LPC, Chippewa Manor Campus Chaplain

Growing older has never been easy, and growing older with mental health challenges can be overwhelming.



The Centers for Disease Control (CDC) estimates that 20% of people age 55 years or older experience some type of mental health concern. The most common conditions include anxiety, severe cognitive impairment, and mood disorders (such as depression or bipolar disorder). Not surprisingly, many of these issues can actually lead to suicide or attempted suicide. So what can we do to help those dealing with these types of difficulties? And what can we do to help maintain positive mental health as we grow older?

First and foremost, we should maintain close emotional and physical ties with the elders in our family or network of friends. We can also encourage seniors to stay active and engaged. Being around people and having hobbies or activities to look forward to on a regular basis, can help fight against the loneliness that can result from disrupted personal ties, moving from one's home or losing a spouse.

Another important thing we can do is talk. Talking about our feelings (good and bad) with someone who cares about us or that may even be a professional counselor, clergy or mental health professional, can have a profound impact on how we digest and react to emotions. Want to be able to best deal with your feelings? Don't hold them inside – talk them out! Mental and emotional health issues are no longer things to be ashamed of anymore. They are just like any other medical problem we deal with as we age.

Just like medications we take to deal with cancer, headaches and even COVID, there are many treatment options to help with our mental health as well. Thanks to television commercials regularly promoting pharmaceutical treatments for depression, bipolar disorder, and anxiety, our society is becoming used to the idea that people can have issues with their mental health – and still be active and useful members of society. This is a wonderful breakthrough! Remember, just like other diseases, quality treatments and cures are available. If you, or someone you love is struggling with their mental health – seek help as soon as possible.

In addition to treatments – there are things we can do to be proactive about our mental health as we age. Psychotherapist, facilitator and trainer

Glenn Baird suggests there are five simple actions that people can take which have been proven to improve mental wellbeing.

- Build and maintain strong relationships. These are the foundation of mental wellbeing.
- Be active. Always make time in your week to do something that gets you moving.
- Keep learning. Stimulate your brain by picking up an old skill or trying out a new one.
- Give. Giving back to the local community or helping out a friend or colleague is a great way to boost your self-esteem and raise a smile.
- Take notice and appreciate what is around you. Be grateful for what you have and what you've experienced.

Some Key facts about Seniors and Mental Health

- Due to population aging, the number of seniors with mental disorders is expected to double by 2030.
- Depression is the most common mental health problem in older people.
- People aged 85 and older have the highest suicide rate of any age group.
- Two-thirds of seniors with mental health problems do not get the treatment they need.
- Mental health services for older adults are limited in comparison to other age groups.

Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. He has more than 50 years of pastoral service and professional counseling experience. For more information please call (715) 723-4437 or email him at carl.trapani@chippewamanor.com.

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Summer 2023

Schedule of Events for Caregivers



May

- 3** 9:30 am Caregiver Coffee Hour @ Government Center
- 3** 1:00 pm Men are Caregivers Too! @ United Methodist Church, 2703 Bongey Drive
- 4** 10:00 am Menomonie Memory Café @ United Methodist Church, 2703 Bongey Drive, Menomonie
- 10** 10:00 am Relatives Raising Children Virtual Support Group
- 11** 9am- 3:30pm Skills Fair for Family Caregivers @ Sleep Inn & Suites Conference Center, 5872 33rd Ave, Eau Claire
- 16** 10:00 am Traveling Caregiver Café @ Boyceville Public Library, 903 Main Street
- 18** 2:30 pm Caregiver Support Group @ Government Center
- 23** 10:30-noon Dementia Caregiving Support Group @ Menomonie Senior Center
- 25** 10:30 am Virtual Caregiver Meeting on Zoom

June

- 1** 10:00 am Menomonie Memory Café @ United Methodist Church
- 7** 9:30 am Caregiver Coffee Hour @ Government Center
- 7** 1:00 pm Men are Caregivers Too! @ United Methodist Church
- 14** 10:00 am Relatives Raising Children virtual support group on Zoom
- 15** 2:30 pm Caregiver Support Group @ Government Center
- 20** 10:00 am Traveling Caregiver Café @ Grapevine Senior Nutrition Center, 121 Main St. Colfax
- 22** 10:30 am Virtual Caregiver Meeting on Zoom
- 27** 10:30 am Dementia Caregiving Support Group @ Menomonie Senior Center

July

- 5** 9:30 am Caregiver Coffee Hour @ Government Center
- 5** 1:00 pm Men are Caregivers! @ United Methodist Church
- 6** 10:00 am Menomonie Memory Café @ United Methodist Church
- 12** 10:00 am Relatives Raising Children Virtual Support Group
- 18** 10:00 am Traveling Caregiver Café—location to be announced
- 20** 2:30 pm Caregiver Support Group @ Government Center
- 27** 10:30 am Virtual Caregiver Meeting on Zoom



July 10 – August 14, 10 am – noon: Special Event Mondays - Savvy Caregiving Training! Specific Caregiving Classes for family caregivers of someone living with dementia. Shirley Doane Senior Center.

August

- 2** 9:30 am Caregiver Coffee Hour @ Government Center
- 2** 1:00 pm Men are Caregivers Too! @ United Methodist Church
- 3** 10:00 am Memory Café United Methodist Church
- 9** 10:00 am Relatives Raising Children Virtual Support Group
- 15** 10:00 am Traveling Caregiver Café—location to be announced
- 17** 2:30 pm Caregiver Support Group @ Government Center
- 22** 10:30 am Dementia Caregiver Support Group @ Menomonie Senior Center
- 24** 10:30 am Virtual Caregiver Meeting on Zoom

Schedule subject to change. Please contact the ADRC for confirmation of dates and times.



Dunn County Aging & Disability Resource Center
3001 US Highway 12 East, Suite 160
Menomonie, WI 54751
Toll Free: 833-534-0606
Phone: 715-232-4006
Fax: 715-232-5987
Email: adrc@co.dunn.wi.us

Poppy Day - Honor and Support Our Veterans

Each year on the Friday before Memorial Day in the United States, members of the American Legion Family hand out small paper or silk poppies for people to wear in honor of our past, current and future veterans. It's celebrated as Poppy Day, and this year it falls on Friday, May 26, 2023.



The origins of Poppy Day come from World War I, specifically starting in France and Belgium. It is believed that the rubble left by the war there enriched the soil with lime, and the poppy flourished during and after the war. Shortly after seeing the beautiful, bright red flowers on the front line, Lieutenant Colonel John McCrae, M.D. penned the haunting poem "In Flanders Fields." The poppy soon became a symbol for all the blood shed during the war.

On September 27, 1920, the American Legion began to use the poppy as the official flower to memorialize soldiers from WWI, and then began nationally distributing them in 1924. Today, the flower honors all the living and those who have fallen in service to our country. Your donation helps support the medical and financial needs of all veterans, active-duty military personnel and their families.

Ways to participate in honoring our veterans on Poppy Day:

- Wear a red poppy and explain it to people who ask
- Distribute poppies (see website below for details)
- If you accept a poppy from someone, make a donation
- Collect donations for the Poppy Program (see website below for details)
- Share on social media

Source: American Legion Auxiliary. "National Poppy Day." <https://www.legion-aux.org/national-poppy-day>

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Unfortunately, Medicare Fraud Is Always in Season

By Ingrid Kundinger, SMP Project Manager

If you keep track of things by season, spring has sprung! Really, it's there, even if it is still covered in snow. If you keep track of things by sports season, baseball season is here.

One season that seems to be a year-long season, however, is Medicare scam season. Winter, spring, summer, and fall. Football season, basketball season, baseball season. Medicare scams are, unfortunately, always in season. We can never be too careful.

Here are a few important reminders to help keep you and your Medicare information safe:

- Do not share your Medicare number over the phone with people who call you out of the blue, regardless of what it is they tell you or offer you. If it sounds too good to be true, it usually is!
- There is NOT a new Medicare card, so don't let the fraudsters who call convince you otherwise. The paper red, white, and blue Medicare card is the only card issued by Medicare. There is not a plastic card, a card with a chip reader, a card that requires your physician's name, or a card with other colors. There are NO NEW Medicare cards.
- Take the time to review your statements, either Medicare Summary Notices or Explanation of Benefits, to make sure that all claims filed with your information are accurate.
- Remember that the Wisconsin Senior Medicare Patrol is a phone call away if you have any questions or concerns. In Wisconsin we can be reached at (888) 818-2611.

Reporting your concerns to us make a difference! Recently, a CEO of a healthcare company in North Carolina was sentenced to 80 months in prison for her role in fraudulently billing Medicare over \$50 million in durable medical equipment between 2014 and 2021. Of this amount billed, Medicare paid more than \$17 million.



What is the Wisconsin connection? A Medicare beneficiary in Wisconsin called our toll-free helpline with concerns about claims that were submitted to Medicare by one of the companies involved in this case. Our team worked with the beneficiary to get copies of the documentation to submit to the Office of Inspector General for possible investigation. And in this case, there was an investigation, and this CEO will be spending some time in prison for healthcare fraud.

All reports matter! Please don't hesitate to contact us if you think something is suspicious with your Medicare statements. We are here to help!

**Here's how you can reach us: Call: (888) 818-2611,
E-mail: smp-wi@gwaar.org, Website: www.smpwi.org,
Facebook: [@WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)**



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For more information on your long-term care options, contact your local ADRC.

DHS Approved 5/27/2021



Decades of Lessons I've Learned About Dementia

by Shelley Krupa, Business Operations Coordinator Lake Hallie Memory Care

Exactly one year and one day from the day my mother passed from strokes that led to her vascular dementia, I was standing at the door of our memory care facility welcoming new residents with Alzheimer's, dementia, and vascular dementia. It was a heart-tugging, heart-warming day - healing in a way. Ten years later, our facility is still warmly welcoming residents. Each one is unique in their age, background, etc. I often remind myself that dementia does not discriminate - we all are at risk simply because we have brains.

Don't get me wrong, from a business standpoint, having a steady flow of customers is a measure of sustainability and longevity. From a healthy life measurement, I find the increasing flow of people with dementia sad and alarming.

Dementia continues to increase in numbers depending on what stats you read. The large baby boomer population contributes to the increase in the number of people living with dementia. As a baby of the baby boomers, having a mom who died from it, and a dad who has early stages of Alzheimer's, I take notice of the increase in dementia over the years since 1988, when my mom was first diagnosed with Type 2 Diabetes.



The data and stats role I have at work shocks me some days. It takes my breath away when a referral or an admission is for someone close to my age, my age, or even younger than me - I am 58, just a spring chicken - yikes - talk about a wake-up call! I looked for common threads in their underlying health conditions. Is there an answer, a cure, a prevention, or something I should pay attention to that will help me and others avoid the course my parents and our residents' health took?

Have I noticed any patterns in health risks that I can share with you that do not break HIPAA privacy rules? I think so.

The diseases running in residents with dementia fall into a common list. If you are a baby boomer or interested no matter what age you are, you may want to pay attention to the top 5 on the risk list:

hypertension; type 2 diabetes; depression; cardiovascular disease; and obesity.

In retrospect, I was attracted to memory care because my heart needed healing due to the grief of losing my mom. Fast forward to ten years later, I've learned to avoid the risk factors for dementia by keeping up with my healthy heart efforts daily.

For those interested in learning ways to prevent dementia, try giving 5 simple changes to your lifestyle a chance:

Aim for a healthy waist-to-height ratio (under .48 for adult women and .52 for adult males); avoid added sucrose/sugars, highly processed foods, and seed oils; eat whole foods; exercise regularly; educate yourselves on what causes the underlying diseases that lead to dementia - don't take the first answer as the only answer.

Always remember - what is good for your heart is good for your brain!

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