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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 processs 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

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

Articles

- 9 Planning Your Funeral and Burial
- 11 Caregivers Need Care Too
- 25 Comprehensive Retirement Planning: A Key to Financial Security
- 35 Clearwater Assisted Living Voted #1 in the Chippewa Valley
- 37 Being a Caregiver to a Sibling

Directories

12-17 Eau Claire County

19-23 Chippewa County

Charts

- 8 Independent Senior Living
- 26 Home Care
- 28 Assisted Living
- 33 Skilled Nursing and Rehabilitation

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Independent Senior Living ** Chippewa County	Subsidized	Public or Private Transportation	Pets Allowed	Beauty/ Barber Shop	Dining Facilities	Elevator to All Floors	Storage	Entertainment	Parking/Garage	Religious Services	Laundry
Bridgewater Apartments** 715-834-3411	Yes	Public	No	No	No	No	Yes	No	Yes	No	Coin
Chippewa Manor Residential Living 715-723-4437**	No	Both	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Colony Park East 715-834-3411	Yes	Public	No	No	No	No	Yes	No	Yes	No	Hook Up
Colony Park West 715-834-3411	Yes	Public	No	No	No	No	Yes	No	Yes	No	Coin
Eastridge Estates 715-830-5252	No	Public	With Deposit	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fall Creek Commons 715-834-3411	Yes	Public	No	No	No	No	No	No	Yes	No	Coin
Good Shepherd Senior Apartments 715-834-3587	No	Public	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
London Square Apartment 715-858-0873	No	Public	Yes	No	Yes	Yes	No	No	Yes	No	Coin
Oakwood Apartments 715-831-7800	No	Public	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Coin
Owen Rust Apartments 715-839-8602	Yes	Both	Yes	No	Yes	Yes	No	No	Yes	No	Yes
Park Tower Apartments 715-839-8602	Yes	Both	Yes	Yes	Yes	Yes	No	No	Yes	No	Yes
St. John's Apartments 715-834-6302	Yes	Public	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
St. Francis Apartments 715-834-1338	No	Public	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Coin

The Helping Hands Guide does it's best to put together the most accurate information for these listings. Because business services change and prices vary throughout the year, we recommend that you call any business you are interested in getting information from before making any decisions. We tried our best to gather all of the information from each company and to the best of our ability is up-to-date as of January 2025.

Planning Your Funeral and Burial

By Becky Streeter

End of life discussions can be emotional, but necessary. One of the topics you should always discuss is funeral and burial preferences. Making arrangements in advance can save money and be emotionally relieving for the family, while also ensuring you receive exwactly what you want in order to celebrate your life. Below are a few things to consider when pre-planning your funeral and burial.

- 1. Research a funeral director. Visit and meet with the staff at the funeral home to make sure they are a good fit for you and your loved ones. A funeral director will prepare many of the documents needed at the time of death. They will obtain the appropriate signatures on any paperwork, including the death certificate, and also notify Social Security. They often act as a liaison between family members, church clergy and cemetery staff.
- 2. Determine your wishes for your funeral. Do you want a service? Choose clergy to preside. Discuss with family members who might want to speak. If desired, select any meaningful music to be played and find musicians (perhaps in the family) to perform. Also make note if you would like donations to be made to a charity or

Respite Care for Families

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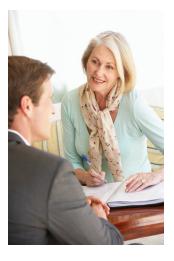
Transitional Care

· Alzheimer's Care

Dementia Care

foundation in your memory.

3. Choose burial or cremation. If you want a casket, put money down on one now or pre-pay completely. It can be as elaborate or simple as you want. If you wish to be



cremated, record your wishes for your ashes–be sure to check environmental laws before asking your ashes to be spread in a certain location. You can also pre-purchase an urn if that is important to you, otherwise the family will usually be presented with your ashes in a cardboard box.

- 4. Purchase cemetery property. Choose a cemetery with a convenient location if your loved ones plan to visit. Determine if you would like to be buried next to a spouse, or have extra plots for children and their families. Decide what kind of marker or headstone you would like–design and pre-purchase this as well, checking with the cemetery staff that any necessary accommodations can be made.
- 5. Talk with your family. Discuss with your

family if they have any specific ideas for your funeral or burial. Keep in mind that part of these rituals is to provide comfort and a sense of closure to those you leave behind. Something might seem superfluous to you, but have immense meaning to a loved one.

Source: Kay, Jennifer L.C.S.W. "Let's Not Talk About That Now..." Today's Caregiver. https://caregiver. com/articles/lets-not-talk-now.

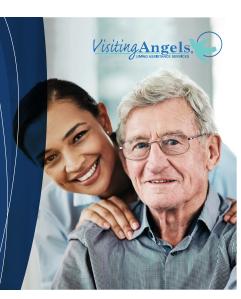
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Caregivers Need Care Too

by Kristi Gay, freelance writer

Caregiving can be one of the biggest sacrifices of your life, depending on the length of time you're caregiving and the intensity of the help needed. I will share my story of caregiving for three months for my dad as he went through pancreatic cancer in 2020 along with caregiving for my mom ever since he passed as she grieves and navigates life alone for



the first time, and my tips for caregivers based on my own experience.

My dad was only 67 years old when he was diagnosed with Stage 4 Pancreatic Cancer in 2020. My mom was 65 at the time and they had been married for 43 years and together since high school in Cornell, Wisconsin. Because of the shock and fear that both of my parents were going through trying to process this, I had to take over, taking pages of notes at every appointment and pressing doctors for more information or options. After two months of appointments and chemo, a bowel perforation landed us in the ER where we understood treatment options were over and entered hospice. Hospice is the best thing EVER (last year's entire article was dedicated to those angels on earth) but during that month of caretaking full-time while living with my parents, it was a mix of hosting guests, counseling, crying together, administering medicines, praying, massaging, serving food, and hosting more guests. It was emotionally exhausting, yet I couldn't have been more honored to be walking through it with the people I loved most.

These tips are not only from my own experience, but as a yoga teacher I was invited to the annual Caregivers Conference several years put on by WITC in Rice Lake, WI, filled with education and pampering for the caregivers that need a refill to their own mental tanks.

1. Intentionally care for yourself once/day - go for a walk, meditate for 10 minutes, sit quietly with a coffee by a candle, take a

hot bath. Something that you think of as a "treat". I went cross-country skiing for 20 minutes a day when I was caregiving and living with my parents, with the benefit of taking turns with my mom. But if you live alone with the person, you're caregiving, ask a neighbor, family member, or friend to come over once/day for an hour so you can have a break doing something just for you.

2. Give yourself grace. You're not perfect, nor is any doctor or nurse. So if something doesn't go the way you intended, know you are doing a great job and trying your best. Know the person you're caring for is so lucky to have you.

3. Eat and drink well. There is never a time this is more important than when you're caregiving since you need to stay healthy to be able to continue. During our caregiving phase the last thing we wanted was food or water. We wanted junk food and wine. But we had enough clarity to know that we had to eat healthy and drink water to stay healthy enough. Dad needed us, there was no time to get sick!

Thank you for what you're doing for your loved one.

Directory

Eau Claire County

* Senior Centers

Augusta Senior Center Augusta 715-286-2953 augustawi.com/ community-center *LE Phillips Senior Center* Eau Claire 715-839-4909 lephillipsseniorcenter.com



Hmong Senior Center Eau Claire 715-514-3491

* Food Pantries/Nutrition

Altoona United Methodist MANNA Meals 715-834-4923

Altoona Compassion Coalition 715-832-9953

Augusta Food Pantry Augusta 715-225-4965

Christ Temple Food Pantry Eau Claire 715-523-0670

Commodity Food Program Eau Claire 715-834-1224 x6 *Fairchild Food Pantry* Fairchild 715-334-3583

Fall Creek Comm. Cupboard Faith Evangelical Free Church 715-877-2330

Food Share -Eau Claire Co. Human Services 715-839-2300 co.eau-claire.wi.us/DHS

Hmong Mutual Assistance Eau Claire 715-832-8420 ecahmaa.org *Immanuel Lutheran Food Pantry* Eau Claire 715-832-7832

Hope Gospel Mission Eau Claire Ruth House (women's shelter) 2517 W. Moholt Dr.

Hope Gospel Mission (men's shelter) 2650 Mercantile Dr.

Meals on Wheels, Senior Dining Meal Sites, Liquid Supplement 715-839-4886 eauclaireadrc.org

Ruby's Pantry Eau Claire 715-834-2959 goodshepherd-ec.org Salvation Army Eau Claire 715-834-1224 salvationarmy.org

St. Francis Food Pantry Eau Claire 715-839-7706 stfrancisfoodpantry.org

The Community Table Eau Claire 715-835-4977

Trinity Lutheran Food Pantry 715-832-6601

* Home Medical Supplies

ADRC Adaptive Equipment Loan Program Eau Claire 715-839-4735 eauclaireadrc.org

All Star Mobility Eau Claire 715-598-7511 allstarmobilityllc.com *Apria Health Care* Eau Claire 715-834-7517 apria.com

Grace Home Respiratory Altoona 715-832-7377 ghr-ec.com Mayo Clinic Health System Eau Claire 715-838-1815 mayoclinichealthsystem.org

Mobility Works Eau Claire 715-438-4030 mobilityworks.com *NuMotion, LLC* Eau Claire 715-552-3711 numotion.com

Reliable Medical Eau Claire 715-997-3280 reliamed.com

* Adult Day Care

Augusta Health & Rehab 715-286-2266 augustahealth andrehab.com *Hmong Adults Daycare Center, LLC* Eau Claire 715-514-3491

Rellim Senior Day Care

Aurora Eau Claire 715-831-0467 wisconsin. auruoraservices.com **REACH Helen's House** Eau Claire 715-456-3874

Grace Adult Day Care Altoona, 715-832-8811 graceluthfound.com

rellimseniordaycare.com

Eau Claire

* Decluttering/ Organizing Services

Caring Transitions 715-318-1410 caringtransitionschippewavalley.com

Cobwebs, Clutter & Companionship Lisa Schaefer 715-831-8799

* Transportation

A & J Mobility Eau Claire 715-874-6630 aandjmobility.com

Abby Vans, Inc. Neillsville 1-800-236-8438 abbyvans.com

Anytime Transport Eau Claire 715-559-6607

Eau Claire Transit Eau Claire 715-839-5111 eauclairewi.gov/transit

Groome Transportation Eau Claire 715-830-9400

Handilift Cumberland 1-800-989-7433

MTM Medicaid Assitance Covered Transportation 1-866-907-1493 *New Freedom Volunteer Driver Program* Eau Claire 715-233-1070

Non-Driver ID Motor Vehicles Division Eau Claire 1-800-924-3570 dot.wisconsin.gov

Patients' Express Chippewa Falls 1-866-336-7915

Sure Safe Medical Transportation 715-718-2330

Triniteam Caregivers Eau Claire 715-858-9803

Western Dairyland Eau Claire 715-836-7511 #1151 westerndairyland.org

Willows Way Transport Eau Claire 715-492-4599



* Home Energy Assistance/ Weatherization

Department of Human Services Eau Claire • 715-839-2300 • co.eau-claire.wi.us

Rural Development

Menomonie • 715-232-2614 #119 • rurdev.usda.gov

Western Dairyland

Eau Claire • 715-836-7511 • westerndairyland.org

Directory

Eau Claire County

* Home Care

(Skilled Licensed Nursing Services)

Almost Family Eau Claire 715-831-0631 almostfamily.com

Appeal to Heaven Eau Claire, 715-379-7889 appealtoheaven.net

Aurora Community Health Menomonie, 715-235-3707 auroraservices.com

Aveanna Healthcare 715-598-5600 | aveanna.com

Interim Healthcare Eau Claire, 715-834-1313 interimhealthcare.com

International Quality Home Care Eau Claire, 888-278-3405 alphaigh.com

Lily Home Health Care Eau Claire, 715-201-2233 lilyhealthcare.org

Mayo Clinic Health System -Home Health & Hospice Eau Claire, 715-831-0100 mayoclinichealthsystem.org

Modified Independence 715-579-7784 modifiedindepenence.ec@gmail.com

Moore Genuine Care Augusta, 715-286-2734 mooregenuinehomecare.com

* Home Care

(Supportive Non-Medical/Chore)

Almost Family Eau Claire 715-831-0631 almostfamily.com

Aurora Community Health Menomonie, 715-235-3707 auroraservices.com

Cornerstone Caregiving Eau Claire 534-444-9021 cornerstonecaregiving.com

Good People 1-800-608-8003 goodpeople.us/info/home

Home Companions, LLC Eau Claire, 715-577-0918

Home Instead Senior Care Eau Claire, 715-941-4717

Interim Healthcare Eau Claire, 715-834-1313 interimhealthcare.com

Kathy's Helping Hands, LLC Altoona, 715-833-1727

Moore Genuine Care Augusta, 715-286-2734 mooregenuinehomecare.com

Safe @ Home Senior Care Eau Claire, 715-598-7233

Second Springs Care Eau Claire, 715-861-3474 secondspringsllc.com

Seniors Helping Seniors Eau Claire, 715-514-4511 seniorcareeauclaire.com

Village Caregiving 715-492-0191 villagecaregiving.com

Visiting Angels 715-598-1750 visitingangels.com/eauclaire

* Hospice Care

Gentiva Health Services -Heartland Hospice Eau Claire, 888-436-8482 gentivahs.com

Interim Healthcare Eau Claire, 715-834-1313 interimhealthcare.com

Lily Home & Hospice Eau Claire, 715-201-2233 lilyhealthcare.org

Mayo Clinic Health System -Home Health & Hospice Eau Claire, 715-831-0100 mayoclinichealthsystem.org

Moments Hospice Eau Claire, 715-800-0910 momentshospice.com

St. Croix Hospice Care Eau Claire, 715-598-2635 stcroixhospice.com

* Adult Family Home

Apple Valley Home Eau Claire, 715-835-5141 AVHassistedliving.com

Dearwood Adult Family Home Eau Claire, 715-830-0518

Genuine Care Adult Family Home Augusta, 715-286-2248 mooregeniunehomecare.com

Sherwood Forest House of Hope Altoona, 715-835-8701

* Assisted Living

Apple Valley Home Eau Claire, 715-835-5141 avhassistedliving.com

Azura Memory Care Eau Claire, 715-563-2618 azuramemory.com

BeeHive Homes, CBRF Eau Claire, 715-874-HIVE beehivehomes.com

Cambridge Senior Living Eau Claire, 715-577-8418

Care Partners

Birch Street - 715-514-3709 Stonewood Drive - 715-874-5075 Briar Lane, Altoona - 715-598-7401 carepartners-countryterrace.com

Caretta Senior Living -Assisted Living Eau Claire, 715-317-5239 carettaseniorliving.com

Grace Edgewood, CBRF Altoona, 715-832-5813 graceluthfound.com

Grace Prairie Pointe, CBRF Altoona, 715-598-7800 graceluthfound.com

Grace Willowbrook, RCAC Eau Claire, 715-835-0429 graceluthfound.com

HeatherWood, RCAC Eau Claire, 715-552-5511 heatherwoodal.com

Heritage Assisted Living, RCAC Eau Claire, 715-831-9118 heritagesenior.com

Milestone Assisted Living, RCAC Eau Claire, 715-874-4250 milestonesl.com *Oak Gardens, RCAC* Altoona, 715-793-0205 oakgardensplace.com

Orchard Hills Assisted Living (Dove Healthcare) Eau Claire, 715-552-1030 orchardhillsassistedliving.com

SilverLeaf of Augusta Augusta, 715-286-2400 augustaareahome.com

The Classic at Hillcrest Greens Altoona, 715-839-0200 theclassichg.com

* Memory Care

Azura Memory Care Eau Claire, 715-563-2618 azuramemory.com

Caretta Senior Living -Memory Care Eau Claire, 715-317-5239 carettaseniorliving.com

Care Partners Memory Care Birch Street - 715-514-3709 Stonewood Drive - 715-874-5075 Briar Lane, Altoona - 715-598-7401 carepartners-countryterrace.com

HeatherWood Memory Care, "The Glen" Eau Claire, 715-552-5511 heatherwoodal.com

Heritage Court Memory Care Eau Claire, 715-831-8200 heritagesenior.com

Lake Hallie Memory Care Chippewa Falls, 715-738-0011 lakehalliememorycare.com *Milestone Senior Living Suites* Eau Claire, 715-874-4232 milestonesl.com

Our House Senior Living Memory Care Eau Claire, 715-832-3970 ourhousesl.com

The Classic at Hillcrest Greens Altoona, 715-839-0200 theclassichg.com

* Independent Living

Non-Subsidized

Briarwood Cottages Eau Claire, 715-831-2128 briarwood-cottages.com

City View Apartments Eau Claire, 715-835-6001 foxboroproperties.com

Congress St. Apartments Eau Claire, 715-835-6001 foxboroproperties.com

EastRidge Estates Altoona, 715-830-525 impactseven.org

Good Shepherd Senior Apartments Eau Claire, 715-834-3587 goodshepherdseniorapartments.org

Heritage Apartments Eau Claire, 715-834-6302 stjohnhousing.com

Hillside Apartments Eau Claire, 715-835-6001 foxboroproperties.com

Directory

Eau Claire County

* Independent Living

Non-Subsidized (cont.)

London Square Apartments Eau Claire, 715-858-0873 london@oakbrookcorp.com

Milestone Senior Living Eau Claire, 715-874-4232 milestonesl.com

Oakwood Hills Sky Active Living Eau Claire, 715-552-1500 sonidaseniorliving.com

Oakwood Home Apartments Eau Claire, 715-831-7800 oakwood@oakbrookcorp.com

Real Life Cooperative Eau Claire, 715-835-7622 realifeinc.com

St. Francis Apartments Eau Claire, 715-834-1338

St. Paul Apartments Augusta, 608-633-5138

The Classic at Hillcrest Greens Altoona, 715-839-0200 theclassichg.com

The Meadows at Otter Creek Eau Claire, 715-831-1068 firstlutheranfoundation.com

Wunderhaven Fall Creek, 715-834-3411 landmark-company.com

* Independent Living

Subsidized

Augusta Country Apartments Augusta, 715-514-1616

Colony Park East/West Eau Claire, 715-834-3411 landmark-company.com

Fairchild Housing Fairchild, 715-286-2718

Fairchild Senior Living Fairchild, 715-839-6240 co.eau-claire.wi.us

Fall Creek Commons Fall Creek, 715-834-3411 landmark-company.com

Golden Acres I Altoona, 715-834-1842

Golden Acres II Altoona, 715-834-7852

Grace Barstow Apartments Eau Claire,715-832-1174 graceluthfound.org

Owen Rust Apartments Eau Claire, 715-839-8602 ci.eau-claire.wi.us/government/housing

Park Tower Apartments Eau Claire, 715-839-8602 ci.eau-claire.wi.us/government/housing *Ruth Gullerud Villa* Eau Claire, 1-800-685-9353 impactseven.org

Solis Circle Altoona, 715-832-4663

St. John's Apartments Eau Claire, 715-834-6302 stjohnhousing.com

* Nursing Homes

Augusta Health & Rehab Augusta, 715-286-2266

Dove Healthcare-West Eau Claire, 715-552-1030 dovehealthcare.com

Dove Healthcare-South Eau Claire, 715-552-1035 dovehealthcare.com

Grace Lutheran River Pines Skilled Nursing, Rehabilitation & Long Term Care Services Altoona, 715-598-7800 graceluthfound.com

Oakwood Health Services Altoona, 715-833-0400 oakwoodhealthservices.com

* Funeral Homes / Cremation Centers (Eau Claire & Chippewa Counties)

Chippewa Valley Cremation Services & Celebration of Life Center Altoona 715-835-3333 chippewavalleycremation.com

Cremation Society of WI Altoona 715-834-6411 cremationsociety-wi.com

Evergreen Funeral Home & Crematory Eau Claire 715-830-5470 evergreenfuneralhome.com *Horan Funeral Home* Chippewa Falls 715-723-4404 horanfuneralhome.com

Hulke Funeral Home Eau Claire 715-832-5002 hulkefamilyfh.com

Johnson Monument, LLC/Lifetime Memorials Chippewa Falls 715-723-5576 johnsonmonument.com *Lenmark-Gomsrud-Linn Funeral Home* Eau Claire 715-832-8301/715-834-4456 lenmarkfh.com

Olson Funeral Home and Cremation Bloomer 715-568-5250 olsonfuneralhomebloomer.com

Pederson-Volker Funeral Chapel Chippewa Falls 715-723-4649 pedersonvolker.com *Smith Funeral Chapel* Eau Claire 715-832-1141 smithfuneralec.com

Stokes Prock & Mundt Funeral Chapel Altoona 715-832-3428 stokesprockandmundt.com

Thompson Funeral Home & Chippewa Valley Cremation Services Bloomer 715-568-2310 thompsonfuneralhome.com





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 715-568-2190 COLFAX WI 54730 715-962-3784 Wally Shong Pharmacy 153 W LINCOLN ST

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Directory

Chippewa County

* Transportation

Curtie Cares 715-568-2211

MTM Medicaid Assitance Covered Transportation 1-866-907-1493

New Freedom Transportation Program 715-514-4200 / 800-228-3287 *Ready Ride Taxi* 715-864-2409

Shared Ride Taxi Program (City of Chippewa Falls only) 715-726-2728 / 715-723-3000

Town and Country Taxi 715-563-7272

Veterans Service – Veterans Van 715-726-7990



* Senior Centers

Bloomer Senior Civic Center Bloomer 715-568-1888

Chippewa Falls Area Senior Center Chippewa Falls 715-720-1666

Cornell Senior Citizens Center 104 N. 3rd, Cornell Weekdays 1:00 pm - 5:00 pm

Medical Equipment Loan Closet

Center for Independent Living Menomonie 1-800-228-3287, 715-233-1070 cilww.com

Cornell Lion's Club 715-595-4275 or 715-456-8749

Department of Public Health Chippewa Falls, 715-726-7900

Rutledge Charities, Chippewa Falls 715-723-6618

Lake Holcombe Lion's Club 715-595-4421

* Wheelchair Accessible Transportation

Abbey Van 1-800-236-8438/715-743-3364

A & J Mobility Eau Claire 715-874-6630, 877-833-9830 *New Freedom Program* 800-228-3287

Patients' Express Non-Emergency 715-723-3867 *Shared Ride Taxi* Chippewa Falls 715-723-3000

Tender Care Transport 715-835-2435 / 800-498-2050 tendercaretransport.com

Directory

Phippewa County

* Food Pantries/Nutrition

4-C's Food Pantry

329 Main St, Cadott, 715-289-4941 Open Friday 2:00 - 4:00 pm

Bloomer & New Auburn Food Pantry

Serving Bloomer and New Auburn school districts 808 Jackson St, Bloomer; Leave Message: 715-568-3733 Friday 10:00 a.m. - 4:00 p.m.

Chippewa Area Food Pantry/Salvation Army

2211 S Hastings Way, Eau Claire, 715-834-1224 *Chippewa store closed but Chippewa Falls programs are being revamped to be offered at the Eau Claire location. More info to come.

Chippewa Falls YMCA Food Pantry

611 Jefferson Avenue, 715-861-3892 Mondays 9:00 - Noon; Wednesdays 3:00-6:00pm: Fridays 11:00-1:00pm. Drive up only.

Cornell Food Pantry

401 S. 2nd Avenue, Cornell; 715-202-3531 Open Tuesday 4:00 - 7:00 pm

First Presbyterian Church

130 W. Central St., Chippewa Falls, 715-723-5717 Open Mondays 1:00-3:00 and Tuesdays 10:00-Noon

Fruit of the Vine Pantry

W11581 Cty. Hwy X, Stanley, 715-203-0137 Open 1st & 3rd Tuesday, 5:00 - 6:30 p.m.; 2nd & 4th Tuesday, 10:00 am - 12:00 pm.

Holcombe Food Pantry

27841 County Hwy M, Holcombe, 715-595-4967 Open 2nd & 4th Tuesday, 2:00 - 5:00 pm

Jim Falls Community Food Pantry 13883 Cty. Hwy. S, Jim Falls

Open Mondays, 4:00 - 6:00 pm

L.E. Phillips Career Development Center

508 N Bridge St, Chippewa Falls, 715-861-5002 Mon: Appointment only; Tue-Fri 9:00am-3:30pm Pantry & outdoor "Blessing Box"

Pantry Pals Food Pantry

Serves Lafayette and Stillson school district residents English Lutheran Church 20588 Cty. Hwy. X, Chippewa Falls, 715-723-4231 Open 3rd Saturday from 10:00 - 11:30 am

Ruby's Pantry for Chippewa Falls

(Open to all with a \$25 donation) Chippewa Valley Bible Church - 531 E South Avenue, Chippewa Falls,715-723-2827. Open 3rd Tuesday of month from 2:30 p.m. - 5:00 p.m.

Stanley Food Pantry

Our Savior's Lutheran Church, Stanley, 715-644-0644 147 East 4th Avenue, Stanley Open 1st Thursday, 4:00 - 6:00 p.m

St. Francesca Resource Center Food Pantry

Corner of Allen and High Streets (in the back of the old Notre Dame school), Chippewa Falls Open: Tuesday from 9:00 am - 1:00 pm; 4:00 pm - 7:00 pm. Can visit every 2 weeks. Bring a box or bags.

Valley Vineyard Food Pantry

910 Bridgewater Avenue, Chippewa Falls, 715-828-6479 Open: Tuesday and Thursday from 5:00 pm - 7:00 pm

* Home Delivered Meals

ADRC - Meals on Wheels

715-738-2590

Delivered hot meals for homebound individuals aged 60+ living outside the city limits of Chippewa Falls. If living within city limits, see Mobile Meals.

Chippewa County Nutrition Program 715-726-7777

Go Getters – Bloomer Area Food Pantry

715-568-3733 Volunteer grocery shoppers for people with health concerns or transportation issues.

Mobile Meals

715-723-0486

Available to Chippewa Falls residents (within city limits) who are unable to prepare their own meals due to aging or health related issues.

HousingMaintenanceFuel Assistance

All Star Mobility 715-598-7511

Chippewa County Economic Support (fuel assist), Chippewa Falls 715-726-7840

Housing Authority 715-726-7933

Seniors Helping Seniors 715-514-4511

Tomorrow Home Foundation (Manufactured/Mobile Homes) 608-255-3131

USDA Rural Development 715-635-8228

West Cap 715-726-7840

WisLoan 1-866-419-1260

* Adult Day Care

Adult Day Care of Chippewa Valley, Altoona, 715-832-8811

Grace Adult Day Services Chippewa Falls, 715-738-1925

Hopes & Dreams Adult Daycare Cadott, 715-289-5300

Rellim Senior Day Care Eau Claire, 715-600-0746

* Homeless Resource

Starting Points - Chippewa Falls 715-726-7937

* Dining Options

Bloomer

Bloomer Sunday Social Supper 715-568-3612 2121 Duncan Road Distribution: 2nd Sunday at 4:00pm

Cadott

Nutrition – Come Now and Eat 215 East Seminary Street 715-289-4521 Distribution: 4th Wednesday 4:30pm - 6:00pm

Chippewa Falls

Agnes' Table -Trinity United Methodist Church 201 W. Central Street 715-861-3892 Free hot meal. Social Hours: 3:30 p.m.- 5:00 p.m. Dinner Served Tue/Thurs. 5:00 - 6:30 p.m. **Barnabas Christian Coffee House** 19 W Spring Street 715-404-5330 Open Monday, Wednesday, and Friday 5:30 pm - 6:30 pm

Chippewa Falls Area Senior Center 1000 East Grand Avenue 715-579-2896 Call for more information

We Care Sunday Meal Our Saviour's Lutheran Church 1300 Mansfield Street 715-723-6048 Serving: Last Sunday of each month.

Cornell

Contact ADRC for Senior Dining Information 715-726-7777

Directory

Chippewa County

* Home Care

(Skilled Licensed Nursing Services)

Almost Family 715-831-0631 almostfamily.com

Appeal to Heaven 715-379-7889

Interim Healthcare 715-834-1313

Mayo Clinic Health System -Home Health & Hospice 715-831-0100/1-800-236-8408

Moore's Genuine Care 715-286-2734

Recover Health 715-598-5600

St. Croix Home Care and Hospice 715-598-2635

* Home Care

(Supportive Non-medical)

Almost Family 715-831-0631 almostfamily.com

Appeal to Heaven 715-379-7889

Aurora Community Health 715-235-3707

Home Instead – Senior Care/ Non-Medical Eldercare 715-941-4717

Interim Healthcare 715-834-1313 *Seniors Helping Seniors* 715-514-4511

Visiting Angels 715-598-1750

* Assisted Living

**Designates Memory Care Facility

Aggie's Country Living Bloomer, 715-288-6333

Care Partners - Country Terrace Bloomer, 715-568-9140 carepartners-countryterrace.com

Care Partners - Country Terrace Stanley, 715-644-3444 carepartners-countryterrace.com

Chippewa Manor Residential Center Chippewa Falls, 715-726-2123

Comforts of Home Chippewa Falls, 715-598-8031

Home Suite Home Chippewa Falls, 715-726-1113 homesuitehomeonline.com

** *Lake Hallie Memory Care* Chippewa Falls, 715-738-0011 lakehalliememorycare.com

Lakehouse Chippewa Falls Chippewa Falls, 715-201-4524 lakehousechippewafalls.com

Meadowbrook of Bloomer 715-568-2503

Midwest Gratus Chippewa Falls, 715-861-5320 *Our House Assisted Care* Chippewa Falls, 715-723-6840

****Our House Memory Care** Chippewa Falls, 715-723-6037 ourhousesl.com

** Dove Healthcare - Rutledge Home Assisted Living & Memory Care Chippewa Falls, 715-723-5566 rutledgehome.com

****The Homeplace of Stanley,** *Mondovi, Durand & Dorchester* 715-644-2137 thehomeplaceof.com





* Independent Living

Subsidized

*Bridgewater Apartments Chippewa Falls, 715-834-2691

*Grace Parkside Apartments Chippewa Falls, 715-832-1174

*Grandview Apartments Cadott, 715-834-3411

*Lake Como Home II Bloomer, 715-834-3411

*Lakeview Apartments Bloomer, 715-834-3411

**Moon Park Apartments* Stanley, 715-282-4949

**Northern Apartments* Chippewa Falls, 715-723-7875

*Park Ridge Apartments Boyd, 715-723-7552

**Ravenswood Apartments* Cornell, 715-834-3411

**Romeis Millstream Apartments I and II* Chippewa Falls, 715-723-7552

**Shoe Factory Apartments* Chippewa Falls, 715-726-0586

*Southridge Apartments Cadott, 715-723-7552

**Squire Drive Apartments* Cornell, 715-834-3411

**Stanley Court Apartments* Stanley, 715-289-4755 **Sunrise Village* New Auburn, 715-726-7933

**Sunset Homes* Stanley, 715-644-5755

*Westside Apartments Bloomer, 715-834-3411

* Independent Living

Non-Subsidized

Auction Mart Apartments Stanley, 715-726-7933

Cadott Country Apartments Cadott, 715-289-4755

Chippewa Manor Residential Living Center Chippewa Falls, 715-723-4437

Homestead Village Senior Apartments Chippewa Falls, 715-726-9664

North Town Apartments Cadott, 715-579-5179

Northland Apartments Chippewa Falls, 1-800-432-5755

Parkview Apartments Bloomer, 715-568-5446

St. Joseph's Apartments Chippewa Falls, 715-723-5828

Stanley Country Apartments Stanley, 715-644-6702

The Landing Chippewa Falls, 715-861-7753

* Skilled Nursing

Chippewa Manor Nursing Home Chippewa Falls, 715-723-4437 chippewamanor.com

Cornell Health Services 715-239-6288 northshorehc.com

Dove Healthcare Bloomer, 715-568-9770 dovehealthcare.com/bloomer

Dove Healthcare - Regional Vent Center Chippewa Falls, 715-723-9341 dovehealthcare.com

Mayo Clinic Health System Chippewa Valley - Maplewood Nursing Home Bloomer, 715-568-2000 mayoclinichealthsystem.org

WI Veterans Home at Chippewa Falls 715-720-6775 wisvetshomes.com





- Attorney at Law
- Wills Trusts Guardianship Medical Assistance
 - Durable Power of Attorney
- Power of Attorney for Health Care



MARY BETH GARDNER, ATTORNEY AT LAW Member of National Academy of Elder Law Attorneys

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715.832.4444 gardner-law.net

Comprehensive Retirement Planning: A Key to Financial Security By Cole Bruner, President of Buska Wealth Management

Retirement planning is essential for achieving financial independence and a comfortable lifestyle during retirement. It involves saving, managing risks, investing wisely, and ensuring a steady income after leaving the workforce. Here's how to approach retirement planning:

1. Setting Clear Retirement Goals

Begin by defining your retirement goals. Ask yourself: When do you want to retire? What lifestyle do you envision? Do you want to travel, maintain a certain standard of living, or cover healthcare costs? Clear goals will guide your savings and investment strategies, helping you determine how much money you'll need.

2. Assessing Your Current Financial Situation

Understand your current financial standing before creating a plan. Calculate your net worth, review income and expenses, and examine your debt obligations. Are you already saving for retirement through accounts like a 401(k) or IRA? Knowing where you stand will provide a baseline for the amount you need to save and invest to reach your goals.

3. Creating a Savings and Investment Strategy

With an understanding of your financial situation, start building a savings and investment strategy. The earlier you begin, the more your money can grow with compound interest. Contribute to retirement accounts, such as a 401(k), IRA, or Roth IRA, which offer tax advantages.

Choosing the right investments is crucial. Stocks, bonds, and real estate are common options, but the best mix depends on your risk tolerance, time horizon, and goals. Younger individuals can allocate more to stocks due to their longer time to recover from market fluctuations. Those closer to retirement may focus on more conservative, low-risk assets. 4. Planning for Healthcare Costs Healthcare is a significant concern in retirement. While Medicare covers many healthcare expenses for those over 65, it doesn't cover everything. Plan for out-of-pocket costs, including premiums, copayments, and longterm care. Consider longterm care insurance or



a health savings account (HSA) to cover additional medical expenses.

5. Tax Planning for Retirement

Understand the tax implications of your retirement savings and withdrawals. Contributions to 401(k)s and traditional IRAs are tax-deferred, meaning taxes are paid when funds are withdrawn. Roth IRAs offer taxfree withdrawals, provided certain conditions are met.

How you withdraw funds is also important. Consider withdrawing from taxable accounts first to allow tax-advantaged accounts to continue growing. A tax advisor can help minimize your tax burden.

6. Building an Estate Plan

A comprehensive retirement plan should also include estate planning. Create a will, set up trusts, and designate beneficiaries for your accounts to ensure your assets are distributed according to your wishes. Estate planning helps minimize estate taxes and avoid lengthy probate processes.

Comprehensive retirement planning involves more than just saving. It's about setting goals, understanding your financial situation, investing wisely, and planning for healthcare, taxes, and asset transfer after death. Starting early provides more options and flexibility, helping you create a secure and fulfilling retirement.

Home Care	Medicare Accepted	Medicaid Accepted	Private Pay Accepted	Long-Term Care Ins.	VA Payments	State Licensed	Wound Care	Home Modification	Home IV Care	Wound V.A.C.	Injection Care	Blood Draws	Private Duty	Durable Med. Supplies	No Age Limitation	Occupational Therapy	Physical Therapy	Speech Therapy	Respiratory Therapy
Appeal to Heaven 715-379-7889	No	No	Yes	Assist	No	No	Yes	No	Yes	Yes	Yes	Yes	No	No	Yes	No	No	No	No
Clearwater Assisted Living 715-492-0311	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Cornerstone Caregiving 534-444-9021	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No
Village Caregiving 715-492-0191	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Visiting Angels 715-598-1750	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No

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1-715-497-7571 Alaine Sonnenberg, PCC

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f

Assisted Living ** Chippewa County	Type (AFH, RCAC, CRAF,	Monthly Cost Range	Subsidized	Private Units	Scheduled Transportation	Alzheimer's/ Memory Care	Respite Care	Call System	Diabetes Mgm+	Rehab Services	24/7 On-Site Care	Nurse On-Site
Apple Valley Home 715-835-5141	AFH	Call	No	Yes	Yes	No	No	Upon Request	Yes	Call for Rehab	Yes	No
Cambridge Senior Living 715-577-8418	CBRF	Call	No	Yes	Assist With	Yes	Call	Yes	Yes	Contracted	Yes	Yes
Caretta Senior Living - Assisted Living 715-317-5239	RCAC/ CBRF	Call	No	Yes	Yes	Yes	Yes	Yes	Yes	Contracted	Yes	Yes
Chippewa Manor Living Services** 715-723-4437	RCAC	Call	No	Yes	Assist with	No	No	Yes	Yes	Yes	Yes	Yes
Comforts of Home** 715-598-8031	RCAC	Call	No	Yes	Assist with	No	Yes	Yes	Yes	No	Yes	Yes
Dove Healthcare-Barron Assisted Living 715-537-1151	RCAC	Call	No	34	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Dove Healthcare-Bloomer Assisted Living** 715-568-2716	RCAC	Call	No	24	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Dove Healthcare - Orchard Hills Assisted Living 715-930-6000	CBRF	Call	No	40	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Dove Healthcare-Osseo Assisted Living 715-597-2493	RCAC	Call	No	40	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Dove Healthcare - Rutledge Home** 715-723-5566	CBRF	Call	No	42	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
HeatherWood Assisted Living 715-552-5511	RCAC	Call For Rates	No	31	Yes	Yes	Yes	Yes	Yes	Contracted	Yes	Yes
Heatherwood Memory Care "The Glen" 715-552-5511	CBRF	Call For Rates	No	8 Apts.	Yes	Yes	Yes	Yes	Yes	Contracted	Yes	Yes
Lake Hallie Memory Care** 715-738-0011	CBRF	Call	No	60	Assist with	Yes	Yes	Yes	Yes	Contracted	Yes	Yes
Lakehouse Chippewa Falls** 715-201-4524	RCAC	Call	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Meadowbrook at Bloomer** 715-568-2503	RCAC	Call For Rates	Yes	Yes	Assist with	No	Yes	Yes	Yes	Yes	Yes	Yes
Oak Gardens Place 715-793-0205	RCAC	Call	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes

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Memory Care 3515 E. Hamilton Ave. 715-379-9609 **Assisted Living** 3706 Damon St. 715-831-9118



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- Card access security entrances
- Off street private parking
- Vending machine
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APARTMENTS

300 William Street Eau Claire

For applications, contact the Housing Authority of the City of Eau Claire (715) 839-4943

Handicapped accessible apartments available.



Rehab and Skilled Nursing	Total Beds	Medicare	Medicaid	Daily Cost Range	Respite Care	Hospice Contract	Respiratory Care	IV Therapy	Palliative/End- of-Life Care	Transportation Services
Chippewa Manor Nursing & Rehabilitation 715-723-4437	50	Yes	Yes	Call	Yes	Yes	Yes	Yes	Yes	Yes
Cornell Health Services 715-239-6288	50	Yes	Yes	Call	Yes	Yes	Yes	Yes	Yes	Yes
Dove Healthcare-Bloomer 715-568-9770	50	Yes	Yes	Call	Yes	Yes	Yes	Yes	Yes	Yes
Dove Healthcare-Osseo 715-597-2493	40	Yes	Yes	Call	Yes	Yes	Yes	Yes	Yes	Yes
Dove Healthcare-Rice Lake 715-234-2604	50	Yes	Yes	Call	Yes	Yes	Yes	Yes	Yes	Yes
Dove Healthcare-South Eau Claire 715-552-1035	50	Yes	Yes	Call	Yes	Yes	Yes	Yes	Yes	Yes
Dove Healthcare-West Eau Claire 715-552-1030	70	Yes	Yes	Call	Yes	Yes	Yes	Yes	Yes	Yes
Dove Healthcare- Regional Vent Center 715-723-9341	31	Yes	Yes	Call	Yes	Yes	Yes	Yes	Yes	Yes
Wisconsin Veterans Home at Chippewa Falls 715-720-6775	72	Yes	Yes	Call	Call	Yes	Yes	Yes	Yes	Yes

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The information you need for the life you want.

All residents of Wisconsin have access to a local Aging & Disability Resource Center. ADRC's provide Wisconsin residents with unbiased information related to aging or living with a disability. The goal is to help people maintain their independence by connecting them with the right resources.

www.dhs.wisconsin.gov/adrc

Contact us for a free, confidential consultation to get unbiased information about local resources for individuals ages 60+, and adults with disabilities.

ADRC of Chippewa County 715-726-7777 ADRC of Eau Claire County 715-839-4735

We welcome everyone to the ADRC, regardless of race, age, color, national origin, ethnic background, disability, sexual orientation, gender, gender identity, or socioeconomic, marital or military status. Your ADRC respects the diversity of our customers, employees, and communities.



Clearwater Assisted Living - Voted #1 in the Chippewa Valley

Clearwater Assisted Living began serving the Chippewa Valley in March of 2022. Since then, we have grown to provide community support living and residential services for nearly 100 individuals



between 3 regions: Eau Claire, Rice Lake and Roberts. Additionally, we earned **#1 Best Assisted Living Provider in the Volume One Best of the Chippewa Valley Reader's Poll of 2024!** Our care is uniquely tailored to serve adults with disabilities, as well as elderly adults who require specialized senior care. Our goal is to provide our clients with the skills and care necessary to live a fulfilling life.

What do our services entail? Our scope of services include teaching and mentoring individuals on daily living skills, interpersonal skills and providing the strategies for our clients to meet their longterm goals. We provide community integration, daily living skill development, socialization, transportation, medication and appointment management, personal care, emotional support and 24/7 on-call support for emergencies. Our services are unique because they encompass an array of skills and education that don't get excluded based on an initial care plan. Our services develop and change over time, just as our clients and their needs do!

Clearwater Assisted Living works with clients to develop a care plan that meets their goals - the most important goal being the ability to continue living independently. Our team at Clearwater works extensively to identify client needs and find solutions that assist them in maintaining their independence. Clearwater works to provide resources in the community that clients can take advantage of to improve their quality of life. This consists of free legal services, food pantries, housing resources, career development and much more.

What makes Clearwater different? Our teams strive to promote our core values - **Integrity, Trust and Quality** in our jobs each day. From our direct support professionals to our program managers, our number one priority is our clients. These core values are important because we have to remember that we are coming into their homes and their lives. Accepting change and help can be challenging for anyone, no matter the situation. Therefore, the relationship we develop with our clients is paramount to all of us at Clearwater Assisted Living! Please reach out to Macie at 715-598-8867 to get started with enrolling in our premier in-home care services or if you have any questions!

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Being a Caregiver to a Sibling By Becky Streeter

When we think of caregivers, the first image that comes to mind is child-parent or spouse-tospouse. These are perhaps the most common forms of caregiving, however, there are many siblings in this world that care for the physical, emotional and mental needs of their brothers or sisters. And



sibling-sibling care is expected to become more of a norm in the future.

As we age, we accept the notion that we might someday have to care for an elderly parent, but the role of caregiving for a sibling is not always anticipated. It may come in the form of an aggressive diagnosis or a debilitating accident–something that leaves the sibling at the mercy of needing daily assistance. If there is no other family around to help, that duty can fall to a brother or sister.

Additionally, modern medicine is continually finding ways to increase life expectancy for those with mental and physical disabilities. Under normal circumstances, this is great. However, an aging parent who was the primary caregiver for their child in the past might find that they are no longer the best fit for that role. The role then often falls to the sibling.

Sibling-sibling caregiving comes with unique stressors. If the sibling still has cognitive function, they might experience a range of emotions from frustration and rage because of their new situation, to jealousy of the caregiving sibling's independence and health. The new caregiver can often feel forced into the role and simultaneously feel guilty for not wanting the responsibility. The need for care often occurs around midlife, when the caregiver sibling is unprepared financially and probably extremely busy with their own significant responsibilities such as family and work. The caregiver may be required to spend more time with their sibling than forming and developing other key relationships in their life.

If you know you might need to take on the role of primary caregiver for a sibling someday, planning is key. If possible, start having conversations with the current caregiver sooner rather than later. It can be uncomfortable to have end-oflife conversations, but when another life is dependent on

the elderly caregiver, this conversation is essential. Family dynamics can be tough to mitigate, so consider bringing in a professional such as a therapist or healthcare advocate who can help keep everyone's best interests in mind.

Research group living facilities if that might be an option. So much depends on the illness, insurance, willingness of the sibling and financial means of those involved. Also keep in mind that abuse in a group home can be hard to detect, especially among those with intellectual disabilities.

Other resources for sibling caregiving include:

- Sibling Leadership Network https://siblingleadership.org
- The Sibling Support Project https://siblingsupport.org
- The Caregiver Action Network https://www.caregiveraction.org
- The National Alliance for Caregiving https://www.caregiving.org

As with any type of caregiving, make sure to care for yourself, too. You need and deserve support and rest. Find friends and groups who will listen to and support you. Give yourself a day off, or treat yourself to something nice, even if it's just alone time with a good book. And most importantly, give yourself grace.

Sources: Barrett-Ibarria, Sofia. "What to Expect When You Become a Sibling's Sole Caregiver." Vice. 9 April 2018. https://www.vice.com/en/article/gymw7m/whatto-expect-when-you-become-siblings-sole-caregiver.

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