



Hi SENIOR Lites

- **AARP Income Tax Assistance**
- **Divestments: What Are They And Why Are They Important?**
- **March is National Nutrition Month**
- **March Recipe: Sweet & Sour Chicken with Broccoli**
- **What Is A Busy Box?**
- **SeniorCare Coverage of Respiratory Syncytial Virus Vaccines**



Happy St. Patrick's Day!

RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

AARP INCOME TAX ASSISTANCE

Income tax assistance will be provided at the Dunn County Government Center, 3001 US Hwy 12 E, Menomonie, beginning in February. This program is open to all taxpayers and you do not have to be an AARP member to participate. However, the program is designed for individuals with low income or age 60 and over. Appointments are required and can be scheduled by calling the Dunn County Aging and Disability Resource Center (ADRC) at 715-232-4006.

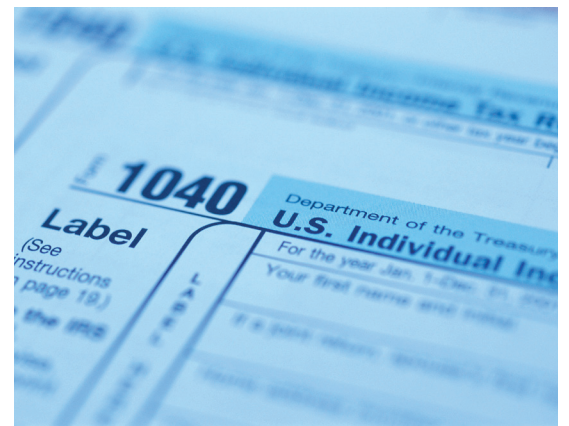
What Should I Bring to My Appointment?

- **MUST PROVIDE** – Social security card(s) and an official document (driver's license or passport) with picture ID for yourself (and spouse) and social security numbers for all dependents
- Copy of last year's income tax return(s)
- For Homestead Credit Claims, bring your 2023 property tax statement or rent certificate
- Proof of health insurance (Including the Affordable Care Act)
- 2023 and 2022 property tax bill (not receipt)
- W-2 forms from each employer
- Unemployment compensation statements
- 1099-SSA form if you were paid Social Security benefits

- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets
- 1099-MISC or 1099-NEC showing any miscellaneous income
- 1099-R form if you received a pension or annuity
- All forms indicating federal income tax paid
- Dependent care provider information (name, employer, ID, Social Security number)
- All receipts or canceled checks if itemizing deductions
- If desired, bank routing and account number for direct deposit of refunds or direct debit of amount owed

NOTE: If you do not bring the required information, you may need to reschedule your appointment through the ADRC at 715-232-4006.

If you have any questions, please contact the ADRC at 715-232-4006.



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/
 Wendy Sterry
Nutrition Director: Bernie Allen

Elder Benefit Specialist: Bethany Schneider
Caregiver Coordinator: Casey Schnacky
Dementia Care Specialist: Carla Berscheit
Disability Benefit Specialist: Lisa Schuler

Community Health Worker: Alida Moua
ILSP Program Assistants: Mary Linberg and
 Kathleen Kjenslee

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.

FOR RENT

MEMORIAL HEIGHTS APARTMENTS

Menomonie, Wisconsin
Income Based Housing

This institution is an equal opportunity provider and employer

715.235.0656

FOR RENT

SUNNYSIDE APARTMENTS

Knapp, Wisconsin
Income Based Housing

This institution is an equal opportunity provider and employer

715.308.3158

Find us at

seniorreviewnewspapers.com

UPDATED v10.23

FOOD PANTRY HOURS

Stepping Stones of Dunn County

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

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

Mon/Tue/Sat - Inside Shopping Only. No curbside available.

Wed/Fri - Curbside Shopping Only. No inside shopping available.

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:** brigitt.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, ©2024. See www.seniorreviewnewspapers.com

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 Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Iced brownie
4 Salisbury steak, Gravy, Parslied potatoes, Stewed tomatoes, Wheat bread, Pineapple tidbits	5 Roast turkey, Mashed potatoes, Turkey gravy, Sliced carrots, Perfect peach cobbler	6 Meat lasagna, Romaine and onion salad, Garlic bread, Mandarin oranges	7 Easy chicken cordon bleu, Cheesy hash browns, Broccoli cuts, Wheat bread, Chilled pears	8 Breaded baked fish, Baked potato, Monte Carlo blend Vegetables, Rice pudding with raisins
11 Breaded pork chop, Buttered new potatoes, Dilled carrots, Wheat bread, Grapes	12 Herb baked chicken, Oven roasted sweet potatoes, Spinach salad, Apple crisp	13 Baked spareribs, Sauerkraut, German potato salad, Perfect pinto beans, Pumpkin bread	14 Roast beef, Mashed potatoes, Brown gravy, Whole kernel corn, Cherry torte bar	15 Crumb topped baked fish, Basil garlic potatoes, Broccoli cuts, Fruit ambrosia salad
18 Corned beef, Boiled potatoes, Cabbage, Rye bread, Pistachio pudding 	19 Roast turkey, Mashed potatoes, Turkey gravy, Herbed baby carrots, Wheat bread, Applesauce	20 Shepard's pie, Stewed tomatoes, Bread pudding with raisins, Vanilla butter sauce	21 Baked fish fillet, Lemon butter sauce, Twice baked potatoes supreme, Broccoli cuts, Wheat bread, 24 hour fruit salad	22 Three bean chili with canned beans, Mixed green salad, Cornbread, Angel food cake, Maple whipped cream
25 Open face hot turkey sandwich with gravy, Mashed potatoes, Turkey gravy, Broccoli, Apple slices	26 Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake	27 Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Frosted pumpkin bar	28 Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler	29 MEAL SITES CLOSED

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 _____



THE PURPLE PERK

AT THE MENOMONIE SENIOR CENTER
1412 Sixth Street E, Menomonie WI

THE 3RD MONDAY OF THE MONTH
10:00-11:30 A.M.

Feb. 19	June 17	Sept. 16
March 18	July 15	Oct. 21
April 15	Aug. 19	Nov. 18
May 20		Dec. 16

A welcoming place for individuals, families, and friends of those living with memory changes. Come join us for coffee, conversation, and activities in a safe and inclusive space.

ADRC
Area Development Resource Center
of Dunn County

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



Stepping Stones
of Dunn County
Food, Shelter, Support.

1602 Stout Rd | Menomonie, WI | 54751
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.
- Pantry:** offers in-person, curbside, and pop-up options. See our website for dates/times of operation.
- Work:** Volunteer in our office, pantry, shelter, or community.
- Shelter:** provides emergency housing, assistance and referral services.
- Wallet:** Donate money, food, and supplies to help those in need.
- 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 MARCH 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



Out On A Limb
Amputee Support Group
2nd Saturday of the Month
10:30 - 11:30 am
 Hosted by Makers' Studio
 2178 St. Francis Drive W ~ Eau Claire
<https://makersstudioec.com/>
 715.205.7136

CAREGIVER COFFEE HOUR
 1st Wednesday of the month
 9:30 a.m.-11:00 a.m.
 Dunn County Government Center
 3001 US Highway 12 E, Menomonie WI

Jan 3	Jul 3
Feb 7	Aug 7
Mar 6	Sep 4
Apr 3	Oct 2
May 1	Nov 6
Jun 5	Dec 4

A support group for caregivers. Join us for coffee and conversation in a safe and confidential space to connect with other caregivers.

For more information, contact ADRC at (715)232-4006.

SHOP OUR NEW OUTLET STORE AND SAVE 10% OFF
 Please present this ad for discount. Can not be combined with any other discounts.

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

YOUR AD COULD BE HERE!
CALL OR EMAIL US FOR MORE INFO!
715-831-0325
seniorreviewnewspapers@gmail.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.
715.835.3333
 Celebration of Life Center 1717 Devney Dr - Altoona
chippewacrementation.com

HELP END ELDER ABUSE

- Emotional Abuse
- Financial Abuse
- 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



Divestments: What Are They And Why Are They Important?

By the GWAAR Legal Services Team



*Submitted by Bethany Schneider,
ADRC Elder Benefit Specialist*

What is a Divestment?

Divestment is a term related to long-term care Medicaid. It is defined as the giving away of something for less than fair market value. This could mean giving something away as a gift or for less than the item is worth in the commercial market. A divestment can be done intentionally by giving someone money, or unintentionally by not doing something that the person should have done.

Here are some examples of divestments:

- selling one's home at a discounted price;
- adding a person's name to the deed of a house if they did not pay towards the purchase of it;
- giving away a life estate or remainder interest in a home property without being paid for it;
- agreeing to waive a debt that is owed by another person;
- adding a person's name as a joint owner to a bank account, and then allowing that person to withdraw money from the account for their own personal spending;
- paying off debts or loans that the person is not legally obligated to pay for;

- donating more than 15% of a household's annual income to a religious or charitable organization;
- refusing to accept an inheritance, settlement, or other lump sum of money the person is entitled to;



Why is it important to be aware of divestment policy issues?

If a person makes a divestment, a divestment penalty period may be imposed upon them if they later apply for long-term care Medicaid benefits. For example, if a person makes a \$100,000 divestment, then they will be ineligible for long-term care Medicaid for 323 days—that's almost a full year!

Do divestment penalties apply to all forms of Medicaid?

No, divestment penalties only apply to long-term care Medicaid, including institutional Medicaid (in the nursing home or hospital), FamilyCare, IRIS, PACE, and Partnership. Divestment penalties do not apply to card-services Medicaid (BadgerCare+, MAPP, Medicaid deductible, categorically needy Medicaid, etc.). Under federal law, divestment penalties also do not apply to Medicare Savings Programs such as QMB, SLMB, and SLMB+.

If a divestment penalty is assessed but inaccurate, how can that be resolved?

A person who is assessed a divestment penalty but believes it to be inaccurate can call the local Income Maintenance Consortium to discuss the situation. They can also file an appeal with the Division of Hearings and Appeals, a state agency that decides Medicaid appeals in Wisconsin. Be aware that there is a 45-calendar day appeal window and there are no provisions for late appeals.

Where can more information on divestments be found?

For more information, look at the Medicaid Eligibility Handbook, section 17 or the WI DHS website.

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



"This institution is an equal opportunity provider and employer"

March is National Nutrition Month



Submitted by Bernie Allen,
ADRC Nutrition Program Coordinator

The path to wellness often begins at our plates. National Nutrition Month stands as a testament to the impact of making informed food choices and developing sound eating habits. This annual observance not only promotes nutritional knowledge, it also emphasizes the importance of a balanced lifestyle.



What is National Nutrition Month?

National Nutrition Month is a dedicated campaign focusing on the significance of nutrition and health. It seeks to educate individuals about the importance of making informed food choices, developing consistent eating habits, and undertaking regular physical activity. Developed by nutrition professionals and enthusiasts, the month offers numerous

resources, events and initiatives to promote a healthier lifestyle for all.

When is National Nutrition Month?

Every March is celebrated as National Nutrition Month, casting a spotlight on dietary habits, food knowledge and the joys of wholesome eating.

How to Get Involved

Starting your own nutrition journey? Here's how you be part of the celebrations:

- Attend Workshops: Engage in nutritional seminars or cooking classes that focus on healthy recipes.
- Commit to a Challenge: Try a new healthful recipe every week or pledge to include more fruits and vegetables in your diet.
- Read and Educate: Pick up books or articles that enhance your knowledge about nutrition and dietary habits.
- Share your Journey: Document your nutritional adventures on social media, sharing receipts, tips and milestones.
- Support Local: Visit farmers' markets or local producers to get fresh, nutritious ingredients and support community based agriculture.

History of the Event

Originally established as a weeklong event in 1973, National Nutrition Month expanded to a month-long observation in 1980 due to growing public interest in nutrition. The initiative was driven by the Academy of Nutrition and Dietetics, an organization committed to improving the nation's health and advancing the profession of dietetics. Over the years, it has evolved into a significant annual event promoting the pivotal role nutrition plays in overall health and well-being.

March Recipe

Sweet & Sour Chicken with Broccoli

Recipe from EatingWell.com

Ingredients:

- 3 ounces dry ramen noodles
- 1 tablespoon canola or avocado oil
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
- ½ cup orange juice
- 6 cups small broccoli florets (about 12 ounces)
- 3 tablespoons rice vinegar
- 2 tablespoons low-sodium soy sauce
- 1 ½ tablespoons cornstarch
- 2 tablespoons honey
- 1 tablespoon finely chopped garlic
- ¾ teaspoon crushed red pepper
- ½ teaspoon kosher salt



Directions:

1. Preheat oven to 375 degrees.
2. Crush noodles and spread on rimmed baking sheet. Bake, stirring once, until lightly browned, 7 to 9 minutes.
3. Meanwhile, heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until browned and cooked through, 6 to 8 minutes. Transfer the chicken to a plate. Add orange juice to the pan and cook, scraping up any browned bits, for 15 seconds. Add broccoli; cover and cook until tender, about 3 minutes.
4. Meanwhile, whisk vinegar, soy sauce and cornstarch in a small bowl.
5. Add the vinegar mixture, honey, garlic, crushed red pepper and salt to the pan; bring to a boil. Cook, stirring, until the sauce is thickened, about 1 minute. Add the chicken and cook for 1 minute more. Top with the ramen noodles.

Total Time: Prep 20 minutes. Cook 20 minutes. Yield: About 4 servings.

Cremation Society of Wisconsin

- Professional
 - On-Site Crematory
 - Dignified • Economical
- cremationsociety-wi.com

PLEASE SEND YOUR FREE-NO OBLIGATION BROCHURE ABOUT CREMATION TO:

Name _____
Address _____
City _____ State ____ Zip _____

CREMATION SOCIETY OF WISCONSIN - 715.834.6411
STOKES, PROCK & MUNDT FUNERAL CHAPEL - 715-832-3428
535 S. Hillcrest Parkway, Altoona WI 54720

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

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

Savvy Caregiver Support Group - 1st Tuesday of the month, 10 - 11am. Contact Lisa Wells lisa.wells@eauclairecounty.gov



Menomonee Area Senior Center

1412 6th Street East
Menomonee, WI 54751
715-235-0954 Email: seniors@wwt.net
Facebook: Shirley Doane Senior Center

Menomonee Area Senior Center

March 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	<p><i>Please note: No Stronger Seniors Classes this month!</i></p> <p><i>*needs reservation</i></p>				<p>1 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo</p>	2
3	<p>4 9-10:30am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Mah Jongg/Euchre</p>	<p>5 8:30-9:15am Chair Yoga 10am Cribbage / 10am-2:30pm DADS*</p>	<p>6 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1:30-3pm CVLR Probiotics & Prebiotics 1pm Open Duplicate Bridge</p>	<p>7 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 12:30pm ADRC Walk & Talk 1pm 500 Cards / 1pm Open Party Bridge</p>	<p>8 10am-2:30pm ADS* 10-11:30am CVLR Foreign Affairs* 12-3pm Open Walking Gym</p>	9
10	<p>11 9-10:30am Tai Chi 10am-2:30pm DADS* 10:30am Artful Expressions* 12-3pm Open Walking Gym 1pm Mah Jongg 1pm Euchre</p>	<p>12 8:30-9:15am Chair Yoga 8:30am BOARD MEETING - SENIOR CENTER 10am Cribbage / 10am-2:30pm DADS*</p>	<p>13 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30am ADRC Women Connected 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>14 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards</p>	<p>15 10-11:30am CVLR Foreign Affairs* 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo</p>	16
17	<p>18 9-10:30am Tai Chi 10am-2:30pm DADS* 10am-11:30am ADRC The Purple Perk 12-3pm Open Walking Gym 1pm Mah Jongg</p>	<p>19 8:30-9:15am Chair Yoga 10am Cribbage / 10am-2:30pm DADS*</p>	<p>20 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30am SENIOR CENTER MEATLOAF LUNCH* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>21 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards 1pm Open Party Bridge</p>	<p>22 10am-2:30pm ADS* 10-11:30am CVLR Foreign Affairs* 12-3pm Open Walking Gym 1-3pm Bingo</p>	23
24	<p>25 9-10:30am Tai Chi 10am-2:30pm DADS* 10:30am-12pm ADRC Exploring Dementia Caregiving 12-3pm Open Walking Gym 12:30-2 CVLR Cooking with Monica 1pm Mah Jongg/Euchre</p>	<p>26 8:30-9:15am Chair Yoga 10am Cribbage / 10am-2:30pm DADS*</p>	<p>27 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>28 8:30-9:15am Chair Yoga 9:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11am Stronger Seniors Basic 1pm 500 Cards</p>	<p>29 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo</p>	30
31						

March is National Nutrition Month!



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

“Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but the sentiment still rings true. National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. In Dunn County, we have many wonderful folks working for the betterment of the nutrition of our citizens and we have many wonderful programs out there to meet that aim.

Food, fun and fellowship are what Senior Dining is all about. Enjoy a nutritious meal at a warm, friendly Senior Dining Site in the company of friends. Volunteer, meet people and partake in activities and educational opportunities.

All meals are nutritionally analyzed by a registered dietician to meet 1/3 of the daily recommended allowances for seniors. Meals are low in cholesterol and sodium and diabetic alternatives are available. Meals help people remain independent in their own homes and may provide short term assistance for people recovering from an illness, injury or surgery.

CONGREGATE DINING

Who is Eligible?

- You must be 60 or better
- An underage spouse or domestic partner of an eligible participant
- An informal caregiver or disabled person who lives with an eligible senior and accompanies them to a meal site
- A disabled person that lives in a housing unit that hosts a meal site and is occupied mostly by seniors

What Is the Cost?

You are not “charged” for a meal, but a donation per meal is suggested to help defray program costs. The suggested donation is \$5.00 at all restaurant sites and \$4.25 for all other sites. You may donate more or less towards the meal depending on your financial situation. The actual cost of a congregate meal is \$11.00 per meal. No one over 60 will be denied a meal due to inability to donate.

How Do I Sign Up?

Meal reservations are required 24 hours in advance. Call the site manager to reserve your spot at the table or contact the Aging and Disability Resource Center of Dunn County office at 715-232-4006 between the hours of 8 a.m. and 4:30 p.m., and we can make your reservation for you.

Colfax Grapevine Senior Center

Meals are served Monday - Thursday at 11:30 a.m.
Telephone: 715-962-2550 between 8:30 a.m. and 1:00 p.m.

Dairyland Café in Ridgeland

Meals are served Monday through Friday from 11:30 am to 1:00 pm
Telephone: 715-949-1985

Hosford-Rich Apartments in Menomonie

Meals are served Monday, Tuesday, Thursday and Friday at 11:30 a.m.
Telephone: 715-235-4047 between 10:00 a.m. and 1:00 p.m.



Sand Creek Cafe

Meals are served Monday through Friday from 11:30 am to 1:00 pm
Telephone: 715-658-1335

Tantara Apartments in Menomonie

Meals are served Monday - Friday at 11:30 am
Telephone: 715-556-0266 between 8 a.m. and 1 p.m.

HOME DELIVERED MEALS

Meals on Wheels are offered in most parts of Dunn County. Call the Nutrition Program Coordinator at the ADRC 715-232-4006 to register. You will be asked some basic information to determine eligibility. A follow up home visit will be scheduled. Meals may start as soon as arrangements can be made. Long or short-term we are here to help. Volunteer opportunities are available at all meal sites.

Who Is Eligible?

- Must be 60 or older
- Homebound due to health reason
- Unable to prepare a nutritious meal on their own

What Is the Cost?

The Meals Aren't Free...but there is not a specific charge per meal. The suggested donation is \$5.00 at all restaurant sites and \$4.25 for all other sites. You are asked to donate as generously as you can afford. Actual cost is \$11.00. Any amount will be gratefully accepted. No senior will go hungry due to inability to pay.

At the end of the month we will send a statement with the number of meals you received.

ENSURE PLUS LIQUID SUPPLEMENT PROGRAM

Liquid Supplements are available to persons 60 and older. To register for meals on wheels or for more information on the Ensure Plus Liquid Supplement Program, please call the ADRC at 715-232-4006

Bernie Allen is our Nutrition Coordinator in Dunn County, and his office is located within the ADRC. Bernie is the fellow you would speak with in regards to any questions you have about our congregate meal sites or receiving meals on wheels services, or the Ensure Plus Liquid Supplement Program. He is very knowledgeable and will be able to help guide you to the program that best meets your needs. He can also be reached through the ADRC at 715-232-4006.

Artful Expressions

SECOND MONDAY OF THE MONTH

10:30 – NOON

SHIRLEY DOANE SENIOR CENTER
1412 6TH ST. EAST  MENOMONIE

CALL: 715-235-0954 TO REGISTER

This free program is for people with dementia and their care partners. Explore the arts and find your creative spark!

Program sponsored by



Exploring Dementia



A support group for those caring for someone living with dementia

**Fourth Monday of the Month
10:30 am to Noon**

2024 Dates:

January 22	May 20	September 23
February 26	June 24	October 28
March 25	July 22	November 25
April 22	August 26	December 16

**Shirley Doane Senior Center
1412 Sixth Street E, Menomonie**

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

Pablo

CENTER AT THE CONFLUENCE



UPCOMING SHOWS



ELVIS: THE CONCERT OF KINGS

MARCH 10 | 7:30 P.M.

Featuring three of the world's finest Elvis tribute performers, audiences are all shook up by the spot-on look, vocals & charisma brought to life in this amazing salute to the King. Even critics are raving, "this is as close as it gets!" ELVIS HAS NOT LEFT THE BUILDING!



ANDREW WALESCH

MARCH 14 | 7:30 P.M.

Walesch is a traditionalist & an iconoclast rolled into one. His audiences include jazz enthusiasts of a certain age, as well as a younger crowd compelled by his down-home insouciance, & the knowing irreverence of a tried-&-true American nightclub entertainer.



JOHN WAITE

MARCH 21 | 7:30 P.M.

John Waite has been successfully writing, recording, & performing some of the most listenable, enduring, & appreciated popular music for more than 35 years. One cannot help but both recognize & marvel at the shimmering legacy of this British born rock star.

SEE ALL UPCOMING EVENTS AT PABLOCENTER.ORG

What Is A Busy Box?



Submitted By Carla Berscheid,
Dementia Care Specialist

A busy box can take on several looks. It can be a simple shoebox with photos and other keepsakes that are important to the person with dementia. It can also be a collection of items the person is interested in at this time (such as scarves, buttons, nuts and bolts, etc.). Consider what your person likes and gather items related to that. The benefit of a busy box is to provide an enjoyable activity for them to engage in. A busy box activity can provide a calming activity and may prevent rummaging through drawers and cupboards, when they appear to be “looking for something”; which may not be safe. Busy boxes can be useful if you are trying to distract or redirect your loved one.

Here are some examples of busy boxes:

- Sorting tasks – using a muffin tin, ice cube tray or small containers, as the person to sort buttons, nuts and bolts, barrettes or costume jewelry.
- Household tasks – matching socks, folding washcloths and hand towels, cleaning/dusting small items.
- Photos – provide a stack of photos and ask them to put them in a small photo album
- Greeting cards – provide a box of greeting cards and envelopes and ask your person to put an envelope with each card or sort the cards by occasion.
- Fabrics– for those that like sewing (but may not be able to do anymore) sorting fabrics by color, organizing thread by color, and/or looking at patterns and pictures of items they have created in the past.
- Fibers – for those that like knitting or crocheting (but may not be able to do anymore) could sort small balls of yarn by color and look at pattern books.



Relatives Raising Children Support Group

1st Monday 10-11:30 a.m.
MENOMONIE SENIOR CENTER
1412 SIXTH STREET EAST
MENOMONIE WI

Feb 5	May 6	Aug 5	Nov 4
Mar 4	Jun 3	Sep 2	Dec 2
Apr 1	Jul 1	Oct 7	

A confidential space for grandparents and other relatives raising children. Meet and connect with other caregivers, develop a network of support, and be heard by others with shared experiences.

Option to attend virtual or in person. Contact Dunn County ADRC for information (715)232-4006.

CAREGIVER SUPPORT GROUP

3rd Thursday
2:30-4:00 p.m.

Jan 18	May 16	Sep 19
Feb 15	Jun 20	Oct 17
Mar 21	Jul 18	Nov 21
Apr 18	Aug 15	Dec 19

The caregiver support group is a safe and confidential gathering of people who are in a similar situation. They meet to give and receive help, advice, friendship and emotional support. Participants also gain knowledge of local resources and other issues related to their situation.

Dunn County Government Center
3001 US Hwy 12 E.
Menomonie, WI 54751
Call Dunn County ADRC at
(715)232-4006.

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

AFFORDABLE RENTALS!

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

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

715.235.0656

Housing Authority
OF THE
City of Menomonie

Equal Housing Opportunity

Advertise online
for as low as \$150
for the year!

seniorreview
newspapers.com

SeniorCare Coverage of Respiratory Syncytial Virus Vaccines

By the GWAAR Legal Services Team



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

You may have heard about the new respiratory syncytial virus (RSV) vaccines for older adults. RSV is a respiratory virus that typically causes cold-like symptoms in healthy adults and older children but can lead to more serious illness, like pneumonia, as well as hospitalizations and even death in very young children and older adults. The new vaccines will help protect older adults against severe illness from RSV. Talk to your healthcare provider about whether the RSV vaccine is right for you and any other vaccines you might need to help prevent illness.

As of September 5, 2023, SeniorCare covers RSV vaccines for SeniorCare members when the vaccine is administered in a pharmacy. Prior authorization is not required for these

vaccines. If you have other health insurance, your pharmacy should bill that insurance first before submitting the claim to SeniorCare. If your pharmacy is unable to provide the RSV vaccine for you, pharmacy staff should refer you to another pharmacy that can provide the vaccine.

Please note that adult BadgerCare Plus and Medicaid members must receive the RSV vaccine at their doctor's office. BadgerCare Plus and Medicaid will not cover the RSV vaccine if it is administered at a pharmacy.

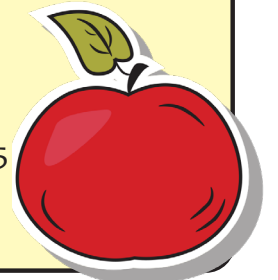


Dunn County Area Retired Educators' Association

March Meeting Announcement

Laura Knudsen, Menomonie Mayo Clinic Registered Dietician, will be the guest speaker during the Dunn County Area Retired Educators' Association meeting on March 11th. She will discuss nutritional plans such as the Mind/Brain, Mediterranean, and DASH diets for a healthy lifestyle.

Retired public school employees, preschool through university, are invited to attend the March 11th meeting at the Menomonie Moose Lodge, 720- 19th Ave. East., 12:00 noon. Lunch will be served. Please call Jean at 715-505-8285 by March 7th to RSVP.



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!

Walk & Talk

With the



First Thursday of the Month • 12:30–1:30 pm

SHIRLEY DOANE

SENIOR CENTER

Join us at the Menomonie Senior Center gym!



Are you connected with the Aging and Disability Resource Center (ADRC)? Do you know all we have to offer? Do not wait until you need us to get to know us. Come and walk and talk with ADRC staff, receive general information and/or answers to your specific questions.

2024 dates

January 4	July 11
February 1	August 1
March 7	September 5
April 4	October 3
May 2	November 7
June 6	December 5

No registration required. Questions, Contact the Aging & Disability Resource Center at 715-232-4006



Women Connected

A SUPPORT GROUP
FOR WOMEN CAREGIVERS

Menomonie Senior Center
1412 6th St. E., Menomonie, WI

11:30 a.m. 2nd Wednesday of the month 2024

Jan. 10	May 8	Sept. 11
Feb. 14	June 12	Oct. 9
March 13	July 10	Nov. 13
April 10	Aug. 14	Dec. 11

Gain a sense of empowerment and reduce the feelings of loneliness and social isolation. Share tips and improve or learn new, healthy coping skills.

For more information, contact the ADRC at (715)232-4006.

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

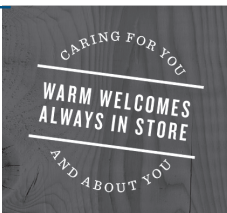
Simplify your refills and your life. Ask us how. Give us a call or stop in today.

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

Colfax Pharmacy
525 MAIN ST - COLFAX WI
715-962-3784

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

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



ST. PATRICK'S DAY CELEBRATION FACTS

- Corned beef and cabbage is a traditional St. Patrick's Day dish. In 2009, roughly 26.1 billion pounds of beef and 2.3 billion pounds of cabbage were produced in the United States.
- Irish soda bread gets its name and distinctive character from the use of baking soda rather than yeast as a leavening agent.
- Lime green chrysanthemums are often requested for St. Patrick's Day parades and celebrations.

Places to Spend St. Patrick's Day:

- There are seven places in the United States named after the shamrock, the floral emblem of Ireland, including Mount Gay-Shamrock, WV; Shamrock, TX; Shamrock Lakes, IN; and Shamrock, OK.
- Sixteen U.S. places share the name of Ireland's capital, Dublin. With 44,541 residents, Dublin, CA, is the largest, followed by Dublin, OH, with 39,310.
- Other towns with the luck of the Irish include Emerald Isle, North Carolina and Irishtown, Illinois.



Picture Yourself Here.



- Independent living
- Private one and two bedroom apartments
- Noon meal daily
- Housekeeping and cable TV
- Transportation
- Walking trails and garden
- Heat and water included



1320 12th Ave. SE ■ Menomonie ■ 235.7793
Enjoy an independent life at The Oaks.

www.mosaicinfo.org/oaks





Caring starts here.

My Choice Wisconsin provides government-funded programs to frail seniors, adults with disabilities, individuals, and families.

We care for the whole person and well-being of all by offering services that promote independence, value diversity, and inspire self-advocacy.

For Long-Term Care options contact your local [Aging and Disability Resource Center](#).

www.dhs.wisconsin.gov/adrc/

www.mychoicewi.org/hh

800-963-0035 TTY 711



New Beginnings by Kristi Gay, freelance writer

March has always been my favorite month since I can remember, likely because it's my birthday month which was the most special day of any kid's life, from bringing cupcakes to share with your class, to a birthday party and games, to the best thing of all...PRESENTS! Now in my mid-forties birthdays are obviously a lot less exciting, but March is still my favorite month because it fully symbolizes NEW BEGINNINGS. The days are getting longer with more daylight, sometimes we're lucky enough to see tiny green buds or the first perennials that break through the frost. Baby animals are born, and things just seem BETTER.

The first day of spring and spring equinox is March 19 this year. I always thought it was March 21, but according to almanac.com, it changes year to year! The vernal equinox, which is when the Sun crosses the celestial equator which is an imaginary line in the sky above Earth's equator from south to north, happens at the same instant everyone on Earth. If you live in the Northern Hemisphere it's the spring equinox, and for those in the Southern Hemisphere it's the autumn equinox. Spring arrived on the 21st of March during most of the 20th century, but the event slides earlier and earlier during the 400-year Gregorian calendar cycle. The final March 21 equinox was in 2007.

How can "new beginnings" show up metaphorically in your life? There is the obvious "spring cleaning", opening windows and getting the dust out after a long, dark and (usually but not this year!) cold winter. Some people do the 30-Day Bag Challenge, taking one trash bag of stuff out per day to donate or throw away making decluttering less overwhelming. Maybe a new beginning for you might be getting more fresh air by starting a daily walk (even five minutes!). Maybe it's time to PLAN something - if you're looking around at people doing fun things and feeling sad that you're not - all it takes is someone to plan something! Plan a small garden and map it out! Plan a meal and invite a couple friends over (and get tulips!). Plan a game night. Plan a trip! It's very fun to have something to look forward to, but if you don't plan anything then nothing will ever happen!

Or new beginnings might mean getting involved in something you haven't tried before. The first day is the hardest, fumbling around with where to go and how to check in (for example, at a new class in watercolor painting at the community college). But if you can put on your BIG BOY/GIRL PANTS and get through that first day,

you won't regret it because you're doing something new. Even if it is something that you end up not enjoying, it's still new information and adventures to laugh about later! Think back to what you loved to do as a child or young adult: Photography? Dance? Art? Scrapbooking? Golf? Music (either playing or listening)? I once convinced my husband, a hunter/fisherman type, to enroll in a 6-week ballroom dancing course and then attend the Viennese Ball at UWEC just for something new and fun to do. If you're retired, THIS IS YOUR TIME. You've worked all of your life to be able to not work, so it is a disservice to yourself to sit home and do nothing but watch TV and nap. But even if you're still working, there is no reason you can't start something new and fun.



Mom, Uncle Brian and me learning pickleball in Florida in 2022

What NEW BEGINNING can you start this month?



KEEPING FAMILIES CONNECTED



We understand how important it is to keep families connected, especially during this unique time.

If you would like to learn more about how we are keeping residents and families connected.

Contact Us Today 1.800.920.4725

CONVENIENT
LOCATIONS

Menomonie, WI Chippewa Falls, WI
Baldwin, WI River Falls, WI
Hudson, WI St. Croix Falls, WI



ASSISTED LIVING
MEMORY CARE
MEN'S MEMORY CARE

www.ServingPeopleBetter.com

 **The Neighbors**
of Dunn County **Skilled Nursing Home Facilities**
Generations of caring since 1892

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

2901 Forbes Ave, Menomonie
715-232-2661
www.neighborsdc.org



DAFs: Power of Giving By Cole Bruner, President of Buska Wealth Management

The Power and Promise of Donor Advised Funds

In the realm of philanthropy, donor advised funds (DAFs) have emerged as a powerful tool for individuals and families seeking to make a positive impact on their communities and the world at large. With their flexibility, tax advantages, and potential for strategic giving, DAFs offer donors a unique way to manage their charitable contributions and support causes they care about.



practices to ensure transparency and accountability, such as requiring minimum annual distributions and providing regular reports on grantmaking activities.

Looking Ahead

As philanthropy continues to evolve, donor advised funds are likely to play an increasingly important role in shaping the landscape of charitable giving. By empowering donors to leverage their resources for maximum impact and supporting a wide

What Are Donor Advised Funds?

Donor advised funds are charitable giving accounts administered by public charities or financial institutions. Donors contribute assets—such as cash, securities, or real estate—to the fund, receive an immediate tax deduction, and then recommend grants to their favorite charitable organizations over time. While donors retain advisory privileges over the distribution of funds, the sponsoring organization legally controls the assets and ensures they are used for charitable purposes.

range of charitable organizations and initiatives, DAFs hold the promise of creating positive change in communities around the world.

Benefits of Donor Advised Funds

One of the primary benefits of DAFs is their simplicity and efficiency. By consolidating charitable giving into a single account, donors can streamline the process of managing their philanthropy, reducing administrative burdens and paperwork. Additionally, DAFs offer donors the flexibility to contribute a wide range of assets, including appreciated securities and non-cash assets, which can result in significant tax savings.

In conclusion, donor advised funds offer a powerful and flexible vehicle for individuals and families to engage in strategic philanthropy and support causes they care about. While they are not without their challenges, the potential of DAFs to mobilize resources, drive innovation, and address pressing social issues makes them a valuable tool in the philanthropic toolbox. As we look to the future, DAFs are poised to continue making a meaningful difference in the world of charitable giving.

Moreover, DAFs provide donors with the opportunity to engage in strategic philanthropy. By taking a long-term view of their giving, donors can use DAFs to support causes that align with their values and make a meaningful impact over time. DAFs also enable donors to involve their families in philanthropic decision-making, fostering a spirit of generosity and shared purpose across generations.

Impact and Criticisms

Despite their growing popularity, DAFs have faced criticism from some quarters. Critics argue that DAFs allow donors to receive an immediate tax benefit for contributions without necessarily directing those funds to charitable causes in a timely manner. They also point to the lack of transparency and accountability in some DAF programs, where donors may have little oversight or control over how their contributions are ultimately distributed.

However, proponents of DAFs counter that these criticisms overlook the significant positive impact that DAFs can have on charitable giving. By providing donors with a flexible and efficient way to support charitable causes, DAFs have the potential to mobilize resources and address pressing social challenges. Moreover, many DAF sponsors have implemented policies and

Empowering Seniors to Prevent Healthcare Fraud

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

Toll-free Helpline 888-818-2611 | www.smpwi.org
f [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol) | Email: smp-wi@gwaar.org

- PROTECT** your personal information
- DETECT** suspected fraud, abuse, and errors
- REPORT** suspicious claims or activities

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



Take comfort in knowing we care for you at all levels.

Rehab, assisted living and skilled nursing on one campus.

Short-term Rehabilitation and Long-term Skilled Nursing

- Inpatient and outpatient rehabilitation services
- Specialized nursing
- IV therapy care
- Wound care
- Pain management
- Music & MemorySM
- NuStep[®] recumbent cross trainer



Autumn Village Assisted Living Apartments



- Private, 1-bedroom or 2-bedroom apartments
- Secured building
- Personal care
- Three delicious meals
- Housekeeping and laundry services
- Salon
- Engaging social opportunities
- Transportation to appointments
- Religious services
- Maintenance
- Spa room with whirlpool

Contact Us For More Information

www.americanlutheranhomes.com | carecoordinator@americanlutheranhomes.com
(715)-559-1892 | 915 Elm Avenue East | Menomonie, WI 54751

Lake Hallie Memory Care

A happier life for everyone...



Celebrating 10 Years of Exceptional Care

NOW HIRING!



 715-738-0011

  @MemoryCarePartners

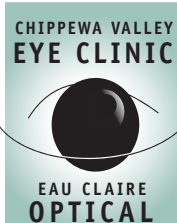


Virtual tour available at:
LakeHallieMemoryCare.com



THE BEST CARE IN SIGHT CHIPPEWA VALLEY EYE CLINIC

- Cataract • Implantable lenses • Laser vision correction
Specialty contact lenses • Aging eye care • Low vision exams
Eye exams • Macular degeneration • Oculoplastics



cveclinic.com

Eau Claire ... 715.834.8471
2715 Damon Street, Eau Claire
Rice Lake ... 715.234.8444
Menomonie .. 715.235.8335

WE ACCEPT MOST INSURANCE PLANS

OTHER LOCATIONS: BLACK RIVER FALLS, CUMBERLAND & DURAND

