



Hi SENIOR Lites

- Four-Year Voter Record Maintenance
- Summer Caregiving Tips That Often Go Unspoken
- Tile Tracker – Tile by Life360
- How to Update your Direct Deposit Information with SSA
- National Farmer's Market Week
- Brain Health
- World Senior Citizen's Day



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Four-Year Voter Record Maintenance *By the GWAAR Legal Services Team*



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

State law requires the Wisconsin Elections Commission to send out postcards to registered voters who have not voted in the last four years. These postcards were sent on June 13, 2025. Voters have 30 days to respond.

If you received a postcard identified as a NOTICE OF VOTER REGISTRATION SUSPENSION, and you are still eligible to be registered to vote in Wisconsin:

If your address or name has changed, you should reregister under your new name or



address. This can be done online at: <https://myvote.wi.gov/en-us/>, by mail, at the clerk's office, or at your polling place on Election Day.

· If your address or name hasn't changed, sign the part that says, "I hereby certify that

I still reside at the address listed below, have not had a change of name, and want to stay registered to vote in Wisconsin," and return the card to your local clerk.

Your response must be received by the municipal clerk by July 15. If you do not respond to the postcard by that date, your voter record will be deactivated on July 31, and you will no longer be registered to vote in Wisconsin. Similarly, voters whose notices are returned as undeliverable will also be deactivated in the statewide voter registration system. Voters who are deactivated do not appear on the poll list on Election Day and must reregister to vote in future elections.

For more information, please see the Wisconsin Election Commission website at elections.wi.gov/statistics-data/voter-list-maintenance

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
Aging & Transportation Programs Manager: Bernie Allen
Elder Benefit Specialist: Bethany Schneider

Social Workers: Amy White, Wendy Sterry and Kelly Bien
Outreach Coordinator: Casey Schnacky
Dementia Care Specialist: Carla Berscheit

Disability Benefit Specialist: Lisa Schuler
Case Worker: Mary Linberg

LOCAL FREE MEALS & FOOD PANTRY

MONDAY’S MEAL:

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

TUESDAY’S TABLE:

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

WEDNESDAY’S TABLE:

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

THURSDAY’S TABLE:

First Congregational Church, 420 Wilson Ave. Menomonie. Free meal served from 5-6pm.

KNAPP COMMUNITY PROJECTS/PLATES & KNAPPKINS FOOD PANTRY:

Open every Thursday from 2:00 to 5:00 p.m.
Food Distribution every 5th Saturday of a month.
Open from 7:00 a.m. to 9:00 a.m. Located at 508 Highway 12 next to the BP station in Knapp.

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Build Your Own Croissant, Potato Medley, Pears, Tomato Juice, Milk	4 Cornflake Chicken, Roasted Vegetable Rice Pilaf, Creamy Cucumber Salad, Tropical Fruit, Milk	5 Roast Beef, Mashed Potatoes, Brown Gravy, Country Blend Vegetables, Dinner Roll, Blueberry Crisp, Milk	6 Barbecued Spareribs, Baked Beans, Cheesy Broccoli, Raisin Salad, Wheat Bread, Banana, Milk	7 Tuna Salad Sandwich-Lettuce/Tomato Slice, Hearty Vegetable Soup, Peachy Pudding, Milk
10 Sailsbury Steak, Mashed Potatoes-Brown Gravy, Parslied Cauliflower, Dinner Roll, Mandarin Oranges, Milk	11 Barbecue Glazed Chicken, Baked Beans, Marinated Cucumber Salad, Wheat Bread, Melon Medley, Milk	12 Breaded Pork Chop, Oven Roasted Sweet Potatoes, Broccoli, Applesauce, Milk	13 Baked Salmon Steak, Baked Potato-Sour Cream, Carrots with Parsley, Strawberry Shortcake, Milk	14 Italian Meatballs with Sauce, Rotini, Mixed Green Salad, Garlic Breadstick, Rhubarb Crumble, Milk
17 Roast Beef, Mashed Potatoes-Brown Gravy, Sliced Beets, Raisin Oatmeal Cookie, Milk	18 Baked Ham, Candied Sweet Potatoes, Broccoli, Cherry Crisp, Milk	19 Herb Baked Chicken, Baby Bakers, Winter Squash, Wheat Bread, Blueberries, Milk	20 Hamburger on Bun-Lettuce, Tomato, Pickle, Baked Beans, Red Gelatin w/ Mandarin Oranges, Milk	21 Breaded Baked Fish, Baked Potato-Sour Cream, Green Beans, Buttered Rye Bread, Fresh Strawberries, Milk
24 Roasted Turkey Breast, Boiled Potato-Gravy, Seasoned Brussel Sprouts, Dinner, Grapes, Milk	25 Orange Chicken, Steamed Rice, Broccoli, Raisin Sour Cream Bars, Tomato Juice, Milk	26 Roast Pork-Gravy, Mashed Potatoes, Seasoned Peas, Wheat Bread, Sweet Cherries, Milk	27 Meat Lasagna, Mixed Green Salad, Garlic Breadstick, Cantaloupe, Milk	28 Battered Fish, Pan Fried Potatoes, Carrots with Parsley, Wheat Bread, Strawberry Cheesecake, Milk
31 Chicken Alfredo over Noodles, Carrots with Parsley, Fresh Apple, Tomato Juice, Milk				

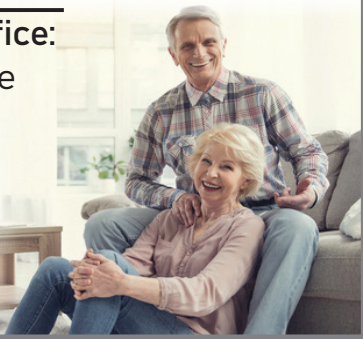
AFFORDABLE RENTALS!
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PUT ME ON THE HI-LITES MAILING LIST

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 _____

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

Summer Caregiving Tips That Often Go Unspoken



Submitted by Casey Schnacky, ADRC Outreach-Caregiver Coordinator

Summer offers unique opportunities for caregivers and the people they support. While warmer weather brings challenges like heat and dehydration, it also creates meaningful moments that can brighten everyone's day.

Stay Ahead of Hydration

As we age, the sensation of thirst decreases, making dehydration more com-mon. According to the National Institute on Aging, older adults are at higher risk for heat-related illnesses in part because the body's ability to regulate temperature changes with age. Offer water and other fluids throughout the day instead of wait-ing until your loved one feels thirsty. Water-rich foods such as watermelon, cu-cumbers, berries, and oranges can also help keep them hydrated.

Enjoy the Outdoors—At the Right Time

Take advantage of cooler morning or evening temperatures for a walk, time on the porch, gardening, or simply enjoying fresh air. Or that may look like opening a win-dow and listening to the birds. Don't forget sunscreen, a hat, and plenty of water, and watch for uneven sidewalks or other trip hazards. It's not about restricting what



can be done but is about making sure it is enjoyable and fun rather than ex-hausting.

Keep Your Home Comfortably Cool

Some older adults are reluctant to use air conditioning because they feel chilly or worry about energy costs. Some older adults resist turning the air conditioning on, even on genuinely hot days. For some, it's habit. For others, it makes them feel cold or uncomfortable in ways that are hard to articulate. And for a few, there's a cost concern they may not mention directly. Navigating this with care — finding a temperature that's safe without making

someone feel like their comfort doesn't matter — is a small but real skill. It's also a good example of what summer caregiving teaches you more broadly: being help-ful isn't always the same as being right. Sometimes it's about listening, adjusting, and finding the middle ground. Lightweight clothing, fans, closing blinds during the hottest part of the day, and finding a comfortable indoor temperature can help eve-ryone stay safe

Know the Warning Signs of Heat-Related Illness

Pay attention to increased confusion, unusual fatigue, dizziness, excessive sweat-ing, hot or dry skin, or dark-colored urine. If you notice symptoms, encourage your loved one to contact their healthcare provider promptly or seek medical attention if symptoms are severe.

The Hidden Gift of Summer

Beyond the practical tips, summer often brings something special. Longer days, sunshine, birds singing, visits with family, and quiet moments on the porch can encourage conversation, laughter, and connection. Even a short walk to the mail-box or sharing a glass of iced tea outside can lift spirits and create lasting memo-ries.

As a caregiver, remember that your presence matters. The simple moments you share listening, talking, and spending time together— are often the ones your loved one treasures most. This summer, make time to enjoy those moments while taking care of yourself, too.

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535 S. Hillcrest Parkway, Altoona WI 54720

ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF AUGUST 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 Mon, Tues, Thurs and Fri 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.

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The Medicine
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PHARMACY

Chippewa 715-723-9192

Menomonie 715-309-4329

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

Creative Caregiver

MONTHLY ART GROUP

TUESDAY, AUGUST 11, 2026

1:00PM-2:30PM

ADRC RESOURCE ROOM
3001 US HWY 12 E, SUITE 160
MENOMONIE, WI

A RELAXING ART &
SELF-CARE GROUP
FOR CAREGIVERS

TAKE A BREAK
REFILL YOUR CUP

CONNECT
WITH OTHERS

Join me in August for a creative,
hands-on activity designed to
help caregivers unwind, explore
art in a beginner-friendly way,
and enjoy a supportive space.

Cost: Free-supplies provided
Skill Level: No experience needed!

Call Casey for questions
(715) 231-2713

Thank you to the Chippewa
Valley Dementia Coalition for
the generous grant supporting
Creative Caregiver.



THE MEMORY TREE CAFE

FREE!
OPEN TO THE
COMMUNITY

Join us at Our House Senior Living
to enjoy conversation and creativity!

August 27, 2026 at 1:00pm

820 17th Ave E, Menomonie WI

A program for people living with
dementia and their care partners.



Enjoy refreshments, social connection,
creative activities, and a supportive community
in a relaxed and friendly setting.



Contact Our House Senior Living at
(715) 232-8181 or Casey at Dunn
County ADRC (715) 231-2713.



Coffee
and
Conversation

Do you have
questions about
DEMENTIA

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



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

Menomonie East YMCA
3019 Schneider Ave SE

June 9 • July 14 • August 11

9:00 am - 10:00 am

Veteran's Corner

Staff: Greg Quinn, Jessica Christianson,
& Amy Lynch

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

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



Moose Lodge Fundraiser Dinner

Come out and visit with the Veteran Service
Office team and enjoy a fantastic meal at the
Menomonie Moose Lodge, 720 19th Avenue
East, on August 22 from 5-7 pm. They'll
offer a Charcoal Chicken Dinner, consisting
of ¼ chicken, cheesy potatoes, coleslaw and
a dessert for \$15. It's a delicious way to
support Dunn County Veterans!

New Vet Tec 2.0 Educational Benefit

Veterans who served at least 36 months on
active duty who are under the age of 62,
with a discharge other than dishonorable,
are eligible for this new program. Active-
duty members within 180 days of separation
are also eligible for Vet Tec 2.0. Training
is provided in computer programming,
computer software, data processing,
information sciences and media application.
To learn more, search VA.gov for Education
and Training, or contact our office.

Wisconsin DNR Returning Service Members Voucher

Authorizes recently returning Wisconsin
resident Veterans to receive a one-time
free small game, archery, gun deer or
annual fishing license. A Veteran must have
separated from military service within the
past 365 days. Eligible Veterans receive
a voucher code from WDVA that may be
redeemed at the DNR within 365 days of
discharge.

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

HOUSING APPLICATION HELP WORKSHOPS

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find a place to call home.



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HOUSING APPLICATIONS?

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

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

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



PERSONALIZED
HELP

Get one-on-one
assistance from
knowledgeable
volunteers.



APPLICATION
SUPPORT

We can help you
understand and
complete housing
applications.



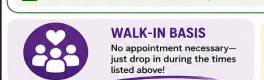
COMMUNITY
FOCUS

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

WORKSHOP DATES & LOCATIONS

KALEIDOSCOPE CENTER	THURSDAY, AUGUST 6, 2026	4 - 5 PM
809 Wilson Ave. Menomonie, WI 54751	THURSDAY, SEPTEMBER 3, 2026	4 - 5 PM
	THURSDAY, OCTOBER 1, 2026	4 - 5 PM
	THURSDAY, NOVEMBER 5, 2026	4 - 5 PM
	THURSDAY, DECEMBER 3, 2026	4 - 5 PM

MENOMONIE PUBLIC LIBRARY	THURSDAY, JULY 16, 2026	3 - 4 PM
600 Wolsky Bay Rd. Menomonie, WI 54751	THURSDAY, AUGUST 20, 2026	3 - 4 PM
	THURSDAY, SEPTEMBER 17, 2026	3 - 4 PM
	THURSDAY, OCTOBER 15, 2026	3 - 4 PM
	THURSDAY, NOVEMBER 19, 2026	3 - 4 PM
	THURSDAY, DECEMBER 17, 2026	3 - 4 PM



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



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

Questions?
We're happy to help!

TRACY FISCHER
715-231-6481

ROCHELLE WEBER
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ext. 203

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

Tile Tracker – Tile by Life360

Submitted by Compass IL

If you struggle with short-term memory loss or executive dysfunction, you probably know the stress of misplacing your wallet or car keys. One solution is Tile—a small Bluetooth tracker that comes in a variety of shapes to suit your most essential items, like a keychain, a card that slips into your wallet, or a sticker you can place on just about anything.



Once your Tile is attached, just open the free Life360 app (available on both Android and iOS), and use the feature to play a chime from the Tile device, helping you to find your item. You can also choose to see its location on the map.

If you misplaced your cell phone, you can locate any of your connected Tile track-ers and use them to ring your phone—even if you left it on silent mode.

Tile has a number of trackers and bundles that can be purchased on their website, Life360.com.

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

How to Update your Direct Deposit Information with SSA

By the GWAAR Legal Services Team



Submitted by Bethany Schneider,
ADRC Elder Benefit Specialist

If your bank account has changed recently, remember to let the Social Security Administration (SSA) know so that you can continue receiving benefits on time. SSA offers multiple ways for beneficiaries to update their direct deposit information.

- **Online:** Direct deposit updates can be made online through a personal mySocial Security account (<https://www.ssa.gov/myaccount/>).
- **By Phone:** Before you call, go to your mySocial Security account (<https://www.ssa.gov/myaccount/>) to get a one-time code. Then call 1-800-772-1213 (TTY 1-800-325-0778). The representative will ask for the code.
- **By Appointment:** Call 1-800-772-1213 (TTY 1-800-325-0778) and tell the representative that you would like to schedule an appointment to update your direct deposit information.
- **Contact Your Bank:** If you are unable to create or access your mySocial Security account, you can ask your bank to send your direct deposit information to SSA using the Automated Enrollment (ENR) process. This lets your bank send your information directly to SSA.

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20th Annual Regional Caregiver Conference

Mark your calendars for this exciting, informative conference for professional and family caregivers!

Save the date – Friday, September 25, 2026

Northwood Technical College, 1019 S. Knowles Ave., New Richmond, WI

The 2026 Caregiver Conference is an inspiring event featuring keynote speaker **Amanda Bulgarelli**, closing keynote speaker **Michael Perry**, breakout sessions, a resource fair, and lunch. Whether you care for a spouse, parent, sibling, friend, or neighbor, this conference offers valuable resources, practical coping strategies, supportive connections, and information about services available to help caregivers thrive. Hosted by the Five County Regional Caregiver Coalition, this event is designed to educate, encourage, and support caregivers in their important role.



Amanda Bulgarelli is the Chief Operations Officer of Positive Approach to Care. Growing up with Teepa Snow as a mother,

Amanda has been a part of Positive Approach to Care from the very beginning. She enjoys using her background in education to help to improve awareness about brain change, with the goal of developing a more inclusive global community.



Michael Perry is a New York Times bestselling author, humorist, corporate speaker, volunteer firefighter/first responder, and amateur snowplow driver. A lifelong resident of the rural Midwest, his "reflective roughneck" takes on life in Middle America have left hundreds of thousands of readers and live audiences laughing, nodding, and sometimes misty. The author of over 25 books including Population 485, Truck: A Love Story, Forty Acres Deep, and Peaceful Persistence.



bit.ly/NRCaregiverConf_2026



Northwood Tech is an Equal Opportunity/Access/Affirmative Action/Veterans/Disability Employer and Educator.

National Farmer's Market Week



Submitted by Bernie Allen,
Aging & Transportation Programs Manager

The first week in August is National Farmers' Market Week. Farmers' markets help preserve farmland, enhance rural livelihoods, promote sustainability and increase access to fresh and healthy foods. Here are just a few great reasons to get out and support your local Farmers' Markets:

1. Taste Real, Fresh Flavors

The fruits and vegetables you purchase at the farmers' markets are the freshest and tastiest available. The fruit is allowed to ripen fully in the field and brought directly to you. There is no long distance shipping, and this produce is not sitting for weeks in storage. This food is fresh from the farm!



2. Support Family Farmers

Family farmers need your support. Small family farms often have a hard time competing in the food marketplace. Buying directly from farmers gives them a better return on their produce, and also gives them a fighting chance in today's globalized economy.

3. Protect the Environment

Food in the United States travels an average of 1,500 miles to get to your plate. All this shipping uses a large amount of natural resources, which contributes to pollution. The shipping process also requires an immense amount of packaging. Food at the farmers' market is transported shorter distances and is generally grown using methods that minimize the impact on the earth.

4. Discover the "Spice of Life" – Variety

At the farmers' market you typically find an amazing array of produce that you don't see in your average grocery store. Some examples include: red and purple carrots, a rainbow of heirloom tomatoes, purple cauliflower, green garlic, watermelon radishes, quail eggs, maitake mushrooms and much, much more. It is a wonderful opportunity to savor the biodiversity of our planet.

5. Know Where Your Food Comes From

A regular trip to a farmers' market is one of the best ways to connect with where your food comes from. Meeting and talking with farmers and food artisans is a great opportunity to learn more how and where food is produced.

August Farmers' Market Recipe: Balsamic Roasted Beets

Recipe from allrecipes.com

Ingredients:

- 3 beets peeled and diced (about 3 cups)
- 1 tbsp. olive oil
- ½ tsp sea salt
- 1 tbsp. balsamic vinegar
- 1 tbsp. honey



Directions:

1. Preheat oven to 425 degrees.
2. Grease baking sheet or dish, set aside.
3. Peel and cut 3 beets into 1 inch cubes.
4. Toss beets with 1 tablespoon olive oil and ½ teaspoon sea salt.
5. Spread onto greased baking dish in an even layer.
6. Bake in preheated oven for 15-20 minutes.
7. After 15-20 minutes, stir and bake for 10 minutes more or until beets feel soft to the touch.
8. Mix together balsamic vinegar and honey. Once beets are removed from the oven, add the honey vinegar mixture to the baking dish. Stir until the beets are evenly coated.
9. Return beets to the oven for an additional 10 minutes, stirring once halfway through. Roasting until the balsamic/honey mixture coats the beets and isn't runny.
10. Remove from the oven and serve warm or refrigerate and serve later over your favorite salads.

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in Dunn County

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Warren Knowles Manor - 507 Cedar Court Menomonie

Physically disabled housing, available immediately.

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Most properties are pet-friendly and include community rooms, on-site laundry and off-street parking. Residents are responsible for 30% of adjusted income

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Brain Health



Submitted by Carla Berscheit, Dementia Care Specialist

Brain food = Beans and Legumes

According to the book Diet for the MIND, Dr. Martha Calre Morris, states that beans and other legumes should be part of our diet every week. They are a great source of protein, B vitamins and fiber.

It is recommended by the MIND diet principles to consume four servings (1/2 cup) every week.

Some of the most nutrient rich options are:

- Black beans
- Chickpeas
- Kidney beans
- Pinto beans
- Butter beans
- Edamame
- Lentils
- Tofu



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(715) 235-9041

American Lutheran Communities Mondovi
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Mondovi, WI 54755
(715) 926-4962

Assisted Living

Autumn Village
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Menomonie, WI 54751
(715) 235-3697

Hillview
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Mondovi, WI 54755
(715) 926-4962

Senior Living Community

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SHIRLEY DOANE
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Menomonie, WI 54751
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Shirley Doane Senior Center
August 2026



SUN	MON	TUE	WED	THU	FRI	SAT
	NEED RESERVATIONS*					1
2	3 8:30am-9:30am Tai Chi 10am Menomonie Library Tech Monday 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	4 8:30am Foot & Nail Clinic* 9am Cribbage 1pm Euchre 7pm Popcorn in the Park	5 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot Eagle Center Day Tour*	6 10am-2:30pm ADS* 1pm Mexican Dominos	7 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	8
9	10 8:30am-9:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	11 8:30am Foot & Nail Clinic* 9am BOARD MEETING- SR CENTER 9am Cribbage 1pm Euchre *VOTUNG DAY*	12 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 12:30-2pm Community Foundation Presentation 1pm Open Duplicate Bridge 1pm Hand & Foot	13 10am-2:30pm ADS* 1pm Mexican Dominos	14 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	15
16	17 8:30am-9:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	18 8:30am Foot & Nail Clinic* 9am Cribbage 1pm Euchre	19 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30AM Swedish Meatballs SR CENTER MEAL* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	20 10am-2:30pm ADS* 1pm Mexican Dominos	21 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	22
23	24 8:30am-9:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg	25 8:30am Foot & Nail Clinic* 9am Cribbage 1pm Euchre	26 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	27 10am-2:30pm ADS* 1pm Mexican Dominos	28 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	29
30	31 8:30am-9:30am Tai Chi 12pm ADRC Grief Support 12-3pm Open Walking Gym 1pm Mah Jongg					

World Senior Citizen's Day



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

World Senior Citizen Day will be celebrated this year on Friday, August 21st.

World Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens and they deserve all our gratitude.

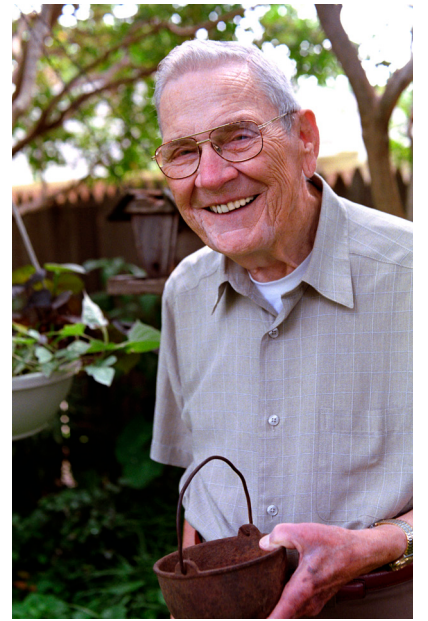
President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated. "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land," Reagan proclaimed. "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older

— places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."

His words have withstood the test of time and are now, over 30 years later, more important than ever as older people are leading more productive lives. Reagan himself set an example for everyone — he was 69 years old when one of the world's most powerful titles of president of the U.S. was given to him on January 20, 1981. Reagan lived till the ripe old age of 93, and not only was he the oldest person to be elected president, he was also the oldest when his term ended at 77 years and 349 days.

According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.

Take a moment to celebrate yourself if you are a senior citizen on August 21st and recognize all that has been accomplished by those who fall into this category! We owe many thanks to this generation!



CHIPPEWA VALLEY EYE CLINIC

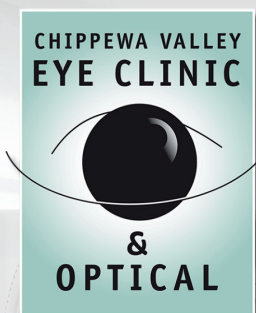
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Erik Grover, MD



Christian Robertson, MD



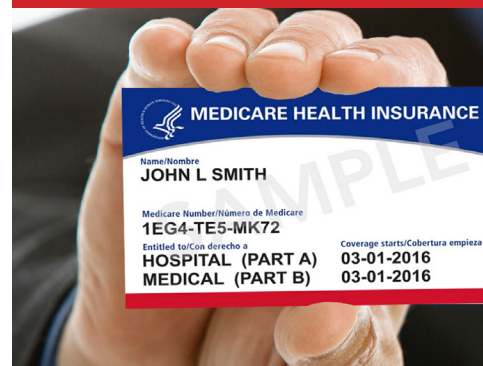
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- Cataract Surgery



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**STOP!
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Here's the truth

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- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself

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



Wisconsin Senior Medicare Patrol

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Preventing Medicare Fraud

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