



Hi SENIOR Lites



- **Tips To Protect Your Privacy and Stay Safe on Social Media**
- **June is National Dairy Month**
- **June 15th is World Elder Abuse Awareness Day**
- **Summer 2023 Schedule of Events for Caregivers**

RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Tips To Protect Your Privacy and Stay Safe on Social Media

By the GWAAR Legal Services Team



Submitted by *Bethany Schneider, ADRC Elder Benefit Specialist*

These days, there are so many different websites and applications that people use to connect with their family and friends or to share news and ideas with their communities and beyond. Each one of these websites or applications have different safety and privacy considerations along with settings that individuals can use to help ensure that their personal information remains safe.

FACEBOOK - Facebook is, perhaps, the most popular of all social media websites. It is also one of the most robust sites with many different features. For example, on Facebook you can join groups, find local events, or buy or sell items on Facebook Marketplace. If you post on Facebook, the post may be limited to only your “friends,” or you may be posting publicly in a



group or on your page. If you post something and it has a globe icon next to it, this means that the post is visible to anyone, even if they are not your friend on Facebook. You will want to make sure that, by default, is set to friends only. On Facebook, you can go into the settings and run a privacy checkup to change this. You may also change your settings to limit what people who are not your friend are able to see on your page.

A common scam on Facebook is for someone to pretend to be someone else and then send you a friend request. For example, a scammer might steal one of your friend’s profile pictures and then create a new account with that person’s name. Then, they will send a friend request to all of that person’s friends. So, if you get a friend request from someone but you thought you were already “friends” with that person, double check before accepting the friend request.

Facebook also has a marketplace feature where people can buy and sell items. If you are buying something on Facebook marketplace, never give out your phone number or other personal information. You will also want to meet the seller in a public location. Many police departments have areas in their parking lots for just this purpose. These same guidelines apply if you are selling an item as well. If you are selling an item, a common scam is for someone to message you as if they are interested and ask for your phone number to call.

Continued on page 5

Aging & Disability Resource Center of Dunn County

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

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

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

Dementia Care Specialist: Carla Berscheit
Disability Benefit Specialist: Lisa Schuler
Community Health Worker: Alida Moua

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

STEPPING STONES FOOD PANTRY

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

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

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

Pick-up once a week

This service is free and open to anyone.



*as available

POP-UP CURBSIDE FOOD PANTRY



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

EVERY 1ST TUESDAY



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

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

EVERY 1ST AND 3RD THURSDAY



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

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

EVERY 2ND AND 4TH THURSDAY



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

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

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

All pop-up pantries are closed holidays.

Editor/Publisher: Brigit Olson | **Offices:** Senior Hi-Lites, 1826 Benton Avenue, Eau Claire, WI 54701 | **Advertising:** 715-831-0325 | **Email:** brigit.olson@gmail.com
 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, ©2023. 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 Hamburger on bun with lettuce/onion/pickle, Potato salad, Red gelatin with mandarin oranges | 2 Baked fish with lemon butter sauce, Side winder fries, Broccoli, Buttered rye bread, Fresh strawberries |
| 5 Roasted turkey breast, Boiled potato with turkey gravy, Seasoned brussels sprouts, Dinner roll, Grapes | 6 Beefy tater tot casserole, Cream style corn, Lemon bar | 7 Roast pork with gravy, Cheesy mashed potatoes, California blend vegetables, Wheat bread, Mixed berries | 8 Meat lasagna, Mixed green salad, Garlic bread, Melon medley | 9 Crumb topped baked fish, Pan fried potatoes, Carrots with parsley, Strawberry cheesecake |
| 12 Traditional meat loaf, Baked potato with sour cream, Scalloped corn, Blueberries | 13 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, 24 hour fruit salad | 14 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits | 15 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Fresh apple | 16 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins |
| 19 Crumb topped baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies | 20 Cornflake chicken, Roasted vegetable, Rice pilaf, Creamy cucumber salad, Tropical fruit | 21 Roast beef, Mashed potatoes with brown gravy, Country blend vegetables, Dinner roll, Blueberry crisp | 22 Barbecued spareribs, Asparagus cuts, Spiral pasta salad, Fresh banana | 23 Tuna salad sandwich on wheat, Lettuce leaf, Hearty vegetable soup, Pear in lime gelatin |
| 26 Italian meatballs with sauce, Rotini, Parslied cauliflower, Garlic bread, Mandarin oranges | 27 Pork chops with vegetable sauce, Bread stuffing, Broccoli, Melon medley | 28 Barbecue glazed chicken, Baked beans, Marinated cucumber salad, Wheat bread, Applesauce | 29 Breaded baked fish, Baked potato with sour cream, Carrots with parsley, Strawberry shortcake | 30 Salisbury steak, Mashed potatoes with brown gravy, Whole kernel corn, Rhubarb crumble |

PUT ME ON THE HI-LITES MAILING LIST

If you consider yourself homebound and are interested in having the Senior Hi-Lites delivered to you by mail, please complete the information slip below and return to our office. We will gladly add you to the list. Please Print. Check the box if you are interested in receiving information on the Home Delivered Meal Program.

Name _____

Address _____

City _____ Phone _____

DEMENTIA ADULT DAY SERVICES (DADS)

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

Mondays & Tuesdays 10 AM - 2:30 PM

SHIRLEY DOANE

SENIOR CENTER

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

We offer affordable help to caregivers in the community



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.

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

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

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

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

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

For more information, visit

www.steppingstonesdc.org

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



ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF MAY FOR SITES IN DUNN COUNTY (CHECK MONTHLY MENU FOR SITE CLOSINGS)

COLFAX GRAPEVINE SENIOR CENTER (715-962-2550)

- Dine-In Meals Monday through Thursday at 11:30 am
- Congregate and Home Delivered Meals
- Cards and Bingo – Call for Details

HOSFORD-RICH APARTMENTS (715-235-4047)

- Dine-In Meals Monday, Tuesday, Thursday and Friday at 11:30 am
- Congregate and Home Delivered Meals

TANTARA APARTMENTS DINING ROOM (715-556-0266)

- Dine-In Meals Monday through Friday
- Congregate and Home Delivered Meals

For all questions regarding the Dunn County Nutrition Program, please call the ADRC at 715-232-4006.

JUNE 15th



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

Elder Abuse can be:

- Physical Abuse
- Emotional Abuse
- Neglect by Others
- Self Neglect
- Sexual Abuse
- Financial Abuse

To report Elder Abuse call 715-232-4006

HERITAGE OF ELMWOOD *The Home with a Heart*
Community Owned. Hometown Care. We take care of you like family.

Experience the loving care and peace of mind we provide families every day!

- Restorative Care
- Physical, Occupational, and Speech Therapy
- Short-term Rehabilitation
- Long-term Care
- Homelike Environment
- All Private Rooms

heritageofelmwood.com • 232 E. Springer Ave • Elmwood, WI • 715.639.2911

Landmark COMPANY

UNIVERSITY VILLAGE APARTMENTS

2110 Fifth Street, Menomonie

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

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



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



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

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



Continued from page 1

Then, they will ask you to share a Google voice verification code. Do not provide this number to the scammer! Instead, report the account to Facebook as a scam. For more information on this particular scam, visit:

<https://consumer.ftc.gov/consumer-alerts/2021/10/google-voice-scam-how-verification-code-scam-works-and-how-avoid-it>.

INSTAGRAM/TWITTER/TIKTOK - Instagram is owned by Meta, the same company that owns Facebook. Instagram is a platform for sharing pictures and short videos. When you create an Instagram account, you may want to set the account to private. If your account is not set to private, anyone can “follow” you and view the content you post. If you leave your account public, you will want to be careful not to share any personal information in your posts. Similar to Facebook, people may create fake Instagram accounts to trick you into falling for a scam.

For more information on what to watch out for on Instagram, visit: <https://help.instagram.com/514187739359208>.

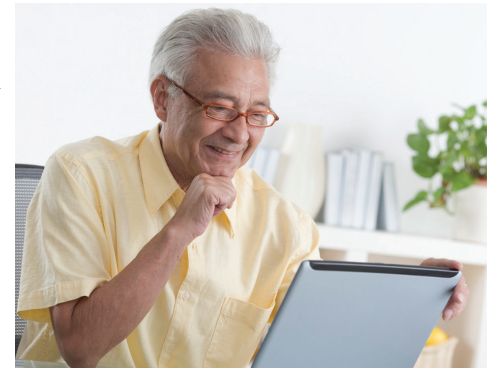
Twitter and TikTok are two very different kinds of social media platforms, but they are similar to Instagram in one regard. Like Instagram, on Twitter and TikTok you may have your profile public where anyone can follow you without having to approve those requests, or you can set your profile to private so that you must approve any requests to “follow” or see any content that you post. It’s recommended that, unless you’re a public figure or are trying to get famous, that you set your profiles to private.

SNAPCHAT - Snapchat is an app where users can share photos or short videos directly with friends or a group of friends. These photos or videos will typically disappear after viewing. A common misconception is that this is a safer way to share content since the content disappears after viewing. However, this does not mean this content will go away forever. Someone may take a screen shot of a photo or record a video with another device. So, you will want to be careful about what you share on Snapchat.

Snapchat users can also create “stories” which is one or multiple photos and/or videos viewable for a 24-hour period. By default, only “friends” you’ve added on Snapchat can contact you directly or view these stories. Another common misconception about Snapchat is, if you post a photo or video to the “Snap Map” these are viewable to any Snapchat user, even if you haven’t added them as a “friend.” For more information on Snapchat safety, visit: <https://help.snapchat.com/hc/enus/articles/7012304746644-How-to-Stay-Safe-on-Snapchat>.

NEXTDOOR - Nextdoor is a social networking site that is localized to only the user’s own neighborhood and surrounding areas. It requires users to verify their location via phone, geolocation, or by mailing a code to the user’s address. This means that, in theory, all the users that are connected

with one another live in the same neighborhood. However, as scammers always seem to do, they have found ways to get around Nextdoor’s verification system. So, even though it’s relatively safe to engage with your own neighbors on the platform, you still want to remain vigilant.



Nextdoor also has a marketplace feature where neighbors can buy, sell, trade, or give away items. The same safety precautions for buying and selling online apply to any such transaction on Nextdoor. You will want to meet the person in a public location near security cameras if at all possible and you will want to stay vigilant for scams. For more information on protecting your privacy and safety on Nextdoor, visit: https://help.nextdoor.com/s/article/privacy-and-safety-on-nextdoor?language=en_US.

REDDIT - Reddit is a news and content sharing website. Users submit content to the site such as news article links, text posts, images, and videos, which are then voted up or down by other users. This voting determines how visible the post becomes.

Posts are organized by subject into user-created boards called “subreddits.” These posts are visible to the entire world regardless of the subreddit you are in. For example, if you are in the Madison, Wisconsin subreddit, it’s not just Madison residents or group members who can see those posts. Reddit users typically remain anonymous, and you will never want to put your personal information in any Reddit post. Subreddits are monitored by moderators or “mods” who will typically remove a post that contains personal information, such as a phone number, but once your information is out on the internet, it’s too late. People may have already copied or taken a screenshot of your personal information. It’s best to just not do it in the first place.

DOS AND DON’T - Finally, some dos and don’ts that apply to most or all of these platforms.

- Do review the privacy settings in the app or website.
- Don’t create a username containing identifying information, such as names, birthdays etc. For example, “ParkersGranny1952” is not a good username because it reveals the year the person was born and the name of one of their grandkids. A good username would be something like “Loves2Fish77889” or “BakewithGma9496” as long as those numbers don’t mean anything like digits of a phone number or zip code.
- Do change your passwords for social media websites frequently.
- Don’t give out your phone number to a stranger and don’t ever give anyone a verification code that you get via text, email, or voice call.

June is National Dairy Month



Submitted by Bernie Allen,
ADRC Nutrition Program Coordinator

Did you know that June Dairy Month began back in 1937? It was initially known as “National Milk Month,” and was a way for grocers to encourage milk consumption in the month of June, when milk production was at its peak. In 1939, June officially became National Dairy Month. This is a great time of year to celebrate all things dairy!

Here are some appetizing recipes that wouldn't be the same without dairy:

Baked Macaroni and Cheese

Ingredients for Macaroni and Cheese:

- 1 pound uncooked dried elbow macaroni
- ¼ cup butter
- 1 medium (1 cup) onion, coarsely chopped
- ¼ cup all-purpose flour
- 1 teaspoon ground mustard
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- 1 teaspoon hot pepper sauce
- 4 cups milk
- 16 ounces (4 cups) shredded cheddar cheese, divided
- 8 ounces cut into 1-inch dice American Cheese



Topping

- ¼ cup butter
- 1 cup panko bread crumbs
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon garlic powder

Instructions:

1. Heat oven to 400°. Generously butter 12x9-inch (3 quart) casserole dish.
2. Cook macaroni 3 minutes less than al dente according to package directions (about 4 minutes after water returns to a boil); drain. Set aside.
3. Melt ¼ cup butter over medium heat in large stockpot. Add onion; cook 5 minutes or until softened. Add flour, ground mustard, garlic powder, salt, pepper and hot sauce; cook, stirring constantly for one minute. Slowly whisk in milk, cook until mixture I bubbling around the edges. Fold in 2 cups shredded cheddar and American; continue cooking until cheese is melted. Stir in cooked macaroni.
4. Pour ½ of macaroni mixture into prepared baking dish. Top with 1 cup shredded cheddar. Top with remaining macaroni mixture; sprinkle with remaining cheese.
5. Melt ¼ cup butter in 12-inch skillet over medium-high heat. Add panko, parsley and garlic powder. Mix well; cook for 1 minute. Sprinkle evenly over macaroni and cheese mixture.
6. Bake for 20 minutes or until top is golden brown and bubbling around the edges. Let stand for 1 minute before serving.

Prep Time: 30 minutes Cook Time: 20 minutes
Recipe from landolakes.com

Ham and Swiss Quiche

Ingredients:

- 8 large eggs
- 1/3 cup whole milk
- 1 tablespoon melted butter
- 1 cup shredded Swiss cheese
- ½ cup diced ham
- ¼ cup fresh spinach leaves
- 2 tablespoons diced pimiento
- 1 tablespoon minced green onion
- ¼ teaspoon seasoned salt



Instructions:

1. Preheat oven to 350°.
2. Whisk together the eggs, milk and butter in a large bowl; stir in the cheese and the remaining ingredients. Portion the mixture between 12 lightly greased, standard-size non-stick muffin cups and place on a baking sheet.
3. Bake 22 to 25 minutes or until puffed and set. Remove from the oven and cool for 3 minutes.
4. Gently loosen the quiche muffins with a small offset spatula and remove from the pan.

Prep Time: 10 minutes Cook Time: 22 minutes

Recipe from allrecipes.com

Strawberry Banana Smoothie

Ingredients:

- 1 cup strawberries, frozen
- 1 banana, peeled
- 1 (5.3-ounce) container vanilla Greek yogurt
- 1 cup milk



Instructions:

1. Combine all ingredients in a blender and process until smooth.

Prep Time: 10 minutes Cook Time: 22 minutes



The Neighbors
of Dunn County
Generations of caring since 1892

Skilled Nursing
Home Facilities

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



2901 Forbes Ave, Menomonie

715-232-2661

www.neighborsdc.org

Exploring Dementia Caregiving

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

Fourth Tuesday of the Month

10:30–12:00

Shirley Doane Senior Center
1412 Sixth Street E,
Menomonie

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



2023 Dates

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

FREE ART CLASSES

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

February 15
May 17
August 16

1:00 pm -
3:00 pm

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

Taught by local Artist Lindamerry Udell

Free Gardening Classes

This class is designed for people living with dementia and their care partners. Come and enjoy indoor and outdoor gardening projects!

Fourth Thursday of the month
1:00 pm to 2:30 pm
Chippewa Falls Public Library

Space is limited, call 715-723-1146 to RSVP



CHIPPEWA FALLS PUBLIC LIBRARY



It's All Yours

Menomonie Memory Café

2023 Dates

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

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

1st Thursday of the Month
10 am—11:30 am
United Methodist Church
2703 Bongey Drive

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



June 15th is World Elder Abuse Awareness Day



By Tracy Fischer, CSW ADRC manager for the ADRC of Dunn County

June 15, 2023 is World Elder Abuse Awareness Day. On that day, communities in the USA and all over the world will sponsor events to highlight solutions to this systemic social challenge. The Dunn County Department of Human Services-Adult Protective Services division is proud to host several meet and greet opportunities to participate in this national conversation. They will be present at the Boyceville Community Center from 9 to 11 am and the Grapevine Community Center in Colfax from 11:30 to 1:30 pm to answer any questions you may have. They will also be present at the Fortune Cookies Play in Menomonie from 3:45 to 6:00 pm. This play will be held at the United Methodist Church of Menomonie, 2703 Bongey Drive. Registration is required for the Fortune Cookies Event, call 715-232-4006 for more information or to register.

As Americans, we believe in justice for all. Yet we fail to live up to this promise when we allow older members of our society to be abused or neglected. Older people are vital, contributing members of American society and their maltreatment diminishes all of us. Just as we have confronted and addressed the social issues of child abuse and domestic violence, so too can we find solutions to address issues like elder abuse, which also threatens the well-being of our community.

Our policies and practices make it hard for older people to stay involved with and connected to our communities as they age. As a result, older people are more likely to experience social isolation, which increases the likelihood of abuse and neglect. We can design stronger societal supports to keep our older people connected and protect them from abuse, whether financial, emotional, physical or sexual. When we address a root cause, like social isolation, we also make it less likely that people will become neglected. Older adults who are socially connected and protected from harm are less likely to be hospitalized, less likely to go into nursing homes and less likely to die.



We can and must create healthier and safer living environments for older adults, including their homes, nursing homes, and assisted living facilities.

Get more information about how to make a difference by visiting the National Center on Elder Abuse <https://ncea.acl.gov>. If you have concerns about an elder in your life, or if you are concerned that abuse is occurring, you may also call the Dunn County ADRC at 715-232-4006 to speak with a social worker or to make a report.

SAVVY CAREGIVER™
KNOWLEDGE. SKILLS. MASTERY.

Empowering Dementia Caregivers

About Savvy:
The Savvy Caregiver Class is free. It is a proven, research based training that will teach you strategies and real-world skills; as well as decrease stress for you and the person you care for. Dementia Adult Day Services (DADS) is available during training sessions.

To Register, Call the ADRC at 715-232-4006

Registration Deadline July 2, 2023

ADRC
Aging & Disability Resource Center

Training will cover:

- Career of Caregiving
- Types of Dementia
- How decline affects behavior
- Meaningful Activities
- Skills to manage daily life
- Effective Communication

In-person Training
Mondays
July 10 - August 14
10:00 am - Noon

Shirley Doane Senior Center
1412 6th Street East
Menomonie

TRAVELING CAREGIVER CAFÉ

Come and connect with the Caregiver Coordinator and other caregivers at different locations around Dunn County.
Find information and resources that can help you!

Tuesday, May 16
10am-12pm
Boyceville Public Library
903 Main Street, Boyceville, WI

Tuesday, June 20
10am-12pm
Grapevine Senior Nutrition Center
121 Main Street, Colfax, WI

On the 3rd Tuesday of each month from May through September.
More information to come.

ADRC
Aging & Disability Resource Center
of Dunn County

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



ADRC of Dunn County Announces Senior Farmers' Market Voucher Program - 2023

You may be eligible to receive vouchers that can be used to purchase produce at local Farmers' Markets.

Senior Farmers' Market Vouchers are offered to senior citizens 60 years of age and older (55 if you are Native American) to purchase fresh, locally grown fruit, vegetables and herbs from certified farmers. The vouchers are provided by a grant from the USDA Food and Nutrition Service and brought to you by the Wisconsin Dept. of Health Services and local partner groups.

- You must be age 60 or older. Native American 55+.
- Gross household income must not exceed the following:
 - \$2,248 per month – 1 person
 - \$3,041 per month – 2 people
 - \$3,833 per month – 3 people

Distribution starts in June

Call 715-232-4006 to apply

SHIRLEY DOANE SENIOR CENTER

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

Shirley Doane Senior Center June 2023



| SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------------|---|--|---|--|---|-----|
| | Note: No Stronger Seniors Classes until September | <i>Need Reservations *</i> | | 1 NO CHAIR YOGA TODAY 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 1pm 500 Cards / 1pm Private Dep Bridge | 2 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo | 3 |
| 4 | 5 9am-11am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Mah Jongg 1-3pm Euchre | 6 NO CHAIR YOGA TODAY 10am Cribbage / 10am-2:30pm DADS* 1-3 pm Hand & Foot Cards | 7 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge | 8 NO CHAIR YOGA TODAY 10am-2:30pm ADS* 1pm 500 Cards / 1pm Open Party Bridge | 9 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo | 10 |
| 1 1 | 12 9am-11am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 12:30-2:00 CVLR Cooking w/Monica 1pm Mah Jongg 1-3pm Euchre | 13 NO CHAIR YOGA TODAY 8:30am BOARD MEETING - SENIORR CENTER 10am Cribbage / 10am-2:30pm DADS* 1-3 pm Hand & Foot Cards | 14 9:30am-5:00pm Senior Center Day Trip-Twins vs Brewers Day Tour 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge | 15 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards 1pm Private Dep Bridge | 1 6 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo | 17 |
| 18 FATHER'S DAY | 19 9am-11am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Mah Jongg 1-3pm Euchre | 20 8:30-9:15am Chair Yoga 10am Cribbage / 10am-2:30pm DADS* 1-3 pm Hand & Foot Cards | 21 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge | 22 NO CHAIR YOGA TODAY 10am-2:30pm ADS* 1pm 500 Cards 1pm Open Party Bridge | 23 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo | 24 |
| 25 | 2 6 9am-11am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Mah Jongg 1-3pm Euchre | 27 8:30-9:15am Chair Yoga 10am Cribbage / 10am-2:30pm DADS* 10:30am Exploring Dementia Caregiving 1-3 pm Hand & Foot Cards | 28 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge | 29 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards | 30 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo | |

What If You Were The One Left Behind?

By Katy Hacksworthy and Matt Thompson of Celebration of Life Center

My mother was the one in my family who took care of the organizational household tasks ... paying the bills, balancing the checkbook, handling taxes, and insurance, to name a few.

When she died, my dad was at a loss, not only due to his grief but because he was completely unprepared to take over these responsibilities.

It took many weeks and months of searching through files and records to familiarize him with the things he needed to learn and get him comfortable managing everything on his own. The one positive was that my mom had completely pre-planned her funeral wishes so he at least had a personally prepared guide to follow in arranging her service of remembrance.

This is a scenario that plays out over and over again, although not always in the same way as my family experienced it. The one left behind could be a husband or a wife, a domestic partner, or any member of a relationship in which one person is committed to or is responsible for another.

In any case, when one person is the primary keeper of the finances, records, and important documents and doesn't make a point of sharing with or educating the other, the loss of that person can leave the survivor in utter chaos trying to figure out how to handle everything.

Not only is it emotionally stressful and frightening, but it can also be financially detrimental when the survivors don't have the proper information, documentation, or authority to do what needs to be done.

There are some simple but critical things that everyone can and should evaluate to prevent a situation like this from catching you unprepared.

These things are important no matter what your health circumstances are, but they become even more pressing if you or your loved one has received a diagnosis of a life-limiting disease or condition. Matt Thompson, the founder of Celebration of Life Center, emphasizes "when people today choose to pre-plan or pre-fund their funerals, the top reason, without a



doubt, is to keep their loved ones from having to deal with the logistics themselves".

Are your estate documents and financial accounts up to date and do they accurately reflect your current wishes and circumstances?

This would include wills, trusts, powers of attorney, deeds to properties, bank accounts, life insurance policies, investments, and other assets. How are these documents set up, who has ownership, who are the beneficiaries, and who has the authority to access these accounts? Each person's

situation might determine a different way to assign these things, so it is important to consult family members, your attorney, tax professional, or investment advisor on what is best for you.

Do you know or have easy access to pertinent family information, history, records, and contact information, including who should be notified in the event of a health crisis or death?

You will need to provide your loved one's social security number, parents' names (including mother's maiden name), employment, education, and military service information in order to complete a death certificate (certified copies of a death certificate will be needed to close out or transfer ownership of most financial accounts and assets). Current, up-to-date contact information should also be available for relatives, close personal friends, and other significant people in your loved one's life.

Has your loved one shared their thoughts regarding how they want their final wishes carried out, including a living will/advance directives and funeral/burial arrangements?

This conversation is probably the most difficult and emotionally challenging of all, especially if it takes place when someone has received a terminal diagnosis. Nonetheless, taking the opportunity to discuss your wishes provides a great deal of peace of mind not only for you but for your family as well, allowing all of you the opportunity to connect, share and get on the same page while you can still provide valuable input. On the more practical end, "people pre-fund funerals to protect their money from things like nursing homes or family conflict". Additionally, Thompson, whose funeral home price guarantee is decided upon at the time of pre-funding & pre-planning funerals, emphasizes the benefits of that route, saying "this guarantee is just as important as following the individual's wishes - the consumer wins, the funeral home wins, and the family wins".



Spring Means Outdoor Activities! Do You Suffer With Allergies?

Now is a great time to call our pharmacist and make an appointment to go over your medications to ensure your health and safety needs are being met. Our pharmacist will make sure you are compliant with your medications and will also advise you on over-the-counter products for allergies to take or avoid for adverse interactions.

VISIT YOUR LOCAL HOMETOWN PHARMACY!

Mondovi Pharmacy
715-926-4938

Ed's Pharmacy
715-568-2190

Wally Shong Pharmacy
715-286-2515

Colfax Pharmacy
715-962-3784

www.hometownpharmacyrx.com

\$5.00 OFF
a \$25.00 Purchase

One coupon per customer per visit. Good for any over-the-counter products. Not valid for prescriptions. Expires 06/30/23

Find us at
seniorreviewnewspapers.com

Summer 2023

Schedule of Events for Caregivers



May

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

June

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

July

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



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

August

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

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



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

“It’s my life and they respect that.”



Local long-term care supports and services delivered with a focus on Life. Defined by you.

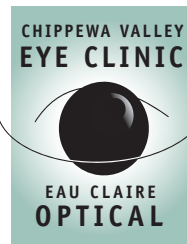


inclusa.org | 877-622-6700



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



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



WE ACCEPT MOST INSURANCE PLANS

cveclinic.com

OTHER LOCATIONS: BLACK RIVER FALLS, CUMBERLAND & DURAND



Compassion and understanding in your time of need.



Return this coupon for 2 free planning guides

Along with my free planning guides, please also send me information on preplanning: Cremation Traditional Burial

Name _____

Address _____

City _____ State _____ Zip _____

Mail to: Stokes, Prock & Mundt Funeral Chapel
535 S. Hillcrest Parkway Altoona, WI 54720

Or call today to set up an appointment! Bring this coupon to receive your free planning guides.

Our staff is here to guide and assist you with a high degree of respect and concern during your time of loss. We will provide the most fitting service for your individual needs, at the most affordable cost with the many options that we offer.

Two options to serve you, at one convenient location:

**Stokes, Prock & Mundt
Funeral Chapel**

715-832-3428
stokesprockandmundt.com

**Cremation Society
of Wisconsin**

715-834-6411
cremationsociety-wi.com

535 S. Hillcrest Parkway, Altoona, WI 54720



**American
Lutheran Communities**



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

4 Easy Steps to Protect Your Heart & Your Brain

by Shelley Krupa, Business Operations Coordinator Lake Hallie Memory Care

When we take care of our hearts, we take care of our brains at the same time. Yes – it’s true! “What’s good for the heart, is good for the brain.”

It is easy to keep benefits flowing from our hearts to our brains by incorporating actions in our day-to-day lives.

How can we add more to our to-do lists when we’ve already got enough things to remember?

It’s easy – pop these 4 steps into our routines and we’re well on our way to healthier hearts and brains.

1. Exercise daily – 30 to 60 minutes - to music for an extra boost. Take a brisk walk, clean the house, or dance around the room. Move around, baby,

move around. Anything we do to get our blood to pump will make our hearts and brains feel happy. Add a fun challenge – recall words to oldies but goodies songs while we’re moving.

2. Socialize – call a friend, play games with loved ones, or visit a friend in an assisted living home. While you’re there, don’t forget to share smiles with strangers or workers – everyone benefits from being kind and friendly to someone in need. It warms the heart and helps the body’s endorphins flow into our brains in the process. Some studies say remaining socially active can reduce risks for dementia by 60 percent.

3. Reduce stress – not only can it contribute to high blood pressure, but it impairs the brain’s ability to retain or recall memories. Avoid multi-tasking; visit a park or nature conservatory; ask for help;

play puzzles; daydream - we’re never too old to dream.

4. Sweet dreams - protect your 8 hours of dedicated sleep every night. Avoid daily naps, strenuous activity before retiring at night, consuming any liquids 1-2 hours before bed, especially alcohol or caffeine, and keep disruptions to your night-time routine to a minimum. Good sleep improves your memory and reduces chronic inflammation that causes your heart to work harder than it should have to.

Enjoy all the small moments of healthy living!



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

Johnson MONUMENT Since 1917

Turn your memories into a lasting memorial

715.723.5576

Between Eau Claire & Chippewa Falls
johnsonmonument.com

LOCALLY CRAFTED

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



Helping you serve those in need for 10 years and counting

To learn more about how we're protecting our staff & residents AND the creative ways we care for our veterans with dementia

Lake Hallie Memory Care CALL 715-738-0011
A happier life for everyone...

FIND US : LakeHallieMemoryCare.com

@memorycarepartners

NOW HIRING!





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.

ADRC
Aging & Disability Resource Center
of Dunn County

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!

Fill Your Day With Meaningful Work

Employment looks different for everyone and it can be a reality for anybody with the right help! My Choice Wisconsin has experience in supporting seniors and adults with disabilities throughout their employment journey.

- Increase your independence
- Build relationships
- Explore different types of work
- Develop your skills

800-963-0035 TTY: 711
www.mychoicewi.org/ES



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

DHS Approved 5/27/2021



Wisconsin Funeral Assistance Program

By Randall Mundt, Stokes, Prock & Mundt Funeral Chapel, and Cremation Society of Wisconsin

Planning a funeral is something that most everyone will have to deal with at some point in their lives. For some, it can be very worrisome when it comes to paying for it. It's important for people to be aware of what options are out there for assistance. The State of Wisconsin has a program to help pay for funeral and burial expenses for people receiving certain kinds of financial aid from the state. It is called the Wisconsin Funeral and Cemetery Aids Program (WFCAP). In the 1970s, it was called welfare burial or indigent burial. It paid \$300 at that time. The cremation rate was less than 4% back then. Any individual on welfare was eligible. Later, in the 1970's, it was raised to \$750. By the 1980s it was raised to \$1,500 for funeral home costs, and they added a cemetery allowance of \$1,000. This brought the total allowed payment to \$2,500. At that time, we could actually bury someone for that amount. That is not the case today and the amount has not been raised since then.

Today, cremation is many times the only option people eligible for WFCAP have because of the limited payment amount. Even then, many funeral homes are still not willing to lower their charges to meet that need. To qualify for this benefit, the decedent can only have \$2,000 in liquid assets and less than \$1,500 cash value in life insurance. One thing that many people do not realize is that if the decedent was homeless or in prison, they may not be eligible, because they need to be on certain programs through the state prior to passing in order to be eligible for this particular benefit.

Families cannot apply for this benefit directly; it has to go through a funeral home. Funeral homes can call the state to determine eligibility, but even then only on certain days of the week; currently Mondays, Wednesdays, and Fridays. The state does allow families to supplement some of the funds. However there is a limit on total expenses of \$4,500 on the funeral home side, and \$3,500 on the cemetery side. Of those expenses, the state will pay for \$1,500 on the funeral home side and \$1,000 on the cemetery side. The family can supplement the remaining amount up to the total limit.

Considering this information, it makes much more sense to prearrange and prepay someone's final expenses. Money that is put into an irrevocable bank trust or irrevocable prepaid funeral insurance policy is not considered an asset when it comes time to determine if they qualify for Medicaid-type benefits, so this can help protect and provide for final expenses, while allowing the person to still receive Medicaid benefits. The following statistics outline the importance of doing this. Of people that are 65 or older, 40% will end up in long-term care facilities. Overall, 50-70% of people over age 65 will either receive home care or some other type of long-term care. The current rate for long-term care is \$44 per hour. These expenses will drain a person's assets very quickly.

At Cremation Society of Wisconsin and Stokes, Prock & Mundt Funeral Chapel, we guarantee all of our preneed funeral expenses through a prepaid, irrevocable insurance policy. Not all funeral homes do this, so be sure to do your homework before prepaying. Don't rely on the state to pay for your final expenses. You cannot count on qualifying, and the program may not always be there. It is better to plan ahead for yourself and your loved ones.



Wisconsin Shakespeare Festival

PRESENT

- COMING THIS SUMMER -

Wisconsin Shakespeare Festival kicks off its inaugural summer season with two incredible productions!

Featuring a local and national cast of actors and performed on a replica set of Shakespeare's Globe in London, get ready for all things Shakespeare right in the heart of downtown Eau Claire at Pablo Center.

A MIDSUMMER NIGHT'S DREAM

JULY 6 - 9 & 13 - 16

"A Midsummer Night's Dream" is one of William Shakespeare's classic comedies; a story of order and disorder, reality and appearance, and love and marriage.

Audiences of all ages will enjoy the story which features lovers lost in the forest, a royal wedding, mystical sprites and fairies, a comedic troupe of Mechanicals, and a trickster named Puck.

IMPROBABLE FICTION

A NEW WORKS SERIES

JULY 29 - 30

Local playwrights from across the region submitted one-act plays in one of three categories: Young Voices, Diverse Perspectives, or Shakes-pired (for works related to or inspired by Shakespeare's life or plays).

Explore a new era of theatre, see all three selected plays presented on stage each night.



BUY TICKETS AT PABLOCENTER.ORG • AXS.COM • 715-832-ARTS

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.**

We offer full-service funeral and cremation services for your family and loved ones. In addition, we also offer funeral pre-planning, pre-funding funeral services. We also are the only funeral home in the region to offer pet cremation services.



715.835.3333 | 1717 Devney Dr - Altoona
chippewavalleycremation.com



Preventing Medicare Fraud

Toll-free Helpline:
888-818-2611
Email: smp-wi@gwaar.org
www.smpwi.org
WisconsinSeniorMedicarePatrol

Empowering Seniors to Prevent Healthcare Fraud

PROTECT
your personal information

DETECT
suspected fraud, abuse, and errors

REPORT
suspicious claims or activities



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



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

AZURA[®]

MEMORY CARE • ASSISTED LIVING

**WHEN MEMORIES FADE,
IT'S THE MOMENTS THAT
MATTER.**

Let our family take care of yours.

www.azuraliving.com
715-212-2751

