



Hi SENIOR Lites

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RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

What Beneficiaries Need to Know about Medicare's GLP-1 Bridge Program *By the GWAAR Legal Services Team*



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

Starting in July 2026, some Medicare beneficiaries will be eligible for Medicare coverage of specific weight-loss medications through a new program called the Medicare GLP-1 Bridge Program. Under federal law, Medicare Part D plans cannot cover weight-loss medications. The Medicare GLP-1 Bridge Program is a temporary program created by the Centers for Medicare & Medicaid Services (CMS) that will allow CMS to learn how these medications affect health outcomes and health care costs. The program will run from July 1, 2026 through December 31, 2027.

The Medicare GLP-1 Bridge Program currently includes the following GLP-1 medications approved for weight loss:

- Wegovy (injection and tablets)
- Zepbound (KwikPen®)
- Foundayo

In order to be eligible, beneficiaries must:

- Be enrolled in a Medicare Part D prescription drug plan
- Receive a prescription from a health care provider
- Meet specific medical criteria related to body weight and health conditions, and
- Obtain prior authorization approval.

In general, eligibility will depend on beneficiaries' Body Mass Index (BMI) and whether they have medical conditions like heart failure, uncontrolled high blood pressure despite treatment, chronic kidney disease, prediabetes, a previous stroke, or peripheral artery disease.

Please note Medicare beneficiaries with Type 2 diabetes, obstructive sleep apnea, and noncirrhotic metabolic dysfunction-associated

steatohepatitis (MASH) are already eligible for Part D coverage of GLP-1 medications.

That means that they are not eligible to receive them through the Medicare GLP-1 Bridge even if they otherwise meet GLP-1 Bridge eligibility criteria.

Eligible beneficiaries will pay a monthly copay of \$50 for covered medications through the GLP-1 Bridge Program. However, because this program is separate from standard Part D coverage, these copays will not count toward Part D out-of-pocket spending limits. If you are interested in the GLP-1 Bridge Program, please speak with your health care provider. Your provider can determine whether you meet eligibility requirements and submit the prior authorization request.

For more information about the GLP-1 Program, please see: <https://www.cms.gov/medicare/coverage/prescription-drug-coverage/medicare-glp-1-bridge>

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.

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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.

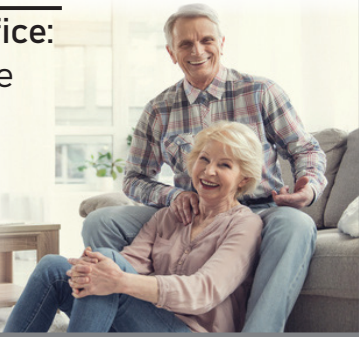
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September 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Meatloaf, Baked Potato-Sour Cream, Scalloped Corn, 24-Hour Fruit Salad, Milk	2 Shredded Pork Sandwich on Bun, Baked Beans, Coleslaw, Watermelon, Milk	3 Hamburger Gravy, Mashed Potatoes, Stewed Tomatoes, Cranberry Orange Muffin, Milk	4 Baked Fish, Cheesy Hashbrowns, Broccoli, Dinner Roll, Pineapple Tidbits, Milk
7 Meal Sites Closed 	8 Bratwurst on a bun, Sauerkraut, Tater Tots, Tropical Fruit, Chocolate Chip Cookie, Milk	9 Roast Beef, Mashed Potatoes-Brown Gravy, County Blend Vegetables, Dinner Roll, Blueberry Crisp, Milk	10 Barbeque Spareribs, Bakes Beans, Cheesy Broccoli, Raisin Salad, Wheat Bread, Banana, Milk	11 Tuna Salad Sandwich-Lettuce/Tomato Slice, Hearty Vegetable Soup, Peachy Pudding, Milk
14 Sailsbury Steak, Mashed Potatoes-Brown Gravy, Parslied Cauliflower, Dinner Roll, Mandarin Oranges, Milk	15 Barbecue Glazed Chicken, Baked Beans, Marinated Cucumber Salad, Wheat Bread, Melon	16 Breaded Pork Chop, Roasted Sweet Potatoes, Broccoli, Applesauce, Milk	17 Baked Salmon Steak, Baked Potato-Sour Cream, Carrots with Parsley, Strawberry Shortcake, Milk	18 Italian Meatballs with Sauce, Rotini Noodles, Mixed Green Salad, Garlic Bread Sticks, Rhubarb Crumble, Milk
21 Roast Beef, Mashed Potatoes-Brown Gravy, Sliced Beets, Raisin Oatmeal Cookie, Milk	22 Baked Ham, Candied Sweet Potatoes, Broccoli, Cherry Crisp, Milk	23 Herb Baked Chicken, Baby Bakers, Winter Squash, Wheat Bread, Blueberries, Milk	24 Hamburger on a Bun-lettuce/tomato/pickle, Baked Beans, Red Gelatin, Mandarin Oranges, Milk	25 Breaded Baked Fish, Baked Potato-Sour Cream, Green Beans, Buttered Rye Bread, Strawberries, Milk
28 Roasted Turkey Breast, Boiled Potato-Turkey Gravy, Seasoned Brussel Sprouts, Dinner Roll, Grapes, Milk	29 Orange Chicken, Steamed rice, Broccoli, Raisin Sour Cream Bars, Tomato Juice, Milk	30 Roast Pork-Gravy, Mashed Potatoes, Seasoned Peas, Wheat Bread, Sweet Cherries, Milk		

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
Hosford-Rich Apts. M, T, Th, F 235-4047
Ridgeland M - F 949-1937

Tantara in Menomonie M - F 556-0266
Sand Creek M - F 658-1335
ADRC Office for Dunn County M - F 232-4006

6 Falls Prevention Steps to Help Your Older Loved Ones



*Submitted by Casey Schnacky,
ADRC Outreach-Caregiver
Coordinator*

For older adults, maintaining independence often means being able to move safely through the home without fear is vital but falls can threaten that independence. One in four older Americans experiences a fall each year, and its a leading cause of serious injury among older .



After a fall, an older adult may become afraid of falling again. That fear can cause them to avoid experiencing life and, over time, becoming less active can lead to weaker muscles, poorer balance and a greater risk of falling.

These practical steps to reduce many of the risks:

Start with a conversation

Ask whether your loved one has noticed changes in balance, walking, or confidence. Make the discussion supportive rather than demanding, reassuring them that safety helps preserve independence. If they have fallen, experienced dizziness, or feel unsteady, encourage them to speak with their health care provider. A professional evaluation can identify risks and recommend appropriate treatment, exercise, or community programs.

Keep vision and lighting in mind

Good vision is essential for navigating safely. Make sure your loved one's eyeglass prescription is current and that they are wearing their glasses as recommended. Lighting is equally important. Hallways, stairways, bathrooms, and entrances should be well illuminated. A bedside lamp or easily accessible light can help prevent nighttime falls. A vision specialist may be able to recommend strategies and equipment to make everyday activities safer.

Look for changes in walking and balance

Sometimes the earliest warning signs of fall risk are visible in the way someone moves. Does your loved one hold onto furniture or walls while walking? Do they shuffle their feet or appear unsteady when turning? These changes should not simply be dismissed as a normal part of aging. A physical therapist can evaluate and develop an exercise program designed around the person's abilities.

A therapist may also recommend a cane or walker. Proper fit and instruction are important because an incorrectly adjusted mobility aid can actually make a fall more likely. Staying physically active is one of the best ways to support continued

mobility and independence.

Review medications regularly

Medications can play an important role in fall prevention. Some prescription and over-the-counter medications can cause dizziness, drowsiness, confusion or changes in blood pressure.

Encourage your loved one to have their medications reviewed, particularly whenever a new prescription is added. Make sure their health care provider and pharmacist know about all prescription medications, over-the-counter products and supplements they take.

Pay particular attention to products marketed as sleep aids. Some medications labeled “PM,” including certain pain relievers, can cause drowsiness and affect balance. If sleep is a concern, encourage your loved one to discuss alternatives with a health care professional. Pill organizers, medication lists and automated reminders may also make managing medications easier.

Make the home safer

A home safety check can identify hazards before they cause a fall. Improve lighting, especially around stairs and hallways, and keep stairs clear with sturdy handrails. Add grab bars or a shower chair in the bathroom. Remove loose rugs, clutter, and cords, and keep frequently used items within easy reach to avoid climbing or stretching.

For additional assistance, an occupational therapist can provide a more comprehensive home assessment. Community programs can also help. Programs such as A Matter of Balance, Stepping On and Tai Chi are designed to help older adults improve balance, strength and confidence while learning strategies to prevent falls. Local Aging and Disability Resource Centers and Area Agencies on Aging can help families locate programs and services in their communities.

Finally, families may want to consider a medical alert system with fall detection, particularly for an older adult who lives alone. These systems can provide an added layer of security by helping connect someone to assistance when a fall occurs.

Fall prevention does not mean telling an older adult to stop doing the things they enjoy. It means identifying risks and making changes that allow them to continue doing those things safely. A conversation, medication review, vision appointment, exercise program or a few simple changes around the home can make a significant difference. The goal is not simply to prevent a fall—it is to help older adults maintain confidence, mobility and independence for as long as possible.



Fight The Flu With a Shot of Prevention

Keep your family healthy this cough and cold flu season with a flu shot. It's part of our wellness plan that includes everything you need, from preventive care to everyday remedies.

STOP IN OR CALL US TODAY FOR DETAILS.

- Mondovi Pharmacy** 122 South Eau Claire Street, Mondovi | **715-926-4938**
Wally Shong Pharmacy 153 W Lincoln Street, Augusta | **715-286-2515**
Ed's Pharmacy 1511 Main Street, Bloomer | **715-568-2190**

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ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF SEPTEMBER
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

You're Invited

Power of Attorney PARTY!

Thursday, October 22, 2026
10:30am-12:30pm

Menomonie Public Library Meeting Room

Let us help you get your ducks in a row!

Join us to complete Healthcare and Financial Power of Attorney documents. Everyone 18 or older should have these completed.

We'll provide information, all necessary paperwork, one-on-one assistance, and even celebration treats!

Space is limited. Register today!
Registration link can also be found at menomonieilibrary.org/calendar.

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Veteran's Corner

Staff: Greg Quinn, Jessica Christianson, & Amy Lynch
Contact: 715-232-1646 or [vet@co.dunn.wi.us](mailto:veteran@co.dunn.wi.us)
Office hours: Monday-Friday / 8am-4:30pm



This one is not just for Veterans!
Want to access your Social Security and/or VA information online?

Set up LOGIN.gov or ID.me at our next workshop on Tuesday, September 15th from 12:30-4:30 in Conference Rm 100 at the Dunn County Government Center. Call Amy at 715-232-1646 to schedule your time slot. All are welcome!

For those who are headed back to school this fall, remember that if you are receiving VA educational benefits, such as Post 9-11, VET TEC 2.0 or Chapter 35 Survivors' and Dependents' Educational Assistance, you must verify your enrollment each month to ensure payment. In VA.gov, the Verify Your School Enrollment tool works to certify attendance. Other options to verify enrollment include text, email or contacting VA at 1-800-827-1000.

Did you know that September has several military remembrance days? 9/11 Patriot Day, 9/18 Air Force birthday, third Friday in September is POW/MIA Recognition Day, and the last Sunday in September is Gold Star Mothers & Families Day.

Please contact our office at 715-232-1646 to schedule an appointment with one of the reps today!

SUN	MON	TUE	WED	THU	FRI	SAT
30	31 Grief Support Group Menomonie Senior Center 12:00pm	1 Women Connected ADRC Resource Room 12:00pm Dementia P.A.C.T ADRC Resource Room 2-4pm	2 Come see us at the Menomonie Farmer's Market! 10am-4pm Cooking with Caregivers Our Savior's Lutheran Church Call Carla @ ADRC to register	3	4 Eat an Extra Dessert Day	5
6	7 ADRC Closed LABOR DAY	8 Creative Caregiver ADRC Resource Room 1:00pm Grief Support Group Menomonie Senior Center 12:00pm	9 DBS at The Cairn House	10 Relatives Raising Children ADRC Resource Room 9:30am	11	12
13	14 Medicare & YOU ADRC Resource Room 2:30pm	15 Exploring Dementia ADRC Resource Room 10:30am Grief Support Group Menomonie Senior Center 12:00pm	16 Long Distance Caregiver Virtual Support Group 11:00am Caregiver Support Group ADRC Resource Room 2:00pm	17	18 National Pepperoni Pizza Day	19
20	21 Grief Support Group Menomonie Senior Center 12:00pm	22 Falls Prevention Awareness Day	23 National Baker Day	24 The Memory Tree Cafe Our House Senior Living 1:00pm Open to the Community	25	26
27	28 Exploring Dementia ADRC Resource Room 10:30am Grief Support Group Menomonie Senior Center 12:00pm	29 National Coffee Day	30 National Love People Day	OCT. 1	2	3

BRAIN HEALTH BOOK CLUB

Mondays | Sept 21 – Oct 26 | 1:00 – 3:00 PM

Books Provided

Join us as we talk about science-based strategies to protect your brain as you age. We will share strategies and support each other to make positive changes. Group limited to 10 participants.

High-Octane Brain
5 SCIENCE-BASED STEPS TO SHARPEN YOUR MEMORY AND REDUCE YOUR RISK OF ALZHEIMER'S
Dr. Michelle Braun
POWER CARRYING THE RESEARCH
Foreword by Dr. Raine Padellaro
CLINICAL INSTRUCTOR, DEPARTMENT OF PREVENTATIVE NURSING MEDICAL SCHOOL

Government Building - ADRC Office
3001 Hwy 12 East, Menomonie
Registration Required - Call Carla at 715-308-3527

Part-Time Program Manager Needed!

The Shirley Doane Center is seeking a Part-Time Manager for our Adult Day Services program!

Position details:

- Available Wednesdays or Fridays
- 5 hours per day
- Background check required
- Experience working with adults with disabilities is preferred, but not required
- Stop in and ask for Donna or call for more information. 715-235-0954

If you're looking for a rewarding opportunity to make a difference in the lives of others, we'd love to hear from you!



Find us at seniorreviewnewspapers.com

Lotsa Helping Hands

Submitted by Compass IL

Whether you've cared for an aging parent, or helped out with a newborn in the family, most of us have had to work with others to take care of the ones we love. One of the biggest challenges of being part of a caregiving team is communicating with the other members. Fortunately, there are apps like Lotsa Helping Hands that are designed for caregiving teams to organize and connect.



Some of its features include a shared calendar for the team to use, a social media style "timeline" that can be used to share well wishes or important updates, and even a photo gallery to post memories and milestones. The best part—it's completely free. You can create your own care team on the app (iOS or Android), or you can use it in your browser of choice. If you care for a loved one with substantial needs, and you need a way to coordinate schedules, appointments, and goals with other caregivers, Lotsa Helping Hands is a great way to support your team.

Compass IL offers the opportunity for individuals to borrow or try out items mentioned in our articles before making a purchase.

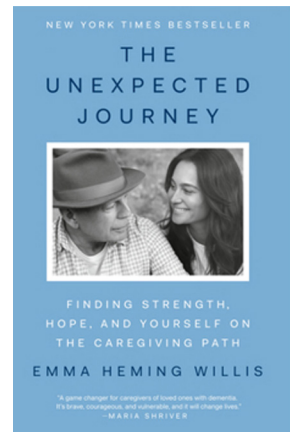
To learn more about this assistive device or other devices that can improve your independence, please contact Compass IL at 715-233-1070 or 800-228-3287. Our services are provided free of charge. However, we do not directly fund the purchase of assistive technology. Through the WisTech Assistive Technology Pro-gram, Compass IL provides a variety of services, including information on alternative financing options like WisLoan, Telework, and TEPP, upon request.

The Unexpected Journey by Emma Hemming Willis



Submitted by Carla Berscheid, Dementia Care Specialist

Emma, wife of Bruce Willis wrote an exceptional book reviewing the journey of caregiving she has had to navigate thus far.



Bruce was diagnosed with Frontotemporal Dementia in 2022. In 2021 the journey of finding the right diagnosis while also raising her two young daughters proved very challenging. Emma knows she has access to resources that other caregivers do not have, which motivated her to share what she knows about caring for someone with dementia.

She wants others to feel seen and supported and reminds caregivers not to lose themselves while caring for their loved one. That self-care is critical to care for someone else. In her book she discusses the need to set boundaries with others, which is rarely discussed in caregiver books. This is a required skill of all caregivers when navigating others' opinions and unwanted advice. If you or someone you love cares for someone with dementia, consider reading this book.

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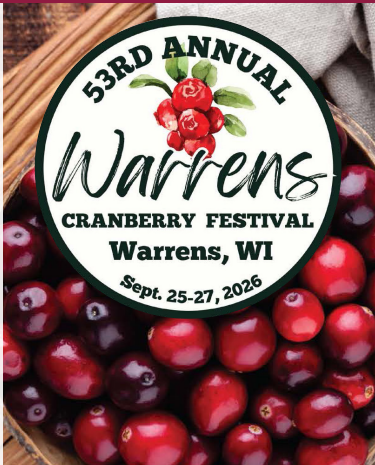
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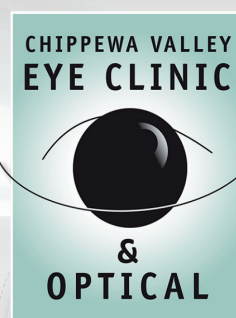
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Tips for Choosing Healthier Foods as You Age



Submitted by Bernie Allen,
Aging & Transportation Programs Manager

Follow these tips from the National Institute on Aging to help you maintain a healthy weight, get needed nutrients and lower your risk of developing certain diseases.

- Eat a variety of foods each day: including fruits, vegetables, protein, grains and dairy.
- Read food labels to learn what in your food.
- Choose foods that don't have a lot of sugar, saturated fat and sodium.
- Keep a food diary to track what you eat.
- Be aware of how many calories you need per day.



Benefits of Keeping Track of What You Eat

Food journaling, or food tracking, is a method of mindful eating.

- It can help you remember what you have eaten that day.
- It will let you see if you are eating too much or not enough.
- It will let you see what time of the day you typically get hungry and help you adjust your eating schedule.
- It can help you realize if you are eating out of boredom rather than hunger.

Tips for Food Journaling

- When logging your food, ask yourself, "why am I eating?"
- Make note of the time of day you are eating and how you are feeling.
- Keep your thoughts short and sweet – no need to write a novel, unless you want to.

September Recipe: Cabbage Soup

Recipe from Eatingwell.com

Ingredients:

- 2 tablespoons extra-virgin oil
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 1 medium red bell pepper, chopped
- 2 cloves garlic, minced
- 1 ½ teaspoons Italian seasoning
- ¼ teaspoon ground pepper
- ¼ teaspoon salt
- 8 cups low-sodium vegetable broth
- 1 medium head green cabbage, halved and sliced
- 1 large tomato, chopped
- 2 teaspoons white-wine vinegar



Directions:

1. Heat oil in a large pot over medium heat. Add onion, carrots and celery. Cook, stirring, until the vegetables begin to soften, 6 to 8 minutes. Add bell pepper, garlic, Italian seasoning, pepper and salt and cook, stirring, for 2 minutes.
2. Add broth, cabbage and tomato; increase heat to medium-high and bring to a boil. Reduce heat to maintain a simmer, partially cover and cook until all the vegetables are tender, 15 to 20 minutes more. Remove from heat and stir in vinegar.

Prep: 35 minutes
Cook: 20 minutes
Servings: 6



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Monday's Meal 5-6 pm
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Drive Thru To Go

Tuesday's Table 5-6 pm
St. Joseph's Church
10th St. & Wilson Ave. (lower level)
In Person Dining

Wednesday's Table 5-6 pm
Christ Lutheran Church,
1306 Wilcox St.
In Person Dining & To Go

Thursday's Table 5-6 pm
First Congregational United
Church of Christ
420 Wilson Ave.
To Go



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RESOURCE GUIDE

Resources for Seniors, Families and Caregivers in Dunn County

If you have any questions or would like clarification on any of the information presented on the list, please call the Aging and Disability Resource Center of Dunn County at 715-232-4006 or 833-534-0606. Our email address is adrc@dunncountywi.gov and our website address is: <https://dunncountywi.gov/adrc>



General Information & Outreach for Seniors and Disabled Adults

Information and/or Assistance to Appropriate Services

Aging & Disability Resource Center of Dunn County	715-232-4006
Compass IL (formerly CILWW)	715-233-1070 or 1-800-228-3287
dunn.myresourceguide.org/resources	
Elder Care Locator	1-800-677-1116
Federal Citizen Information Center	1-844-872-4681
Great Rivers 2-1-1	1-800-362-8255
Hmong Mutual Assistance Association	715-832-8420

Access to Publicly Funded Long-Term Support Services

Aging & Disability Resource Center of Dunn County	715-232-4006
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Elder and Vulnerable Adult Abuse (financial, physical, emotional)

The Bridge to Hope	715-235-9074 or 1-800-924-9918
Dunn County Department of Human Services	715-232-1116
Elder Abuse Hotline	1-833-586-0107

Legislative Information

Legislative Hotline	1-800-362-9472
Tony Evers (Governor)	1-608-266-1212
Tammy Baldwin (US Senator)	1-608-264-5338
Ronald Johnson (US Senator)	1-414-276-7282
Derrick Van Orden (3 rd District US Congressman)	1-202-225-5506
Rob Stafsholt (10 th District State Senator)	1-608-266-7745
Jesse James (23 rd District State Senator)	1-608-266-7511
Romaine Quinn (25 th District State Senator)	1-608-266-3510
Jeff Smith (31 st District State Senator)	1-608-266-8546
Treig Pronschinske (State Rep, 92nd Assembly District)	1-608-237-9129
David Armstrong (State Rep, 67th Assembly District)	1-608-237-9167
Rob Summerfield (State Rep, 68th Assembly District)	1-608-237-9168
Karen Hurd (State Rep, 69th Assembly District)	1-608-237-9169
Christian Phelps (State Rep, 93rd Assembly District)	1-608-237-9193

Alzheimer's, Confusion and Memory Loss

Alzheimer's Information and Support Groups

Aging & Disability Resource Center of Dunn County	715-232-4006
Alzheimer's Association 24-Hour Help Line	1-800-272-3900
Alzheimer's Disease Education and Referral Center	1-800-438-4380
Dementia Support Group	715-232-4006
Wisconsin Alzheimer's Institute	608-263-2862

Adult Day Care

Aurora Community Services	715-235-1839
Grace Lutheran Adult Day Services	715-738-1925

Hmong Senior Center LLC	715-514-3491
Reach Adult Day Services (Menomonie)	715-235-7733
Reach Adult Day Services (Eau Claire)	725-833-7755
Rellim Senior Day Care	715-600-0746
Shirley Doane Senior Center	715-235-0954

Dementia Care Living Facilities

Comforts of Home Advanced Memory Care	715-800-8325
Our House Memory Care	715-232-8181
The Neighbors of Dunn County	715-232-2661
VitaCare Living (Care Partners Assisted Living)	715-235-6333

Memory Diagnostic Evaluation Clinics

Mayo Clinic Health System Memory Care Clinic	715-838-1900
Marshfield Clinic Memory Disorders Clinic	715-858-4500

Caregiver Support

Support Groups

Aging & Disability Resource Center of Dunn County	715-232-4006
(Family Caregiver Support Program & Alzheimer's Support Program)	

Call for current information for all support groups.

Caregiver Coffee Hour	VIRTUAL
Caregiver Support Group	Monday Coffee Connect
Dementia Support Group (Colfax)	Monday DISH
Exploring Dementia	Circle of Support
Relatives Raising Children	Evening Conversations
Women Connected	Minds & Voices
	Lewy Body Dementia
	Friday Support
	Third Wednesday

Employment

Dunn County Job Center Workforce Development	715-232-7360
Employment Resources, Inc. (ERI)	1-608-246-3444
Indianhead Senior Community Service Employment Program	715-231-4179
LE Phillips Career Development Center	715-834-2771
WI Department of Vocational Rehabilitation	1-800-622-1771

Exercise, Fitness and Health

Exercise and Fitness

Colfax Grapevine Senior Center	715-962-2550
Menomonie High School Pool & Fieldhouse	715-232-1197
Rassbach Museum (winter walking program)	715-232-8685
Shirley Doane Senior Center in Menomonie	715-235-0954
UW-Stout Fieldhouse	715-232-1392
YMCA	715-231-2348

Health and Wellbeing

American Cancer Society	1-800-227-2345
American Diabetes Association	1-800-342-2383
Arthritis Foundation	1-800-283-7800
Dunn County Health Department (mammograms for low income women under 65)	715-232-2388
Flu shots – DC Health Department	715-232-2388
Shirley Doane Senior Center	715-235-0954
Free Clinic of Menomonie	715-308-3808
Mayo Clinic Patient Education	507-284-8140
National Cancer Institute	1-877-448-7848
Smoking Cessation – DC Health Department	715-232-2388

Wisconsin Parkinson Association	414-312-6990
National Multiple Sclerosis Society	800-344-4867
ALS Association Wisconsin	414-763-2220

Home Delivered Meals

Aging & Disability Resource Center of Dunn County	715-232-4006
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Senior Dining (Hot Meals) 715-232-4006

Colfax Grapevine Senior_Center (Mon thru Thurs)	715-962-2550
Dairyland Café in Ridgeland (Mon thru Fri)	715-949-1985
Hosford-Rich Apartments (Mon, Tues, Thurs, Fri)	715-235-4047
Sand Creek Café (Mon thru Fri)	715-658-1335
Tantara Apartments (Mon thru Fri)	715-556-0266

Area Food Pantries/Food Programs and Free/Reduced Cost Meals

Boyceville – West CAP Food Access & Resource Center

823 Main Street - Phone: 715-280-3238
 Serves Boyceville & Glenwood City Area School Districts
 Food Pantry Schedule: Every Thursday 1-7 pm
 Commodity boxes for age 60 and older. Senior Farmers Market Vouchers

Commodity Supplemental Food Program – CSFP

Supplemental food package through West CAP Phone: 715-977-1167

Dunn County - FoodShare – Formerly Food Stamps Program (Income Based)
 Call GRCC 1-888-283-0012 or Dunn County Human Services at 715-232-1116

Dunn County Elderly Nutrition Program – Must be 60+ - Home-Delivered Meals.
 Congregate meal sites in several communities. Nutritional supplements (Ensure).
 Senior Farmers Market Vouchers. Dunn County ADRC: 715-232-4006

Dunn County – WIC Program (Women, Infants & Children)

Dunn County Government Center, 3001 US Hwy 12 East, Suite 9, Menomonie -
 Phone: 800-722-2295

Elk Mound – Shepherd’s Shelf

Shepherd of the Hill Lutheran Church, 207 University Street, Elk Mound
 Tuesdays 4-6 pm and Fridays 10 am-12 noon – Elk Mound Residents Only
 Phone: 715-879-5115

Elk Mound Farmer’s Market

Elk Mound Village Hall on Hwy 12 Phone: 715-879-5011

Knapp – Plates and Knappkins Food Distribution

Every month that has a 5th Saturday (about every 3 months)
 7–9 am - \$15 Donation
 508 Highway 12, Knapp - Phone: 715-665-2310

Knapp Community Projects Food Pantry

Thursdays 2-5 – Donations welcome
 Phone: 715-665-2310

Little Free Pantry – Our Savior’s Lutheran Church

910 Ninth Street, Menomonie Phone: 715-235-0693
 Take what you need – share what you can.

Menomonie – Monday’s Meal

From 5-6:00 pm, Menomonie United Methodist Church, 2703 Bongey Drive,
 Menomonie – Phone: 715-235-0654

Menomonie – Tuesday’s Table

Hot home-cooked meal every Tuesday 5-6:00 pm. St Joseph’s Catholic Church,
 921 Wilson Avenue, Menomonie – Phone: 715-232-4922

Menomonie – Wednesday’s Table

Hot home-cooked Meal every Wednesday 5-6 pm
 Christ Lutheran Church, 1306 Wilcox Street, Menomonie
 Phone: 715-235-5573

Menomonie – Thursday’s Table

Hot home-cooked meal every Thursday 5-6 pm. First Congregational Church,
 420 Wilson Avenue, Menomonie – Phone: 715-235-5838

Menomonie Farmer’s Market

May through October – Wilson Street Park, Menomonie
 Wednesdays 10 am-6 pm, Saturdays 8 am-1 pm Phone: 608-327-0080

Financial/Legal/Advocacy

Complaints/Investigation

Benefit Specialists/ADRC of Dunn County	715-232-4006
Compass IL (CILWW)	715-233-1070
Consumer Product Safety Commission	1-800-638-2772
Consumer Protection	1-800-422-7128
Disability Rights of Wisconsin	1-877-338-3724
	(TTY) 1-888-758-6049
Elder Financial Empowerment (Elder Financial Abuse)	1-800-488-2596
Fraud Information Center	1-800-876-7060
Landlord/Tenant (Dept of Agriculture)	1-800-422-7128
Medicare Fraud Spotters	1-800-633-4227
Office of the Commissioner of Insurance	1-800-236-8517
Ombudsman Program for Nursing Homes/Group Homes/ Community Options Program	1-800-815-0015

Estate Planning

WI State Law Library	1-800-322-9755
Probate	715-232-6782

Financial Assistance

Benefit Specialists/ADRC of Dunn County	715-232-4006
Energy Fuel Assistance (WestCap)	715-598-4750
Food Share (Quest Card)	1-888-283-0012
Medical Assistance (Forward Card)	1-888-283-0012
Medicare	1-800-633-4227 or 715-232-4006
Prescription Drug Assistance Program	715-232-4006
Senior Care Prescription Drug Program	1-800-657-2038
Social Security and SSI	1-800-772-1213 or 1-866-815-2924
Wisconsin SSI	1-800-362-3002

Guardianship Assistance

Dunn County Human Services	715-232-1116
WI Guardianship Support Center	1-855-409-9410

Insurance Information

Benefit Specialists/ADRC of Dunn County	715-232-4006
GRCC (Medicaid/Badgercare)	1-888-283-0012
Medigap Hotline	1-800-242-1060
Office of the Commissioner of Insurance	1-800-236-8517

Legal Assistance Information

Free Legal Assistance	wi.FreeLegalAnswers.org
Lawyer Referral Service	1-800-362-9082
State Bar of Wisconsin	1-800-728-7788
Wisconsin Judicare	1-800-472-1638

Representative Payee

House Calls of Menomonie Inc.	715-232-6475
Payee Services	715-233-0203
Polk Burnett Payee Inc	715-731-0133
RP Services of WI Inc.	715-285-5020

Taxes

Internal Revenue Service	1-800-829-1040
myfreetaxes.com	1-866-698-9435
Property Tax Deferral Program (WHEDA)	1-800-755-7835
Vita Free Tax Preparation	1-800-906-9887
Wisconsin Department of Revenue	1-608-266-8100
Wisconsin Tax Refund Info	1-608-266-8100

Veterans Services

Dunn County Veterans Service Office	715-232-1646
Veteran’s Administration – Wisconsin	1-800-827-1000

Food and Nutrition

Grocery Shopping Assistance

Community Connections Program	715-235-2920
Dicks Fresh Market, 1408 9th Street E, Menomonie	715-235-2134
Grandma’s Helpers	715-308-9275 or 715-308-9273
Kyle’s Market, 115 S Main Street, Colfax	715-962-3585
Walmart, 108 Cedar Falls Road, Menomonie	715-235-6565

School Lunches – Free/Reduced and Project SAM (Share A Meal)

Contact your local school’s food service office
Menomonie 715-235-2920 or assistant@steppingstonesdc.org

Stepping Stones Food Pantry

Food pantry and Commodity Boxes for 60+
1602 Stout Road, Menomonie - Call for hours: 715-235-2920
Pop-Up Curbside Food Pantries in rural Dunn County – Call 715-232-2920

Hearing Impairment

Information, Support, Assistive Devices

Aging & Disability Resource Center of Dunn County	715-232-4006
Center for Communication, Hearing & Deafness	1-414-604-2200
Compass IL (CILWW)	715-233-1070
National Hearing Aid Helpline	1-800-521-5247
Office for the Deaf and Hard of Hearing	1-855-359-5252
TAP Hearing Aid Assistance (TAP HAA)	1-608-266-2536
TEPP Program	1-608-231-3305 or 1-715-233-1070
Wisconsin Bureau for the Deaf and Hearing Impaired	(TTY) 1-855-359-5252 Or 608-266-1255
Wisconsin Relay Customer Support	(TTY/Voice) 1-800-676-3777
	(Speech Disabled) 1-877-787-1989 or (Espanol) 1-800-676-4290

Local telephone companies can provide help with assistive devices.

Home Modifications/Repairs

Relocation, Repairs and Modifications

101 Mobility (Stairlifts, Ramps, Auto Lifts, etc.)	612-540-0070
Access ((Home and Vehicle Mobility)	844-945-4387
Caring Transitions (Moving/Decluttering/Downsizing)	715-318-1410
Compass IL (CILWW)	715-233-1070
City of Menomonie Deferred Loans	715-235-9081
Dunn County Community Development Block Grant	715-726-7933
Eau Claire Home Organizers	715-500-4762
Foundation for Rural Housing	888-400-5974
Habitat for Humanity	715-833-8993
Home Repair/Buyer Program (CCHA)	715-726-7933
Home Safety Innovations	920-538-2148
Lifeway Mobility (Wheelchair lifts/ramps)	952-808-3646
RANWW Foundation (REALTORS Association)	715-835-0923
Stepping Stones Community Connections Program	715-235-2920
Tomorrow’s Home Foundation	1-608-255-1088
(Mobile and Manufactured Homes)	
USDA Rural Development	715-232-2614
West Cap	1-800-606-9227 or 715-598-4750

Local telephone and utility companies;
Local city/village government “Block Grants.”

Housing Options

Apartments with Noon Meals, Light Housekeeping, Emergency Call System (Varies per site)

Galloway Home	715-214-1360
Hosford-Rich Apartments	715-235-0656
Tantara Apartments	715-235-4718
The Oaks	715-235-7793

Assisted Living (Services vary)

American Lutheran Communities (Mondovi)	715-926-4962
Assisted Living Advisors	715-210-4066
Assisted Living Locators	715-628-2011
Autumn Village	715-235-3697
Cambridge Senior Living (Eau Claire)	715-577-8418
Colfax Senior Living	715-962-3186
Comforts of Home Assisted Living	715-231-3020
Our House Senior Living	715-232-8181
Potters Country Home	715-235-6789 or 715-505-0621
VitaCare Living (Care Partners and Country Terrace)	715-235-5112

Skilled Nursing Facilities

American Lutheran Home	715-235-9041
Glenhaven (Glenwood City)	715-265-4555
Spring Valley Senior Living & Health Care	715-778-5545
The Neighbors of Dunn County	715-232-2661

Subsidized Housing Units (rent is based on income)

Boyceville Manor	715-235-4718
Cedar Grove Apartments (Menomonie)	715-232-9940
Colfax Manor	715-235-4718
Colfax Prairie Homes	715-598-4750
Gaylord Nelson Apartments (Menomonie)	715-419-2238
Hillcrest Apartments (Wheeler)	715-619-0062
Hosford-Rich Apartments (Menomonie)	715-235-0656
Menomonie Housing Authority (Menomonie)	715-235-0656
Memorial Heights Apartments (Menomonie)	715-235-0656
Morningside Apartments (Sand Creek)	715-619-0062
The Oaks (Menomonie)	715-235-7793
Pine Ridge Apartments (Ridgeland)	715-619-0062
Pinedale Apartments (Menomonie)	715-716-4173
Ridgeland Manor	715-235-4718
Riverview Apartments (Downsville)	715-619-0062
Sunnyside Apartments (Knapp)	715-665-2495
Tantara Apartments	715-235-4718
Tiffany Street Apartments (Boyceville)	715-619-0062
University Village (Menomonie)	715-834-3411
Valley View Apartments (Knapp)	715-619-0062
Warren Knowles Manor (Menomonie)	715-419-2238

Subsidized Rent Vouchers

Dunn County Housing Authority	715-598-9887
Lutheran Social Services	877-967-5577
Menomonie Housing Authority	715-235-0656
West Cap	1-800-606-9227 or 715-598-4750

Other Senior Housing Options

Dancing Oaks	715-233-0406
www.seniorhomes.com/wisconsin/seniorlivingnearme.org	
Village at White Pine	715-231-2100

In-Home Services

Nursing, In Home Services, Respite, Bathing Assistance, Housekeeping

Adoray Home Health & Hospice	1-800-359-0174
Advanced Living Care LLC	715-505-2812
Advanced Wound Care	262-302-2592
All or Some Cleaning Services	715-949-1530
Almost Family Home Health Care	715-831-0631
Appeal to Heaven	715-379-7889
Aurora Community Health	715-235-3707
Aveanna Home Health	715-598-5600
Caring Transitions (downsizing, decluttering, estate sales)	715-318-1410
Compass IL (CILWW)	715-233-1070
Clearwater Assisted Living LLC	715-598-8866
Cornerstone Caregiving	534-444-9021
Empatia Palliative Care	414-944-2038
Heal to Thrive	779-210-7387
His Hands & Feet, LLC	715-505-1645
Home Companions	715-533-8946
Home Instead	715-941-4717
House Calls Personal Touch Respite Program	715-232-6475
Integrity Home Healthcare	715-944-9065
Interim Home Healthcare & Palliative Care	715-834-1313
Lakeland Home Health Care	715-239-2075
MaidPro (cleaning services)	715-215-2519
Mayo Clinic Health Systems Home Care	800-236-8408
Peaceful Living	715-386-7071
Safe at Home Senior Care	715-598-7233
St. Croix Structuring (transition/hoarding services)	715-243-9375
Seniors Helping Seniors	715-514-4511
Serenity Care Agency	715-308-3800
Stepping Stones	715-235-2920
Sunshine Care Inc.	715-514-5566
Touching Hearts at Home	715-245-1944
Two Sisters and a Bucket	715-495-2825
Village Caregiving	715-492-0191
Visiting Angels	715-598-1750

ADRC STAFF

Tracy Fischer, *ADRC Manager*

Amy White, *Social Worker*

Bernie Allen, *Aging & Transportation Programs Manager*

Bethany Schneider, *Elder Benefit Specialist*

Carla Berscheit, *Dementia Care Specialist*

Casey Schnacky, *Outreach Caregiver Coordinator*

Cassie Schoenthaler, *Office Coordinator*

Kelly Bien, *Social Worker*

Lisa Schuler, *Disability Benefit Specialist*

Mary Linberg, *Case Worker*

Wendy Sterry, *Social Worker*

Foot and Nail Care

Careful Cares Medi Pedi	715-556-5772
Caring Hands on Soles	715-491-0022
Foot & Nail Care UW Eau Claire (Apr-Oct)	715-836-3636
Just Toes & Foot Care	715-559-6077
Shirley Doane Senior Center	715-235-0954
The Mobile Nail Care Nurse, LLC	701-373-5458

Hospice Services

Adoray Home Health & Hospice	1-800-359-0174
Heartland Hospice	1-866-216-5708
Interim Healthcare Hospice Care	715-834-1313
Lily Home & Hospice	715-201-2233
Mayo Clinic Health System Home Health & Hospice	1-800-236-8408
Moments Hospice	715-800-0900
St. Croix Hospice	1-855-278-2764

Medical Equipment

All Star Mobility	715-598-8433
Apria Healthcare	715-834-7517
Compass IL (CILWW)	715-233-1070
Grace Home Respiratory (Altoona)	715-832-7377
Home Safety Innovations	920-379-4439
Mayo Clinic Store (Eau Claire)	715-838-1815
NuMotion, LLC	715-552-3711
Veterans Service Office (Loan Closet)	715-232-1646
WI Council of the Blind & Visually Impaired	1-800-783-5213

Mental Health Resources

Arbor Place	715-235-4537
Aurora Counseling Center	715-235-4696
Beacon Mental Health Resources	715-308-5742
Callier Clinic (Office in Menomonie)	715-836-0064
Crisis Texting Line (HOPE)	Text "TALK" to 741741
Dunn County Department of Human Services	715-232-1116
Hmong Family Helpline	1-877-740-4292
LGBT National Hotline	1-888-843-4564
LGBT National Youth TalkLine (up to age 25)	1-800-246-7743
Mayo Clinic Behavioral Health	715-233-7891
Monarch House Peer Run Respite	715-505-5641
NAMI Chippewa Valley	715-450-6484
National Alliance on Mental Illness NAMI	1-800-950-6264
National Domestic Violence Hotline	1-800-799-7233
National Sexual Assault Hotline	1-800-656-4673
Northwest Connections	1-888-552-6642
Suicide Hotline	988 or 1-800-273-8255
The Friendship Line (for seniors)	1-800-971-0016
Trans Lifeline	1-877-565-8860
UpliftWI	1-534-202-5438
Veterans Crisis Line	988 or 1-800-273-8255

Senior Centers & Organizations

Senior Centers

Boyceville Community Center	715-643-2351
Colfax Grapevine Senior Center	715-962-2550
Hmong Senior Center	715-514-3491
Rock Creek Town Hall (Mondovi)	715-563-3478
Shirley Doane Senior Center	715-235-0954

Senior Citizen Organizations

AARP (American Association of Retired Persons)	1-888-687-2277
CWAG (Coalition of Wisconsin Aging Groups)	1-608-224-0606 or 1-800-488-2596

Personal Emergency Response Systems

*Not an all-inclusive list – Endorsements are not assumed nor implied

Alert1	1-877-594-4097
FastHelp	1-866-964-3375
Home Safety Hub (24-7 Telcom)	1-715-231-2000
Lifefone	1-800-331-9198
Lifeline	1-855-681-5351
Lively (Best Buy Health)	1-800-345-5651
Medical Alert	1-800-800-2537
Medical Guardian	1-800-668-9200
Per Mar Security Services	1-800-473-7627
Senior Safety	1-888-473-2800
VRI Cares	1-800-860-4230
Angel Sense	1-888-999-2023

Transportation Services

Buses

Dunn County Transit Commission	715-235-7433
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Volunteer Drivers

Aging & Disability Resource Center	715-232-4006
Compass IL New Freedom Transport Program	715-233-1070 or 1-800-228-3287
Stepping Stones of Dunn County	715-235-2920
Veterans Service Office	715-232-1646

Other Transportation Providers

Accessible Vehicle Rentals	1-800-596-4366
A&J Mobility (personal vehicle accessibility conversion- Including rentals)	1-877-833-9830
Anytime Transport, LLC	715-559-6607
Carepool	833-268-2688
Handi-Lift	715-822-5077
Heartland Transportation	715-949-1313
Town & Country Taxi	715-309-9619 or 715-563-7272
MTM/Veyo (Badgercare & Medicaid clients)	1-866-907-1493

Vision and Hearing Impairment

Books/Newspapers on Tape (Talking Books)

Wisconsin Talking Book and Braille Library	1-414-286-3045
Wisconsin Council of the Blind	1-608-255-1166 or 1-800-783-5213
Local libraries have large print books and books on tape.	

Information, Support and Assistive Devices

American Foundation for the Blind	1-800-232-5463
Compass IL (CILWW)	(Voice & TTY) 1-800-228-3287 or 715-233-1070
Lighthouse Guild	1-800-284-4422
Wisconsin Council for the Blind	1-608-255-1166 or 1-800-783-5213
WI Office for the Deaf and Hard of Hearing	1-855-359-5252



Check Your Beneficiary Designations!

By the GWAAR Legal Services Team



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

When was the last time you checked the beneficiary designations on your retirement and other investment accounts? When you sign up for a 401(k) or any other bank or investment account, you are asked to name a beneficiary who will receive the money in the account when you pass away. Many people fill out the form and forget who is listed as a beneficiary on an account. Some people even leave the beneficiary designation blank when they open an account.

Although many people make sure that important documents like wills are updated when necessary, they overlook beneficiary designations on financial accounts and retirement plans. If it’s been awhile since you checked, you may find that your designated beneficiary is not who or what you think it should be. For example, if you named a charity as your beneficiary many years ago, that charity may no longer exist. If you’re divorced, your ex-spouse may still be listed as a beneficiary. It is important to notify your financial institution or the administrator of any retirement plan of any changes in your family status. You should be sure to ask what documentation the financial institution or retirement plan requires to show the change in your family status. Your family status can affect the benefit you, your spouse, or your former spouse will receive. If you don’t choose a beneficiary or ensure that your financial institution or retirement plan has accurate information, your beneficiary may be determined by federal or state law or by the plan document that governs your retirement accounts. Whatever your beneficiary statement says will trump your will.

Fortunately, changing your beneficiary isn’t hard to do. If you do not remember who you’ve chosen as a beneficiary, you can request a copy of your beneficiary forms from your financial institution. You can revoke your beneficiary designation and choose a new beneficiary with a change

of beneficiary form. You can also add additional beneficiaries. If you change or add beneficiaries, make sure that your account administrator has received the form and any other necessary documentation. Beneficiary designations are only effective if they are received by the account administrator before the account owner dies.

You should check your financial and estate plans periodically, including your will, power of attorney documents, and any beneficiary designations. You should also check these documents after major life events, like marriage or divorce. If you have any questions about your beneficiary designation, you should contact your financial institution. If you are in the process of getting a divorce, and either spouse has a retirement plan, talk to a family law attorney about what will happen to any pensions or retirement accounts.

If you have any questions about your own, a spouse’s, or an ex-spouse’s eligibility for payments under a retirement plan, contact the plan. You can also request assistance from Trellis Pension and Retirement Rights at (866) 783-5021.

If you have questions about any other documents in your estate plan, you should contact an estate planning attorney. To find an estate planning attorney near you, you can contact the State Bar of Wisconsin's Lawyer Referral Service at (800) 362-9082.



Shirley Doane
Senior Center

1412 6th Street East
Menomonie, WI 54751
715-235-0954 email: seniors@wwt.net

Shirley Doane Senior Center

September 2026



SU	MON	TUE	WED	THU	FRI	SA
		18:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9 am Cribbage 1pm Euchre	28:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pmADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	38:30-9:15am Chair Yoga 10am-2:30pm ADS*	410am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	5
6	7LABOR DAY HOLIDAY SENIOR CENTER CLOSED	88:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 8:30am SENIOR CENTER BOARD MTNG 9am Cribbage 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic 12pm ADRC Grief Support 1pm Euchre	98:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pmADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot 1:30-3pm CVLR Japanese Calligraphy*	108:30-9:15am Chair Yoga 10am-2:30pm ADS* 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic	1110am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	12
13	148:30-9:30am Tai Chi 12-3pm Open Walking Gym 12pm ADRC Grief Support 1pm Mah Jongg	158:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9am Cribbage 10-11:30amm CVLR Legacy Giving* 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic 1pm Euchre	168:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pmADS* 11:30am-12:30pm Senior Center SPAGHETTI MEAL 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot 1:30-3pm CVLR Chair Yoga*	178:30-9:15am Chair Yoga 10am-2:30pm ADS* 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic	1810am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	19
20	218:30-9:30am Tai Chi 12-3pm Open Walking Gym 12pm ADRC Grief Support 1pm Mah Jongg	228:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9am Cribbage 10-11:30am CVLR DNR Fishery* 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic 1pm Euchre	238:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pmADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	248:30-9:15am Chair Yoga 10am-2:30pm ADS* 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic	2510am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	26
27	288:30-9:30am Tai Chi 12-3pm Open Walking Gym 12pm ADRC Grief Support 12:30-2pm CVLR Cook w Monica* 1pm Mah Jongg	298:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9am Cribbage 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic 1pm Euchre	308:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pmADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot			

UW-Stout Polytechnic Continuing Education & Conferences

At UW-Stout Polytechnic Continuing Education & Conferences, we believe learning doesn't stop after retirement. Whether you want to explore new interests close to home, develop a new skill, connect with others, or simply have an exciting and engaging experience, we offer a growing selection of personal enrichment classes on the Stout campus.

This fall, community members can explore Japanese culture through our "Discovering Japan: Culture and Community Workshop Series," featuring two hands-on experiences with Japanese washi paper and traditional archery. Those interested in communication and community engagement can participate in our "Constructive Dialogue Workshop Series," a three-session program focused on navigating challenging conversations and building stronger dialogue skills - join one or all three.

Creative learners may enjoy "From Memories to Memoir: Crafting Your Story," a multi-week class that helps participants turn life experiences into meaningful written stories. Additional hands-on opportunities include "Bend, Bead, Wear: A Beginner's Guide to Wire Earrings" and "Hook, Loop, Create: Beginner Crochet for New Makers."

We are also pleased to offer free classes and opportunities, including "Insurance Literacy for Retirees: The ABCs & Ds of Medicare and Other Insurance Essentials" and the "Freshwater Friday" faculty lecture series.

Our aim is to offer fun, informative classes designed to cultivate new skills, hobbies, and connections. To learn more about these and other upcoming offerings, we invite you to visit our website and explore our full catalog of classes and events. Because we are continually adding new classes throughout the year, we also encourage you to sign up for our bi-monthly newsletter to stay informed about upcoming classes, educational experiences, and special events designed for curious adults. And if you don't see a class that matches your interests, we'd love to hear from you. Our programs are shaped by community interests and feedback, and your ideas may help inspire future learning opportunities. Whether you're exploring a longtime passion or discovering something entirely new, we're here to support your lifelong learning journey.

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Be a lifelong learner: Explore, Learn, Connect



Fun, hands-on classes at UW-Stout campus!

Sep. 10 / Sep. 17 / Sep. 24 Constructive Dialogue Series Hard Conversations, Better Outcomes: Constructive Dialogue in Action.	Oct. 10 The Way of the Bow: A Japanese Archery Experience
Sep. 29 Bend, Bead, Wear: A Beginner's Guide to Wire Earrings	Nov. 12 Hook, Loop, Create: Beginner Crochet for New Makers
Oct. 8 - FREE Insurance Literacy for Retirees: The ABCs & Ds of Medicare & Other Insurance Essentials	

Plus more classes added all year.

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September is Healthy Aging Month



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

As summer winds down and routines begin to shift, September offers the perfect opportunity to reflect, refresh, and re-engage—especially when it comes to your health and well-being.

That's why the Aging and Disability Resource Center (ADRC) of Dunn County is proud to recognize September as Healthy Aging Month—a time to celebrate the positive side of growing older and to encourage everyone aged 45 and up to take charge of their physical, social, emotional, and financial health.



Think it's too late to "re-invent" yourself? Think again.

According to Carolyn Worthington, editor-in-chief of Healthy Aging Magazine and founder of Healthy Aging Month, "It's never too late to find a new career, pick up a new sport, discover a passion or hobby, or work on your health goals." She created Healthy Aging Month more than 20 years ago to help shift the national conversation around aging—from decline to opportunity.

And the need is greater than ever. While early efforts focused primarily on Baby Boomers, Generation X has now entered the 45+ demographic and is equally motivated to stay active and engaged. Today, more than 76 million Baby Boomers are over age 50, and the first of the 82.1 million Gen Xers reached that milestone back in 2015.

"Use September as your motivation to take stock of where you've been and where you'd like to go," Worthington encourages. "Who says you have to stick with the career you studied in school? Why not try something new—a 5K walk, a community class, or even starting your own business? The only person limiting you is the one in the mirror."

Why September?

September naturally sparks a "fresh start" mindset. After summer's slower pace, fall feels like the right time to reflect, re-engage, and take on new goals—much like that familiar "back-to-school" feeling from childhood. Whether it's signing up for a new class, reconnecting with friends, or getting more serious about your health, this month encourages action and self-renewal.

Reframing Aging

Healthy Aging Month also pushes back against the myths and stereotypes surrounding aging. It's not about slowing down—it's about thriving. That might mean:

- Taking small steps to improve your diet or exercise routine
- Reaching out to friends or social groups for connection
- Reviewing your financial health and future planning
- Learning something new just for fun

As Worthington says, "It's never too late to take control of your health. It's never too late to get started."

Ready to Take the Next Step?

Here at the ADRC of Dunn County, we offer a wide range of programs and resources to support healthy aging—from nutrition and wellness workshops to caregiver support and transportation services. If you're ready to try something new this fall, we're here to help.

Visit our website or give us a call to learn more. Let's make this September your healthiest, happiest one yet!

Information adapted from *HealthyAging.net*.

THE MEMORY TREE CAFE



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

September 24, 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.



Your health matters too!

A support group for women caregivers that focuses on self-care and connection.

Speaker from CompassIL will join us at 12:30!

I look forward to seeing you.

**Tuesday, September 1, 2026
12:00pm-1:30pm**

**ADRC Resource Room
Dunn County Aging and Disability Resource Center
3001 US Hwy 12 E, Suite 160, Menomonie**

**Self-care
IS EMPOWERMENT**

do it for you



For more information, contact Casey at (715)231-2713.



FALL 2026 REHEARSALS

Our choir was created for those living with memory loss, their care partners and singing volunteers. No musical experience needed to participate.

SEPTEMBER 10- NOVEMBER 19 1:00 - 2:45PM
Rehearsals on Thursdays

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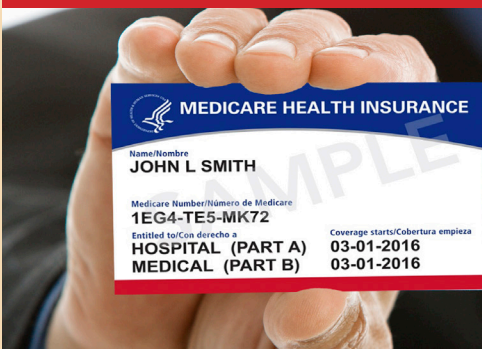


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How Assisted Living Can Enhance Quality of Life

By Shelley Krupa, Business Operations Coordinator at Lake Hallie Memory Care

As people age, their needs evolve, and sometimes living independently can become challenging. Assisted living facilities offer a blend of independence and support, ensuring that seniors can enjoy a higher quality of life. Here are several ways in which assisted living can significantly enhance the lives of residents.

Safety and Security

Assisted living facilities are designed with seniors in mind, featuring emergency call systems, handrails, non-slip flooring, and 24/7 staffing. For seniors prone to falls or medical emergencies, having immediate access to help can be life-saving. The constant presence of staff ensures that any health issues are promptly addressed, providing peace of mind for both residents and their families.

Professional Care and Support

Assisted living facilities offer professional care and support tailored to individual needs. This includes assistance with activities of daily living (ADLs) such as bathing, dressing, medication management, and meal preparation. For many seniors, managing these tasks independently can become increasingly difficult and stressful. Trained caregivers can provide personalized care plans with the appropriate level of support needed, allowing residents to maintain their dignity and independence.

Social Interaction and Community

Loneliness and social isolation are common issues among seniors, which can lead to depression and a decline in physical health. Assisted living communities foster a vibrant social environment with numerous opportunities for interaction. Residents can participate in organized activities, outings, and events that cater to a variety of interests. Communal dining areas encourage socialization during meals, helping residents form friendships and stay engaged. The sense of community and belonging that develops in assisted living can significantly improve mental and emotional health.

Nutritious Meals and Dining Experience

Maintaining a healthy diet is crucial for seniors, but it can be challenging to prepare nutritious meals consistently. Assisted living facilities provide balanced, dietitian-approved meals that cater to the dietary needs and preferences of residents. The communal dining experience not only ensures that residents receive proper nutrition but also promotes social interaction. Special dietary needs, such as low-sodium or diabetic-friendly options, are also accommodated, ensuring that each resident's health is prioritized.

Opportunities for Physical and Mental Stimulation

Assisted living communities offer a range of activities designed to promote physical and mental stimulation. Exercise classes, gardening, arts and crafts, and educational programs keep residents active and engaged. Physical activity is essential for maintaining mobility and overall health, while mental stimulation helps prevent cognitive decline.

Maintenance-Free Living

One of the significant advantages of assisted living is the maintenance-free lifestyle it offers. Residents no longer need to worry about household chores, home maintenance, or yard work. This freedom from daily responsibilities allows them to focus on enjoying their hobbies and interests. Housekeeping, laundry, and transportation services are also typically included.

Peace of Mind for Families

Knowing that a loved one is safe, well-cared-for, and enjoying life can provide immense peace of mind for families. Assisted living facilities keep families informed about their loved one's well-being and involve them in care plans and activities. This open communication ensures that families feel connected and reassured about their loved one's happiness and health.



Assisted living facilities offer a comprehensive approach to enhancing the quality of life for seniors. By providing a safe environment, professional care, social opportunities, nutritious meals, and a maintenance-free lifestyle, these communities help seniors live their golden years with dignity, joy, and fulfillment. For many families, choosing assisted living is a positive step toward ensuring their loved one's health, happiness, and well-being.



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Senior Living Community

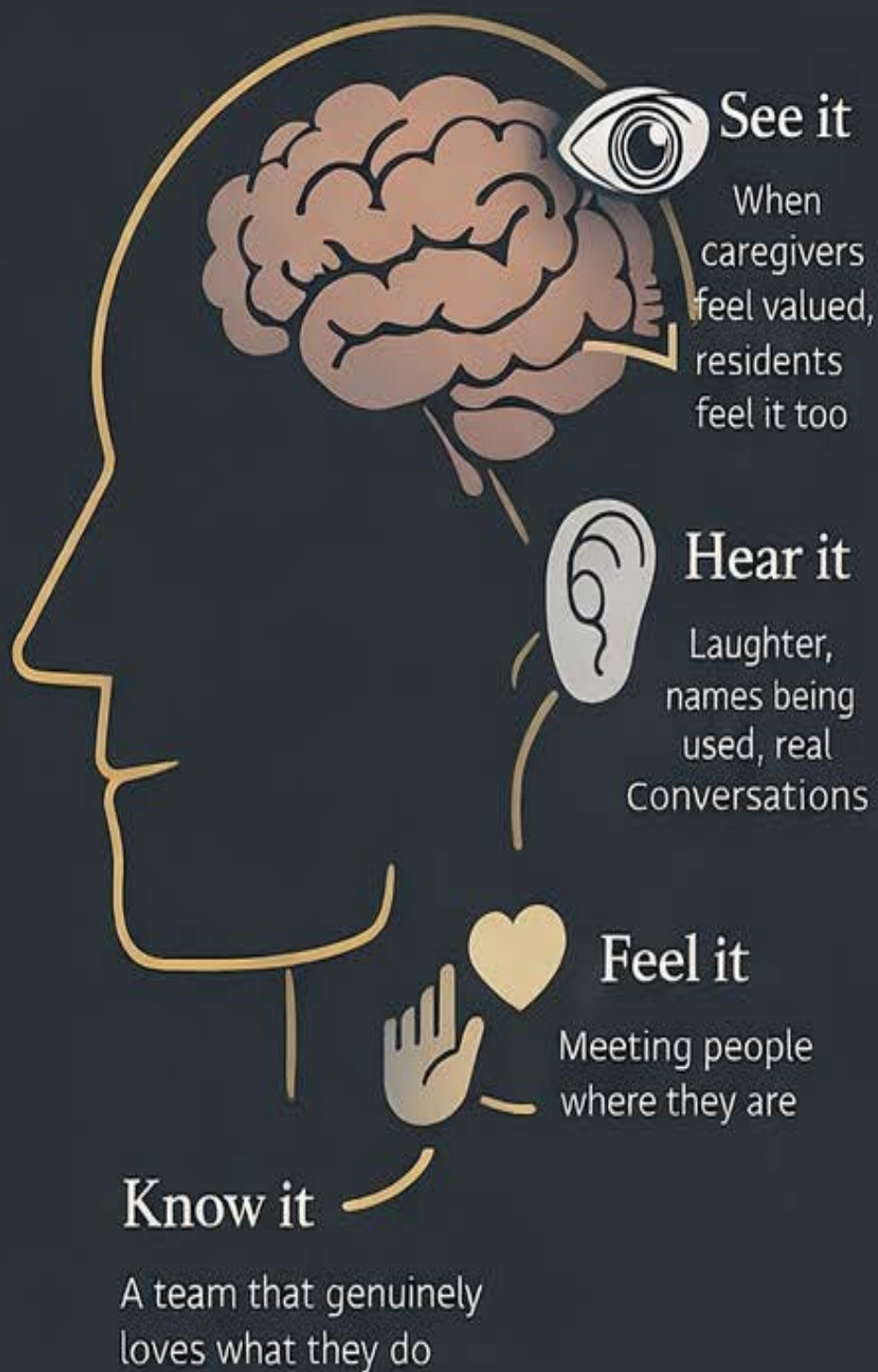
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