



Serving Polk & Burnett Counties and the St. Croix Chippewa Indians of Wisconsin

The Voice

FREE please take a copy

Bring out your green! St. Patrick's Day—observed every March 17—is packed with parades, good luck charms, and all things green. The event started as a religious holiday, but over time it's become a celebration of Irish culture.

CELEBRATED SAINT

St. Patrick might be the patron saint of Ireland—but he didn't always live in Ireland. Patrick was born in Britain in the 4th century and didn't arrive in Ireland until he was 16 years old, when he was sent to work in the country. After he arrived, Patrick became interested in Christianity and started teaching others about the religion. He's said to have converted many of the country's residents to Christians. Now St. Patrick's Day is celebrated on the day Patrick supposedly died.

MYTHS BUSTED

St. Patrick was a real person, but some of the traditions associated with him and the holiday are actually myths. For instance, you'll often see the four-leaf clover on St. Patrick's Day. However, according to legend, Patrick used a three-leaf clover, or shamrock, as part of his teachings. Even though it's possible for a shamrock to grow a fourth leaf, a four-leaf clover is just considered a symbol of good luck. Another legend says that Patrick chased all the snakes out of Ireland. The problem? These creatures never actually lived in the country. In fact many animals found throughout Europe and North America don't live on the island of Ireland—the ocean keeps the critters away.

GOING GREEN

The fact that Ireland is an island that's green with leafy trees and grassy hills—means that the nation is sometimes called the Emerald Isle. But the color that people originally associated with St. Patrick was blue! Green was finally introduced to St. Patrick's Day festivities in the 18th century, when the shamrock became a national symbol. Because of the shamrock's popularity and Ireland's landscape, the color stuck to the holiday. Green is also the color that mythical fairies called leprechauns like to dress in. But tales about leprechauns date back to before green was in: The fairies were first described as wearing red.

TODAY'S TRADITIONS

Leprechauns are actually one reason you're supposed to wear green on St. Patrick's Day—or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see. Some people also think sporting the color will bring good luck, and others wear it to honor their Irish ancestry. The Chicago River in Illinois is even dyed green each year to celebrate the holiday. Another tradition includes many Irish-American people in the United States eating corned beef and cabbage on St. Patrick's Day. People also gather to watch parades of traditional Irish dancers and musicians as they march through city streets. However you celebrate, here's hoping it's a lucky day!



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Aging and Disability Resource Center of Northwest Wisconsin

Contact Information:

Toll-Free: 877-485-2372

Email: adrc@co.polk.wi.us

Website: www.adrcnwwi.org

Balsam Lake

Polk Co. Government Center
 100 Polk County Plaza #60
 Balsam Lake, WI 54810
 Phone: 715-485-8449
 Fax: 715-485-8460

Siren

Burnett Co. Government Center
 7410 County Road K, #180
 Siren WI 54872
 Phone: 715-349-2100
 Fax: 715-349-8644

Office Staff

| | |
|--|------------------|
| Director | Laura Neve |
| ADRC Supervisor | Angie Joy |
| Aging Unit Supervisor | Sabrina Naglosky |
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| Account Clerk | Angie Heyer |
| Elder Benefit Specialist | Karen Nichols |
| Elder Benefit Specialist | Kayli Williamson |
| Disability Benefit Specialist | Yvonne Lindus |
| Disability Benefit Specialist | Christi Arcand |
| Dementia Care Specialist | Carrie Myers |
| Information and Assistance Specialist/ Dementia Care Lead | Barb Engelhart |
| Information and Assistance Specialist/ Tribal Liaison | Nicole Rossow |
| Information and Assistance Specialist | Kysa Marten |
| Information and Assistance Specialist | Danielle Butzler |
| Information and Assistance Specialist | Nancy Anderson |
| Administrative Assistant | Nicole Coulter |
| Resource Specialist | Leslie Peterson |
| Transportation Coordinator | Cheryl Bereiter |

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| | |
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| Brent Blomberg | |
| Dorothy Richard | |
| Dick Klawitter | |
| Fred Eaves | |
| John Helling | |

**Next Meeting:
* meeting dates,
times and
locations are
subject to change**

Polk County Aging Advisory

| | |
|-----------------|-------------------|
| Rose Kromrey | Next Meeting: |
| Elaine Boucher | March 15th, 2021 |
| Philip Everhart | Polk County |
| Tracy LaBlanc | Government Center |
| Laurel Park | 9am |

Burnett County Aging Advisory

| | |
|-----------------|-------------------|
| Dorothy Richard | Next Meeting: |
| Gary Lundberg | March 18th, 2021 |
| Gladys Beers | Burnett County |
| Sharon Rochel | Government Center |
| Barb Geske | 1:30pm |

Burnett County Nutrition Council Meeting:
 March 11th, 2021 @10:30am
 Burnett County Government Center

**ADRC of Northwest Wisconsin Office Hours:
 Monday-Friday, 8:30am-4:30pm**





ADRC Nutrition Program: *A fresh start to nutrition*

ADRC Dining Site Locations

| | |
|-----------------------------------|--------------|
| A & H Senior Center..... | 715-635-7199 |
| Grantsburg Senior Center | 715-463-2940 |
| Siren Senior Center | 715-349-2845 |
| Webster Senior Center | 715-866-5300 |
| Amery Congregational Church | 715-268-6818 |
| Milltown Community Center..... | 715-825-5025 |

Serving Times: Mon, Tue, Thurs & Fri at 11:30am

Cost and Details:

60 Years of Age and Older: \$4/meal donation.

General Public: \$10/meal

Please contact your ADRC Dining site for reservations or cancellations at least 24 hours in advance. Menu is subject to change without notice. Bread and milk offered with all meals.

March 2021 Menu for All ADRC Dining Sites

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| 1 Roasted Pork Loin w/Mustard Sauce Roasted Potatoes Glazed Carrots Whole Wheat Bread Lemon Bar | 2 Meatball Marinara Spaghetti Caesar Salad Whole Wheat Roll Grapes | 3 All Meal Sites Closed | 4 Pulled BBQ Pork Potato Salad Whole Wheat Roll Baked Beans Honey Cornbread Apple Slices | 5 Lemon Thyme Cod w/Dill Sauce & Coleslaw Brown Rice Pilaf Green Beans Pineapple Chunks |
| 8 Lasagna Garlic Bread Romaine Salad Parmesan Peppercorn Dressing Mandarin Oranges | 9 Cabbage Roll Casserole Brown Rice Green Beans Whole Wheat Roll Banana | 10 All Meal Sites Closed | 11 Cook's Choice | 12 Parmesan Crusted Haddock Potato Pancakes Applesauce Whole Wheat Bread Green Beans |
| 15 Hot Ham Sandwich Gravy Spit Pea Soup Greens Salad Whole Wheat Roll Fresh Raspberries | 16 Shepherd's Pie Whipped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Red Apple | 17 All Meal Sites Closed  | 18 Garlic Rosemary Beef Roast w/ Beef Gravy Sweet Potatoes Green Beans Whole Wheat Bread Blueberry Crisp | 19 Herb Poached Salmon Grilled Asparagus Winter Squash Wheat Roll Fresh Berries |
| 22 Chicken Stir Fry over Brown Rice w/Peppers & Onions Snap Peas & Broccoli Grapes | 23 Salisbury Steak Baked Beans Wilted Spinach Whole Wheat Bread Melon | 24 All Meal Sites Closed | 25 Cook's Choice | 26 Bell Pepper Cod Lemon Rice Spanish Beans Whole Wheat Bread Fresh Pineapple |
| 29 Honey Dijon Chicken Thighs Baked Potato Glazed Carrots Whole Wheat Roll Pears | 30 Meatloaf Whipped Potatoes Glazed Carrots Whole Wheat Bread Cinnamon Applesauce | 31 All Meal Sites Closed | No group dining until further notice. Meals available for pick up or delivery. Contact your meal site for details and to get a meal. | |

St. Croix Tribal Elder Dining



Danbury Nutrition Site

30335 W Minerva Dam Rd., Danbury, WI
 RSVP at least 1 day in advance to Nancy Likes or
 Darla Sutton at 715-349-8509
 Serving Time: Mon-Fri 11:30am-12:00pm

Sand Lake Meal Site

4460 Highway 70, Webster, WI
 RSVP at least 1 day in advance to Julie Anderson
 at 715-349-2849
 Serving Time: Monday-Friday 12-12:30pm

March 2021 Danbury and Sand Lake Meal Sites Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 1 Bean Soup w/ Smoked Sausage Caesar Salad WW Dinner Roll Molasses Cookies | 2 Hamburger Gravy Over Mashed Potatoes Green Beans Biscuits Fruit | 3 Sweet and Sour Chicken Rice Broccoli Mandarin Orange Cake | 4 Tuna Mac Salad Fruit WW Dinner Roll Cookie Bar | 5 Pulled Pork on Bun Potato Chips Roasted Carrots Fruit |
| 8 Vegetable Beef & Barley Soup Cheesy Bread Lemon Cake | 9 Turkey Salad on Bun Coleslaw Oven Roasted Potatoes Applesauce | 10 Chicken Alfredo Noodles Peas and Carrots Garlic Bread Lime Jell-O Cake | 11 Sloppy Jo Tater Tots Veg Salad Pumpkin Bar | 12 Pasta Pizza Fruit Salad Green Beans Cookie Bar |
| 15 Chicken Noodle Soup Mandarin Orange Salad WW Dinner Roll Cookie | 16 Hamburger Rice Hot dish Mixed Vegetables Fruit dessert | 17 Irish Stew  Scrapple Irish Apple Cake W/ Custard Sauce | 18 Tuna Melt Slider Potato Chips Mac Salad Peaches | 19 Cooks Choice |
| 22 Potato Soup W/ Ham Egg Salad Sandwich Fruit | 23 Pork Chow Mein Rice Spinach Romaine Salad Mini Doughnut | 24 Chili Mac Vegetable Corn Bread Chocolate Chip Cookie Bar | 25 Hot Turkey Sandwich W/ Mashed potatoes and Gravy Peas and Carrots Jell-O Dessert | 26 Chicken Strips Potato Salad Baked Beans Chocolate Peanut butter bar |
| 29 Stuffed Pepper Soup Ham and Cheese Sandwich Fruit | 30 Cooks Choice Hot dish | 31 Pasties (Meat Pie) Salad Dessert | <p>No group dining until further notice. Meals available for pick up or delivery. Contact your meal site for details and to get a meal.</p> | |

St Croix Tribal Gov't Offices: 800-236-2195
 Aging Unit Dir.: Jennifer Bearheart ext 5108
 Dementia Care Specialist: Dianna Stumph ext 5150
 Caregiver Program Coord.: Lisa Reynolds ext 5116
 Clinic : Ext 5150 or 877-485-1901
 Elder Advocate Prog.: Maryann Morrison ext 5140
 Human Services: Ext 5127

St Croix Tribal Council: Susan Lowe, Francis
 Songetay, William Reynolds, Thomas Fowler, and
 Beverly Benjamin
 Voc. Rehab: Karen Johnson at 715-635-0967
 Health and Human Serv. Dir.: Jacki Lowe ext 5257
 Police Dept.: Non Emergency 715-349-8638



ADRC Social Transportation



Transportation COVID-19 Update As of January 14th, 2021



We continue to look at the impact COVID-19 has on our community. Although we look forward to the end of the holiday spikes and to see the benefits of the vaccinations, at this time we are continuing with our current program structure. The ADRC will continue to meet your essential needs while working within the state guidance of our programs.

Transportation needs: As we look to the future of opening up services we have determined that we are in great need of drivers. If you like to drive and have some time on your hands we would love to talk with you!

Outside of our regular programming, we (along with Interfaith Caregivers) will be working with Public Health to help people access the COVID vaccination. If you are an ADRC Volunteer driver that is interested in helping out with this project, please reach out to the Transportation Coordinator, Cheryl, at 877-485-2372 to let her know and sign up for your own vaccination as an essential worker.

As always, call us if you have questions. Stay safe and healthy out there!

Laura Neve
Director

Current transportation structure (from November):

Starting immediately, we will continue to assist you in meeting your shopping essential needs however; we are scaling back to just local shopping trips. We will only be utilizing the bus with a maximum of two (2) passengers spread out. We continue to have an expectation on all of our drivers and passengers to follow all protocols of distancing, washing, and mask wearing. Please cancel if you do not feel well, we can always reschedule. Due to the challenges of scheduling smaller groups, we will not be posting a schedule. When you need food and supplies please call in (877-485-2372), and we will get you scheduled or work with you to get your needs met.

The volunteer driver program will be suspended. This was a very difficult decision to make. Unfortunately, we currently have an extreme shortage of drivers and we do not want to put any additional risk on them by driving multiple people. The appointments that are already scheduled with a driver will be honored and carried out. Although we are not an emergency or urgent service, we do understand the difficulty this may put on people.

We rely on a small amount drivers to do a lot of work, we cannot always guarantee we will have someone available. Many people try hard not to “bother” family members and do not want to ask for assistance. But we are asking for your assistance during this temporary suspension. Please look at the trip you are wanting to take. Can your needs be met in another way? Can your meds or food be delivered? Can someone pickup items and drop off at your door? Can your appointment safely wait until after the spike? Many family members are willing to help if they know about your needs. Can you ask for their assistance just until we are up and going again? Please take these questions into consideration as we all struggle through this time.



Memory Lane

Frontotemporal Dementias

Submitted by Carrie Myers, Dementia Care Specialist

A lot of information has become available about Alzheimer's disease in the past few years. We needed more information and awareness around this disease, the most common cause of dementia in individuals who are 65 years of age and older. But there are other forms of dementia, less common of course, but many that present differently than Alzheimer's disease and can pose a whole different set of challenges. Frontotemporal dementias (FTDs), being one group, is the most common cause of dementia in individuals who are under 65.

FTDs is a group of disorders that occur when nerve cells in the frontal and temporal lobes of the brain die. The Alzheimer's Association shares the key differences between FTDs and Alzheimer's disease.

Age at diagnosis may be an important clue. Most people with FTDs are diagnosed in their 40s and early 60s. Alzheimer's, on the other hand, grows more common with increasing age.

Memory loss tends to be a more prominent symptom in early Alzheimer's than in early FTD, although advanced FTD often causes memory loss in addition to its more characteristic effects on behavior and language.

Behavior changes are often the first noticeable symptoms in Behavior Variant FTD, the most common form of FTD. Behavior changes are also common as Alzheimer's progresses, but they tend to occur later in the disease.

Problems with spatial orientation — for example, getting lost in familiar places — are more common in Alzheimer's than in FTD.

Problems with speech: Although people with Alzheimer's may have trouble thinking of the right word or remembering names, they tend to have less difficulty making sense when they speak, understanding the speech of others, or reading than those with FTD.

Hallucinations and delusions are relatively common as Alzheimer's progresses, but relatively uncommon in FTD.

Symptoms of FTD start gradually and progress steadily, and in some cases, rapidly. They vary from person to person, depending on the areas of the brain involved and the type of Frontotemporal Dementia. Symptoms of FTDs can include:

Behavioral Symptoms of Frontotemporal Disorders

- **Problems with executive functioning**—Problems with planning and sequencing (thinking through which steps come first, second, third, and so on), prioritizing (doing more important activities first and less important activities last), multitasking (shifting from one activity to another as needed), and self-monitoring and correcting behavior.
- **Perseveration**—A tendency to repeat the same activity or to say the same word over and over, even when it no longer makes sense.
- **Social disinhibition**—Acting impulsively without considering how others perceive the behavior. For example, a person might hum at a business meeting or laugh at a funeral.
- **Compulsive eating**—Gorging on food, especially starchy foods like bread and cookies, or taking food from other people's plates.
- **Utilization behavior**—Difficulty resisting impulses to use or touch objects that one can see and reach. For example, a person picks up the phone while walking past it when the phone is not ringing and the person does not intend to place a call.



Language Symptoms of Frontotemporal Disorders

- **Aphasia**—A language disorder in which the ability to use or understand words is impaired but the physical ability to speak properly is normal.
- **Dysarthria**—A language disorder in which the physical ability to speak properly is impaired (e.g., slurring) but the message is normal.

Emotional Symptoms of Frontotemporal Disorders

- **Apathy**—A lack of interest, drive, or initiative. Apathy is often confused with depression, but people with apathy may not be sad. They often have trouble starting activities but can participate if others do the planning.
- **Emotional changes**—Emotions are flat, exaggerated, or improper. Emotions may seem completely disconnected from a situation or are expressed at the wrong times or in the wrong circumstances. For example, a person may laugh at sad news. Pseudobulbar affect, a condition of sudden, frequent outbursts of crying or laughing that cannot be controlled, may occur and is treatable.
- **Social-interpersonal changes**—Difficulty “reading” social signals, such as facial expressions, and understanding personal relationships. People may lack empathy—the ability to understand how others are feeling—making them seem indifferent, uncaring, or selfish. For example, the person may show no emotional reaction to illnesses or accidents that occur to family members.

Movement Symptoms of Frontotemporal Disorders

- **Dystonia**—Abnormal postures of body parts such as the hands or feet. A limb may be bent stiffly or not used when performing activities that are normally done with two hands.
- **Gait disorder**—Abnormal walking, such as walking with a shuffle, sometimes with frequent falls.
- **Tremor**—Shakiness, usually of the hands.
- **Clumsiness**—Dropping of small objects or difficulty manipulating small items like buttons or screws.
- **Apraxia**—Loss of ability to make common motions, such as combing one's hair or using a knife and fork, despite normal strength.
- **Neuromuscular weakness**—Severe weakness, cramps, and rippling movements in the muscles.

Why is it so important to be aware of these symptoms? Currently, most forms of dementia can't be conclusively diagnosed until autopsy but healthcare providers use these signs and symptoms along with a battery of other tests to narrow it down to the most likely cause/disease. The more your healthcare team knows about your symptoms and experience the more accurately they can diagnose you. The brain is complex and it can be quite a process finding a diagnosis but knowing the type of dementia can help you and your family members learn more about what to expect down the road and what symptom management strategies will work best for you and your support system. To learn more about FTDs visit:

- The Association for Frontotemporal Degeneration: <https://www.theaftd.org/>; This organization provides a number of resources, lots of information about FTDs, resources to help kids understand the disease and a helpline.
- Alzheimer's Association: <https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia/frontotemporal-dementia> (a source for this article); the Alzheimer's Association has information on a variety of different forms of dementia (not just Alzheimer's), runs support groups and provides a 24/7 Helpline 800-272-3900 available for all people impacted by dementia to call any time.
- National Institute on Aging: <https://www.nia.nih.gov/health/topics/frontotemporal-disorders>
- Johns Hopkins Medicine: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/dementia/frontotemporal-dementia> (a source for this article)

Virtual Health Promotion Workshops



Offered through the ADRC



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Living Well with Chronic Conditions

Are you or someone that you know living with a condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, and anxiety? This program will help understand your health condition more and how to deal with it.

Healthy Living with Diabetes

Are you someone who has type 2 diabetes, pre-diabetes, or who live with someone with diabetes? This program focuses on helping you feel better, have more control, and do the things you want to do.

877-485-2372





Could a Medicare Savings Program Help You?

For many Medicare beneficiaries, it can be difficult to make your Social Security check stretch enough to buy groceries, medications, pay the electric bill, insurance bill, phone bill and rent. Do you worry about how you will pay your bills? Would an extra \$148 in the bank each month help? Perhaps the Medicare Savings Program can help you!

Medicare Savings Programs are designed to help people who have limited income and assets. If you are qualified, your Medicare Part B premium is paid for you. That is a savings of over \$148 per month! In certain cases, the deductible and co-pays are also covered.

In order to qualify for a Medicare Savings Program you need to meet income and asset guidelines. If you are single, your gross income must be less than \$1449 per month with assets below \$7,970. If you are married, your combined gross income must be less than \$1,959 per month with assets below \$11,960. If you are anywhere close to these limits, call the **Aging and Disability Resource Center at 877-485-2372** and make a phone appointment, because some funds may not be counted toward that limit.

In addition, if you qualify for a Medicare Savings Program, you can also get a reduced premium and lower deductible and co-pays for your Medicare Part D insurance through a program called "Extra Help". That could save you more money each month on your prescription medications! For more information or assistance with benefits, please contact the Elder Benefit Specialists at **The Aging and Disability Resource Center of Northwest Wisconsin at 877-485-2372.**

Submitted by Kayli Williamson, ADRC of NW WI Elder Benefit Specialist

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Cold is Relative



COLD IS RELATIVE

60°F

Floridians turn on the heat. People in Wisconsin plant gardens.

50°F

Californians shiver uncontrollably. People in Wisconsin sunbathe.

40°F

Italian & English cars won't start. People in Wisconsin drive with the windows down and the sunroof open.

32°F

Distilled water freezes. Wisconsinites chill their beer outdoors & strip to their skivies to take their docks out.

20°F

Floridians don coats, thermal underwear, gloves, wool hats. People in Wisconsin grab a flannel shirt & drive their trucks on the lake to go fishing.

15°F

New York landlords finally turn up the heat. People in Wisconsin have the last cookout before it gets cold.

0°F

People in Miami all die. Wisconsinites finish raking leaves.

-10°F

Californians fly away to Mexico . People in Wisconsin get out their blaze orange wind breakers for opening gun deer season.

-25°F

Hollywood disintegrates. Sturgeon Spearers saw through 2 feet of ice on Lake Winnebago so they can sit in uninsulated metal boxes and wait weeks for a prehistoric fish to swim by.

-40°F

Washington DC runs out of hot air. People in Wisconsin let the dogs sleep indoors.

-100°F

Santa Claus abandons the North Pole. Wisconsinites get upset because they can't start the Mini-Van to go to friday night fish fry.

-460°F

ALL atomic motion stops (absolute zero, zero on the Kelvin scale.) People in Wisconsin start saying..."Cold enough fer ya?"

-500°F

Hell freezes over. Wisconsin public schools open 2 hours late.



Laughter

PRAYER PUPS BY JEFFREY SMITH



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Wisconsin Home Energy Assistance Program (WHEAP)

Home Energy Plus includes the Wisconsin Home Energy Assistance Program (WHEAP) and Weatherization Assistance Program (WAP). WHEAP provides assistance for heating costs, electric costs, and energy crisis situations. WAP helps renters and homeowners reduce their energy consumption. Operating with federal and state funding, the programs provide energy assistance payments to over 200,000 households and weatherization services to over 6,000 households in Wisconsin each year.

WHO IS ELIGIBLE FOR ENERGY ASSISTANCE AND WEATHERIZATION ASSISTANCE?

Your household may be eligible for the Wisconsin Home Energy Assistance Program (WHEAP) and Weatherization Assistance Program (WAP) based on a number of factors. If your household gross income is less than the amount shown on the following chart, you may be eligible for a benefit or services. Please contact the Polk County Energy Assistance Hotline number at 715-485-8480 with questions. If you get voice mail, please leave your full name and phone number and our intake worker will return your phone call. You can apply by phone, mail-in application, face to face, or online at www.energybenefit.wi.gov.

| Household Size | One Month | Annual Income |
|----------------|------------|---------------|
| 1 | \$2,490.08 | \$29,881 |
| 2 | \$3,256.33 | \$39,076 |
| 3 | \$4,022.50 | \$48,270 |
| 4 | \$4,788.67 | \$57,464 |
| 5 | \$5,554.83 | \$66,658 |
| 6 | \$6,321.00 | \$75,852 |
| 7 | \$6,464.67 | \$77,576 |
| 8 | \$6,608.33 | \$79,300 |

WHAT IS WHEAP AND HOW DOES IT WORK?

WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of energy costs, but the payment is not intended to cover the entire energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the household's energy supplier.

WHAT TYPES OF FUEL ARE ELIGIBLE TO RECEIVE ASSISTANCE?

Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, if you qualify, energy assistance is available. Your household may also be eligible to receive a payment for non-heating electric energy costs through funding provided by Wisconsin's Public Benefits Program.

IF YOU CURRENTLY DO NOT HAVE HEAT OR MAY BE DISCONNECTED

Crisis assistance is available if you have no heat, have received a disconnect notice from the vendor, or are nearly out of fuel and are unable to purchase more. WHEAP agencies provide a 24-hour crisis phone number to help with emergencies that occur after business hours. Non-emergency/Proactive crisis services include providing information on how to reduce fuel costs, counseling on budgeting and money management, payments to a fuel supplier, and co-pay agreements. To speak with the Polk County WHEAP Intake Worker, please contact 715-485-8480.

FURNACE/BOILER REPAIR AND REPLACEMENT

WHEAP emergency heating system assistance can provide services to eligible homeowners if the furnace or boiler stops operating. Heating system assistance includes payment for repairs or in some situations your residence may qualify for a total replacement of a non-operating system. Call Polk County's WHEAP hotline number at 715-485-8480 immediately if you are experiencing a no heat situation.

OTHER ENERGY RESOURCES

| | | |
|-------------------------------|-----------------------|--|
| Focus on Energy | 1-800-762-7077 | www.focusonenergy.com |
| Keep Wisconsin Warm/Cool Fund | 1-800-891-WARM (9276) | www.kwwf.org |
| Heat for Heroes | 1-800-891-9276 | www.heat4heroes.org |

Submitted by Diana Peterson, Polk County Economic Support Supervisor



Daylight Saving Time Fun Facts

- Researchers do not agree that daylight saving conserves energy. For example, the increase in air-conditioned homes has offset any savings in lighting
- Benjamin Franklin was the first to suggest a change in sleep schedule in 1784 after visiting Paris.
- United States federal law does not require any state to observe daylight saving times.
- Contrary to common belief, farmers did not lobby for daylight saving time and even fought against it in 1919. However, they lost against urban retail outlets, such as fast food and tourist companies, who were in favor of the time change.
- Globally, about one-quarter of people in approximately 70 countries around the world implement daylight saving time, though different countries change their clocks at different times. The only major industrialized countries that do not observe DST are Japan, India, and China.
- In Antarctica, there is no daylight in the winter months and there is 24-hour daylight in the summer; however, researcher stations there still observe daylight saving to coincide with their supply stations in New Zealand or Chile.



<https://www.factretriever.com/daylight-saving-time-facts>



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The Indian Law Office provides representation to low-income Native Americans in civil matters involving Indian law issues. The Indian Law Office has a long history of providing legal counsel on significant Indian law cases in Wisconsin (e.g., Menominee Restoration, the Voigt case, the Crandon School District case, the American Indian Religious Freedom Act Amendments of 1994).

Additionally, Judicare's Indian Law Office provides legal assistance to Indian tribes on a variety of tribal projects through contracts and agreements with individual tribes (e.g., tribal codes and court development, lay advocate training, tribal/state judicial relations, tribal GAL trainings). Judicare has one of the best Indian law libraries in Wisconsin, including resource materials specific to Indian tribes and Indian legal issues from Wisconsin, as well as nationally

Indian Law Office Services and Programs

Including legal issues covered under the regular Judicare program, the Indian Law Office provides additional assistance by providing the services, projects, and programs as listed below. Generally, for a client to be eligible for these ILO services, the client must be an enrolled tribal member and otherwise Judicare eligible. However, in some of the below services/programs, income limits are higher or have no income limits at all. Please choose a topic below to learn more about how Judicare's Indian Law Office may assist you or click [here](#) to view "A Guide to Services for Native Americans."

Ho-Chunk Expanded Services

Through a special agreement with the Ho-Chunk Nation, Judicare is able to offer expanded services to members of the Ho-Chunk Nation who meet this criteria:

- Reside in Wisconsin
- Have income under 200% of the [Federal Poverty Guidelines](#) (excluding per caps)
- Have a civil legal issue (not criminal or traffic) that is on our list of priorities

If you are a Ho-Chunk tribal member with a civil law issue, give us a call to see if you qualify for our assistance.

Indian Child Welfare Act

The ILO has litigated ICWA cases in many courts over the years and has been actively involved in providing practice manuals and trainings for attorneys, judges, social workers, and other professionals in the purpose and use of ICWA.

Jay Treaty Issues

The application of the Jay Treaty affects the rights of both U.S. and Canadian Native people in ways such as the crossing of borders and eligibility for government services.

Menominee Criminal Project

Our office hosts a weekly clinic at the Menominee Tribal Courthouse every Tuesday (arraignment day) morning where anyone can stop in and ask one of our attorneys general questions about their tribal criminal case, including advice on their rights, court procedures, tribal law, and sentencing. We are only able to provide an attorney to represent a very limited number of individuals charged with crimes. We do not represent anyone who is charged with a domestic violence crime. On all other charges, we have to determine if there are meritorious defenses that can be raised at trial before we will agree to take the case. We do not represent individuals on criminal charges in either state or federal court.

Native American Elders Outreach Project

All Native American elders in Wisconsin are eligible to participate in the project. This project provides free outreach, information, and representation to Native American elders throughout Wisconsin on health and income maintenance topics including Medicare, Medical Assistance, Social Security, Supplemental Security Income (SSI), and Veteran's Benefits. There is no financial eligibility test. For more information, contact Wisconsin Judicare at (800) 472-1638.



Native American Wills (Wisconsin Indian Estate Planning Project)

The nature of Indian landholdings creates a unique need for estate planning services. Land that was allotted to individual Indians more than a century ago has been inherited through multiple generations, usually without a will, each time becoming increasingly fractionated. This limits the usability of the land and results in unnecessary costs to tribal members who reside on or wish to use or lease their own land. Since this land is held in trust by the federal government, probates of this land are governed by federal law (the American Indian Probate Reform Act). At the same time, these landowners also own personal property and other assets that must be probated under either tribal or state law. If they do not leave a will, their property will be distributed according to applicable federal, tribal, or state law. Often these laws do not reflect what the individual would have wanted or what is culturally appropriate. To help tribal members exercise their rights over their land and property and ensure that their personal and cultural wishes are valued, the Indian Law Office of Wisconsin Judicare provides estate planning services for Native Americans living in Wisconsin.

Tribal Benefits Specialist Program

A Tribal Benefit Specialist is a person trained to help Tribal Elders who are having a problem with their private or government benefits. A Tribal Benefit Specialist will assist Tribal Elders with the extensive and complicated paperwork that is often required with benefit programs. The Tribal Benefit Specialist will help Tribal Elders determine for which benefits they are eligible, identify a process to apply for benefits, and assist in the application process. If a Tribal Elder is denied a benefit, the Tribal Benefit Specialist can also assist the Tribal Elder in an appeal process. Tribal Benefit Specialists are provided ongoing training and legal backup by the Indian Law Office of Wisconsin Judicare.

Tribal Disability Benefits Specialist Program

A Tribal Disability Benefit Specialist is a person who will help disabled tribal members answer questions and solve problems related to Social Security, Medicare, health insurance and other public and private benefits. They serve people ages 18-59 with a physical or a developmental disability, a mental illness, or a substance abuse disorder. Services are free and confidential.

The Tribal Disability Benefit Specialists are located at Great Lakes Inter-Tribal Council Offices in Lac du Flambeau and serve tribal members located on or near any of Wisconsin's 11 federally recognized tribes. Tribal Disability Benefit Specialists receive training and legal assistance from the State of Wisconsin and Wisconsin Judicare's Indian Law Office. If you'd like to contact a Disability Benefit Specialist and are an enrolled tribal member living on or near one of the tribes, please call Lisa Ludwig at GLITC at (800) 472-7207.

Tribal Jurisdiction Issues

We have extensive experience in litigation, negotiation, and education when it comes to the complexities of jurisdiction. Whether it is the applicability of Public Law 280, a determination of the court in which a case should be venued, a question of which government officials have authority to take actions, or which laws to apply – in all such cases, tribal sovereignty is a consideration and that makes jurisdictional issues always important issues.

Tribal, State, and Federal Indian Law

We are advocates for the interpretation and application of all "Indian laws" in ways that protect and enhance the rights of tribes and their members.



For more information visit: <http://www.judicare.org>

Caregiving Basics

When you first learn that a loved one needs help it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started.

Learn about the person's illness, disease, or condition. Understanding the nature of the disease, its symptoms and what to expect, is helpful in caring for the person. Talk to a health care provider, research the internet, or read books or pamphlets to help you understand what the person is dealing with and specific ways you can help.

Determine areas of need. Write down your specific needs such as housecleaning, grocery shopping, meal preparation, help with bathing, and transportation to medical appointments. Then discuss possible ways to meet these needs with friends, family members, local agencies, and the person's health care provider.

Research community resources. Contact the ADRC of NW WI for local resources and services. Explore options like home delivered or grab-and-go meals, in-home supportive care services, Lifeline, transportation services and adult day care. Contact organizations specific to the disease such as the Alzheimer's Association or the Stroke Foundation. Not all agencies are fully open, but staff will be available to answer the phone and assist you in meeting your needs.

Plan for immediate care. Find out what the person's wishes are for immediate and long-term care. Adapt the environment by doing a home safety check as well as purchasing items for any special needs such as a walker, commode, wheelchair, or other adaptive equipment. Find a way to log the person's health such as eating patterns, symptoms, and medications. This information is helpful at medical appointments.

Enlist the help of others. Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running errands or providing a meal. Many tasks can be completed while following social distancing guidelines.

Organize important information. Write down pertinent medical information including doctors' names and phone numbers, insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also include copies of social security, driver's license and insurance cards of the person being cared for. Be sure to keep this information in a safe location that other family members know about.

Plan for the future. Get information about the long-term prognosis in order to make appropriate plans. Assess the financial situation and contact a financial advisor who is familiar with caregiving issues if necessary. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.

Take care of yourself, too. Find support through a friend, counselor, or support group. Many are meeting virtually during the pandemic and can be found here. Talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and keep doing some activities or hobbies that bring you pleasure. Make sure you are eating well, getting enough sleep and exercise and are staying connected with family or friends, at least by phone calls, to keep yourself healthy. Ask for help. No one can do it all!

Call [877-485-2372](tel:877-485-2372) for information on caregiver support groups, local caregiving resources, a home safety checklist or to talk to someone about specific caregiving issues.





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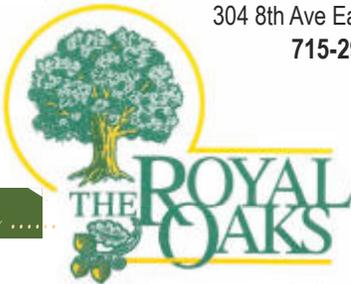


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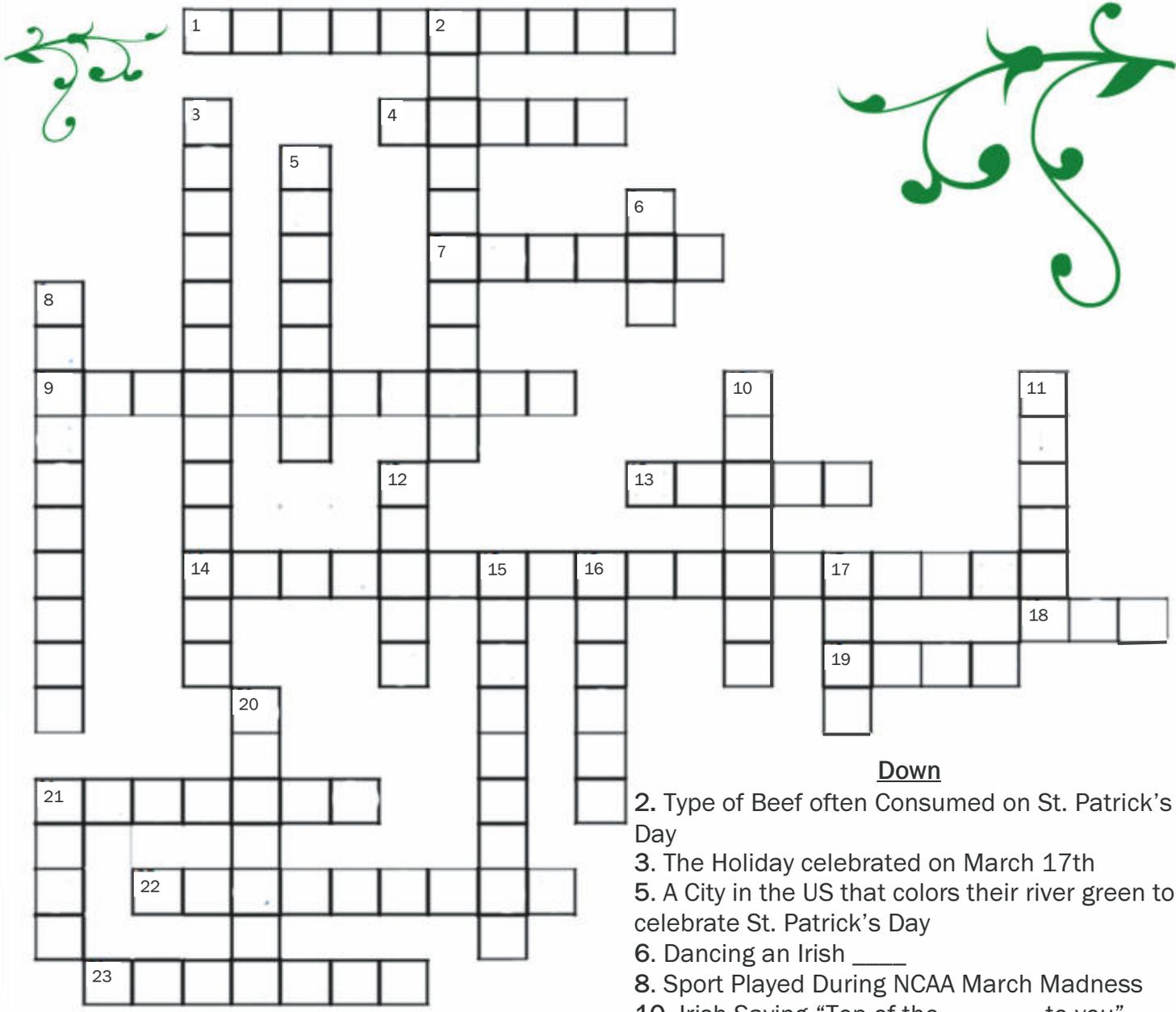
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March Crossword



Across

1. Little magical men, wearing green, who partake in mischief.
4. Color associated with St. Patrick's Day
7. Capital of Ireland
9. A week long vacation from school
13. The 3rd month of the year
14. Spring Clocks forward 1 hour on March 14th
18. A Common Irish Hair Color
19. A force that brings good fortune
21. Colorful Arch in the Sky Made up 7 different colors
22. Customs or Beliefs from Generation to Generation
23. Author of the "Cat in the Hat" celebrates his Birthday and Read Across America Day on March 2nd

Down

2. Type of Beef often Consumed on St. Patrick's Day
3. The Holiday celebrated on March 17th
5. A City in the US that colors their river green to celebrate St. Patrick's Day
6. Dancing an Irish ____
8. Sport Played During NCAA March Madness
10. Irish Saying "Top of the _____ to you"
11. Four-leaf _____
12. Luck of the _____
15. A Curved Piece of Iron that is also a Symbol of being Lucky
16. The First Day of _____ is March 20th
17. At the End of the Rainbow, you'll find a pot of _____
20. A Vegetable that is often consumed on St. Patrick's Day
21. Having lots of Money





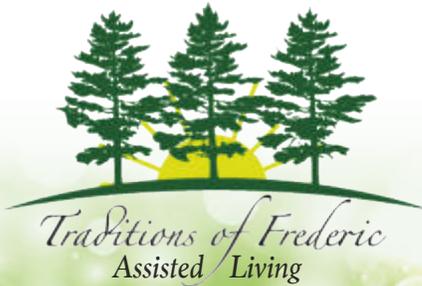
Coloring



Benefits of coloring for adults:

1. Your brain experiences relief in a meditative state
2. Stress and anxiety have the potential to be lowered
3. Negative thoughts are expelled as you take in positivity
4. Focusing on the present helps you achieve mindfulness
5. Unplugging from technology promotes creation
6. Coloring can be done by anyone, not just artists or creative types
7. It's a hobby that can be taken with you wherever you go

www.colorit.com/blogs/news/85320388-amazing-benefits-of-coloring-for-adults



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Eat Well, Age Well

Brain Healthy Foods and Recipes

Last month we learned how nutrition relates to heart health. This month the topic is about how to eat for brain health, and both goals are surprisingly similar. The term brain health is a broad one used as a reference to basic functions, such as memory and learning, or degenerative diseases like Alzheimer's. Here are a few types of foods to incorporate in your nutrition planning in order to stay mentally sharp:

Healthy fats – Omega-3 fatty acids aid in numerous functions that include maintaining proper blood flow, limiting inflammation and are a beneficial addition to any healthful diet. Options include salmon, tuna, mackerel, sardines, walnuts, chia seeds, canola oil, and soybean oil.

Eat your veggies – A diet filled with various vegetables, especially leafy green veggies (spinach, kale, broccoli), is a good way to stock up on many brain healthy nutrients such as vitamin K, lutein, folate, beta carotene, and various antioxidants.

Berries – Adding berries to food is an excellent way to add flavor and these fruits have shown signs of delaying memory decline. This is thanks to flavonoids which gives each fruit their bright color.

Berry Pink Smoothie: Serves 2

Ingredients:

- 1 ½ cup skim milk
- 1 sliced banana
- 1 ½ cup frozen mixed berries
- ¾ cup Greek vanilla yogurt
- 1 tablespoon honey (optional)

Directions

Place the milk, banana, berries and yogurt into a blender and blend until smooth. Pour into glass and top with berries for a little extra flavor and texture. Pour the other serving into a refrigerator safe glass and enjoy it later.



This smoothie provides many vitamins. The berries can help boost brain function and prevent memory loss.

Weekly Challenges

- Add Omega-3 rich fish to your diet at least 2 times
- Eat one serving of leafy greens daily. Try making a salad or adding them into other dishes
- Try walnuts as a snack or add them to a dish
- Find a way to mix in your favorite berries at least three times this week. Add them to yogurt, cereal, or oatmeal



Volunteer

ADRC Dining Program & Meals on Wheels® of Northwest WI



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OR calling the library at 715-268-9340, press "0".

FREE, but you must REGISTER on our website to reserve your kit.

BOOKS & BREWS: BOOK BINGO

Thursday, March 4th, 6 PM-7:30 PM

This month we are hosting a very special event with Adventures by the Book. In honor of International Women's Month, the theme is "Celebrating Women". This event will feature a live panel of 6 authors along with a live bingo game and prizes, too! See our facebook page or website for more details, and to register for the event. There is no specific assigned book, but you can choose to read anything by one of the 6 featured authors: Carrie Callaghan, Christina Chiu, Ginger Eager, Sadeqa Johnson, Laura Morelli, and Laura Zam. Of course, you can join in the fun even if you haven't read any of the books! All are welcome.

BOOKS & BREWS

Thursday, March 11th, 6 PM-7:30 PM

For our regular monthly book discussion we will be reading and discussing *The Last Romantics* by Tara Conklin. If you want to join Books & Brews, send an email to hwiarda@amerylibrary.org to be added to the list and to receive the zoom meeting link. Books are available at the Amery Area Public Library, call to reserve yours today.

MARCH GARDENING SERIES

Every Monday in March @ 6:30 PM!

March 1: Planning your garden for maximum output

March 8: Seeds: selection, starting indoors, and more

March 15th: Using soil tests to maximize your gardening

March 22nd: Alternative gardening methods-straw bale, lasagna, and more

March 29th: Weed control

Join the Amery, August, Clear Lake and Ellsworth Public Libraries for these free and informative talks on hot gardening topics! We will be joined by Brandon Wiarda of Sleepy Root Farm and Diana Alfuth of UW-Extension. The program may be viewed on the Augusta Library's YouTube channel at bit.ly/AMPLwi. No registration is required for these online gardening series.

Visit www.amerylibrary.org/adults for more details



Volunteer Driver Spotlight

Introducing Sheila Hansen



How long have you been driving for ADRC?

Since 2015

Why did you sign up to be a driver?

I was looking for something to do part-time that would fit into my retirement and benefit people who needed help getting around to do normal day to day activities. I heard about ADRC's program to get seniors out for social activities and I signed up.

What is the most rewarding part of Driving?

To see the pleasure on the riders faces as they load into the vehicle and see who else is there is most rewarding. This time for them is their social time and to catch up on what everyone is doing including the driver.

What advice would you give to anyone considering to become a driver for ADRC?

My advice would be to be a good listener, be patient, be understanding, a good talker and have a good sense of humor. Riders love it when you remember their conversation and you check on that conversation the next time you see them. Plus be able to know where you are going. Directions are especially important to not get lost.

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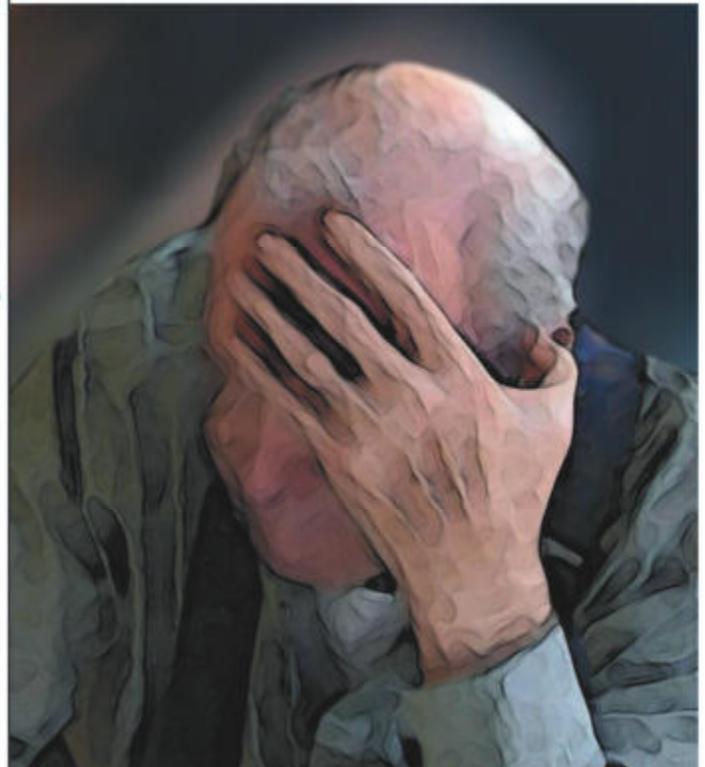
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Participants will need: Sunglasses, a pair of gloves, a glass of water, a wallet or purse (with a wallet inside), a pad of paper, a pen and paperclips, sticky notes, a cell phone and a magazine.

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MYTH: People sometimes **get** the flu from getting the flu shot.

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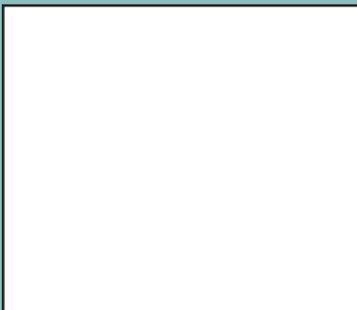
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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Local Library Updates

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Curbside pickup only. Mon-Thurs 9am-6pm,
Sat 9am-12pm.

Balsam Lake Public Library

715-485-3215, www.balsamlakepubliclibrary.org
Open for in-person browsing. Curbside pickup
available. Mon/Wed 10am-5pm,
Tues/Thurs 1pm-5pm, Fri 10am-2pm.

Clear Lake Public Library

715-263-2802, www.clearlakelibrary.org/
Curbside Pickup Only. Mon/Fri 9am-5pm,
Tues 9am-6pm, Wed 10am-7pm,
Thurs 9am-10:30am & 12:30pm-5pm

Centuria Public Library

715-646-2630, www.centurialibrary.org/
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-5pm, Tues/Thur 12pm-7pm, Sat 10am-12pm.

Frederic Public Library

715-327-4979, www.fredericlibrary.org
Curbside Pickup Only. Mon-Fri 9am-5pm

Grantsburg Public Library

715-463-2244, www.grantsburglibrary.org
Open for in-person browsing. Mon/Tues/Wed
10am-5pm, Thurs 3pm-7pm, Fri/Sat 10am-2pm.
Curbside Only: Tues 5pm-7pm, Fri 10am-2pm

Larsen Public Library

715-866-7697, www.websterlib.org
Open for in-person browsing. Mon-Fri 10am-4pm.
30 min limit. Curbside available. WiFi available
7am-9pm. Wisconsin Public Library Consortium
provides free access to e-books and e-audio
books. Mail-A-Book Program is for
Burnett County residents living in an area without
a local library, or who can't use a public library
because of disability or travel limitation. We now
have PRINCH, a wireless printing service.

Luck Public Library

715-472-2770, www.luckpubliclibrary.org/
Open for in-person browsing. Mon-Thurs
11am-7pm, Fri 11am-5pm, Sat 10am-1pm.

Milltown Public Library

715-825-2313, www.milltownpubliclibrary.org
Open for in-person browsing. Tues 10am-5pm,
Thurs 12pm-7pm, Fri 10am-5pm.

Shell Lake Public Library

715-468-2074, www.shelllakelibrary.org/
Open for in-person browsing. Mon-Fri 10am-5pm.

St. Croix Falls Public Library

715-483-1777, www.stcroixfallslibrary.org
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Spooner Memorial Library

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Open for in-person browsing. Mon-Thurs
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Wilberg Memorial Public Library in Osceola

715-294-2310, www.osceolapubliclibrary.org/
Curbside Pickup Only. Mon/Tues/Wed/Fri
10am-5pm, Thurs 12pm-7pm.

Dresser Library

715-755-2944, www.dresserpubliclibrary.org/
Curbside Pickup Only. Mon 10am-7pm, Tues/
Thurs/Sat 10am-1pm, Wed 4pm-7pm, Fri
10am-5pm.



Please Note:
Masks and Social Distancing Required.
With constant changes occurring, please
contact the libraries for the most up to date
information.



Community Events

Amery Area Community Center

Amery Area Community Center
608 Harriman Avenue S. Amery, WI 54001
New hours: 8:00am-3:00pm M-F

Masks are required at all times, NO EXCEPTIONS.
Stay healthy and see you when you are comfortable.

- Coffee Club-M.-F., 8-11 AM
- Circuit Breaker Exercise-7-4:30 M-Th. 7-3 Fr.
- 500 Card Party, 2nd and 4th Tues@ 6:30 PM.
- Alzheimer Support Group-1st Wed. @ 10 AM.
- Cribbage-Wed @ 1
- Amery Memory Cafe-Every 3rd Thurs @ 1 PM.
- Mahjong-Every Friday at 9 AM.
- Bingo-2nd and 4th Fridays @ 1 PM.
- Pool Tournaments-Tues & Thurs @ 9 AM
- Low Impact Aerobics-M/W/F @9 AM
- Bridge-M/W @12:30 PM
- Duplicate Bridge-Thursdays @ 6pm
- Polish Poker-Every Friday @ 9:30 AM
- Hand & Foot Cards-Thursdays @ 1 PM
- Stamping and Scrapping-Every 1st and 3rd Tuesday @ 5:30 PM.
- German Club-Every 4th Tuesday @ 1:30 PM
- Knitting and Crochet-Thursdays @ 12:30 PM
- Quilting-Tuesday @ 9:30 AM
- Lee Elmer-Every 3rd Friday @ 6 PM
- Line Dancing Lessons-Mondays & Fridays @ 10

Osceola Senior Center

715-294-4566 or 715-417-1227

310 Chieftain St. at the Discovery Center

The Osceola Senior Center is closed. However, Zoom classes continue.

- Qigong: Mondays and Fridays, 9-10am.
- Tai Chi: Wednesdays, 9-10am.

These breathing and stretching exercises are walker and wheelchair accessible.

All that's needed is a computer or tablet and email access. No video camera or mic. required.

Contact Roger Mussell at rmussell@att.net or call (312) 524-3934 for the Zoom link.

Due to the high possibility of changes, please contact the centers for the most accurate schedule

Tax Assistance

2020 State and Federal Tax Help for People over 60 or Disabled of any age
w/ Shirley Colbert: 25 years experience with IRS

Starting February 2, 2021 Shirley will be available every Tuesday, at the Webster Senior Center for 45 minute appointments starting at noon. She will be able to answer your questions and help you complete the necessary forms to file both State and Federal Taxes.

You will need to bring with you the following:

Prior year Tax Return, Picture ID, W-2's, All 1099's (Self employment, Unemployment forms/statements, State or Federal refunds, Social Security, Pensions), Health Insurance Information and Documents/Cards.

She can schedule follow-up appointment if necessary. This service will be available for a Free Will donation to The Webster Senior Citizen's Center. COVID -19 Safety precautions will be observed including wearing of a mask and social distancing. Area will be sanitized after each appointment. Call the Webster Senior Citizen's Center at 715-866-5300 to schedule your appointment.

Tax Assistance (Update)

AARP Tax Aide will hopefully be available for appointments starting on **March 1st, 2021.**

Apologies for the change in this service.

Expect a number of changes this year including how appointments are scheduled.

Call **262-528-2004** to make an appointment with AARP. State and Federal tax forms are available in





Volunteers with Mild Cognitive Impairment and care partners needed for a research survey study



Evidence suggests that **dance classes** may have benefits for people with Mild Cognitive Impairment and their care partners. We are looking for volunteers with MCI and their care partners to fill out a survey about their interest and perceived burden of participating in a dance intervention.

You May Qualify If You

- Are 18 years or older
- English speaking
- Have a diagnosis of mild cognitive impairment (MCI)
- Are a care partner of someone with MCI

Potential Benefits

There are no direct benefits for filling out this survey

Participation Involves

Filling out a survey online, by mail or by telephone

Participants will be compensated with a \$10 Visa gift card

For a link to the survey online:

For people with MCI:

https://uwmadison.co1.qualtrics.com/jfe/form/SV_cInWy9Cu8vBp0i2

or take a photo of the image on the right with your phone



For care partners of someone with MCI:

https://uwmadison.co1.qualtrics.com/jfe/form/SV_5Bm4gDT4CqDrmo6

or take a photo of the image on the right with your phone



FOR MORE INFORMATION

Please contact Rachael Look at 920-202-2013, email look@wisc.edu



Odds N' Ends



Polk County Recycling Center
St. Croix Falls, WI

For Bin Locations Go To:
www.co.polk.wi.us/recycling
715-483-1088

A dual stream source separating facility that offers drop-off of recyclable items at bins located throughout the county. Bins are owned and hauled to the recycling center by Polk County.



2021 Polk County Recycling Center Drop-off Items & Fees
Hwy 8 East of St. Croix Falls / 1302 208th St.

Open: Monday-Thursday 6:45-4:30pm
Open Friday: Memorial Day to Labor Day

| | | |
|---|---|--|
| <p>Appliances: \$18/each Unless listed different on website.</p> | <p>Electronics: 45¢/lb</p> | |
| <p>Tires: 30¢/lb \$2/Rim</p> | <p>Mattresses: \$20/Each</p> | |
| <p>Bulbs: \$1/Under 4" \$5/Over 5"</p> | <p>Latex Paint: \$1/container less than 1 Gal. \$2/1-Gal. container \$5/5-Gal. container</p> | |
| <p>Oil Filters: \$1/Filter</p> | <p>Confidential Shredding 15¢/lb</p> | |

Free Drop-off:
Clothing/Scrap Metal/Christmas Lights/Yard Waste (leaves/grass clippings)/Antifreeze, Motor & Cooking Oil/Printer Cartridges & Cell Phones/Under 4lb Propane Cylinders/Batteries (Auto/Rechargeable/Button)

How to Sort Items at Recycling Bin Locations

| | |
|---|---|
|  | <p>Combine - PLASTIC - #1 & #2 Bottles & Jars Only: Milk Jugs, Pop, Dressing, Laundry Detergent bottles etc...</p> <p>GLASS - Bottles & Jars Only: (labels can be left on) ALUMINUM / TIN: Lids & Caps, Food, Aerosol, & Beverage Cans Drain & double rinse motor oil, transmission fluid, herbicide & pesticide bottles. No: plastic bags, window glass, ceramics, china, light bulbs, mirrors, glass/ceramic cookware, aluminum siding, or nonmetal cookware</p> |
|  | <p>Combine - NEWSPAPER/MAGAZINES: Inserts, Catalogs, Glossy Flyers, Phone Books OFFICE PAPER: (put in paper bag, tape shut, & put in newspaper bin) Computer/Scratch paper (any color), Envelopes, etc.. No: hard cover books, wrapping paper, food wrappers, tissue paper, paper towels</p> |
|  | <p>Combine - CARBOARD: (flatten to fit more in a bin) Brown corrugated cardboard, paper bage, cereal/cake boxes, manila envelopes, file folders No: waxed boxes or cartons, detergent, produce, pizza, pop, beer, toothpaste, soap boxes etc..</p> |

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or Email jwurtinger@ameryhousing.org



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anicholas@lpseniors.com or (800) 950-9952 x2538

Save the Date



Virtual Dementia Education Programs

Serving Northwest Wisconsin

April 2021

Ambiguous Loss and Grief in Dementia

Friday, April 16th, 1-2pm

Trisha Witham, www.adrcconnections.org
715-537-6225

Six Pillars of Caregiver Wellness

Thursday, April 29th, 3-4:30pm

Trisha Witham, www.adrcconnections.org
715-537-6225

Dementia 101

Basics of dementia, common signs and symptoms, and stages of change.

Wednesday, April 7th, 11-12pm

Trisha Witham, www.adrcconnections.org
715-537-6225

Dementia Friends Info. Session

Learn the basics about dementia and what YOU can do to help someone with dementia in YOUR community.

- Friday, April 7th, 12-1pm, Natalie Schmaltz, nataliedementia_care@outlook.com
- Tuesday, April 13th, 5-6pm; Trisha Witham, www.adrcconnections.org 715-537-6225

Ask a Dementia Care Specialist

Get your questions answered about dementia and caring for someone with dementia!

⇒ Monday, April 19th, 10-11:30am

Lisa Wells/Carla Berscheit, www.adrcevents.org,
715-839-4735

⇒ Wednesday, April 12th, 12-1pm

Natalie Schmaltz, nataliedementia_care@outlook.com



Dementia Live Virtual Experience

Get a glimpse of what it feels like to have dementia.

Wednesday, April 14th, 5-6pm

Carrie Myers, cmyers@burnettcounty.org or 877-485-2372

Memory Café Time Traveler Series

Social time for caregivers and individuals with early stage dementia.

Tuesday, April 13th, 10-11:30am

Lisa Wells/Carla Berscheit, www.adrcevents.org
715-839-4735

Boost Your Brain & Memory (7 weeks)

Learn what YOU can do to keep your brain healthy and sharp.

Wednesdays, 1-2pm, Specific Start Date in April TBD

Amy Luther, amy.luther@co.pierce.wi.us or 715-273-6780

Powerful Tools for Caregivers

6 week workshop focused on the health and wellbeing of the family caregiver

Mondays, April 19th-May 17th, 1-3pm

Carrie Myers, cmyers@burnettcounty.org
877-485-2372



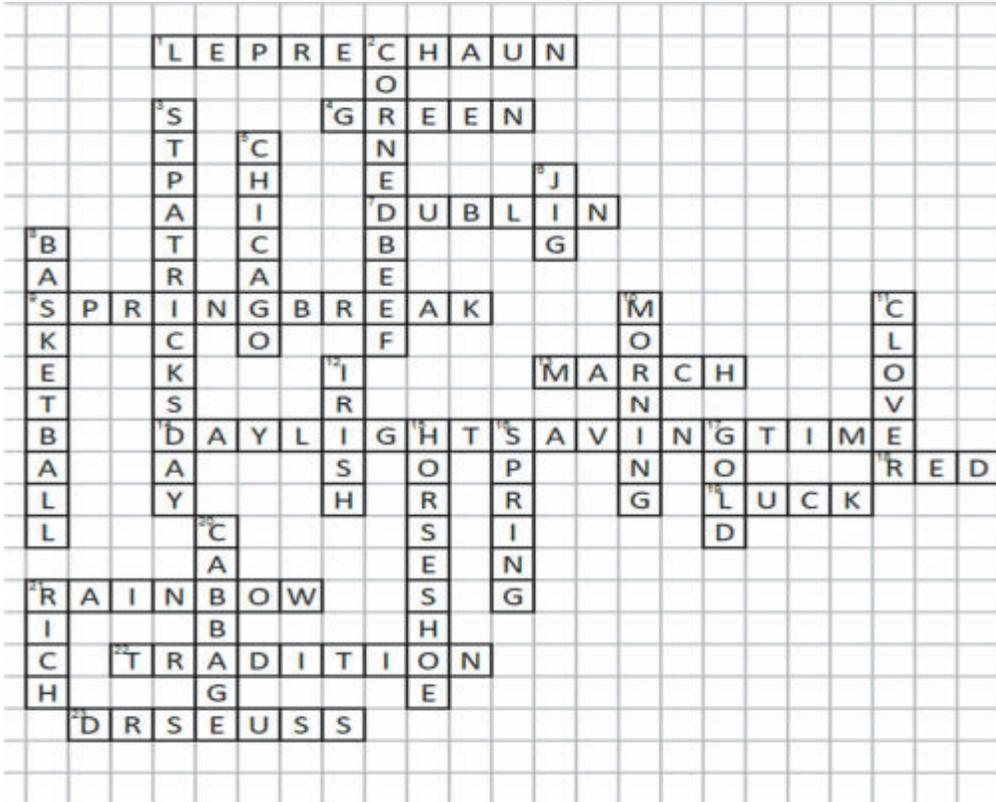
Pre-registration is required for all virtual programs.

Please contact the name listed for each event to register.

Coordinated by the Dementia Care Specialists serving the following counties: Ashland, Barron, Bayfield, Buffalo, Burnett, Chippewa, Douglas, Dunn, Eau Claire, Iron, Pepin, Polk, Price, Rusk, Sawyer, St Croix, Trempealeau, and Washburn.



Game Answers



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- Chippewa Falls, WI

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The Voice Subscription Form 2021

Would you like *The Voice* to be mailed to your home for the rest of 2021?
 Submit the following form with \$5.00 to the ADRC of Northwest Wisconsin.

Subscriptions are accepted throughout the year; A subscription runs January-December.
 Subscriptions received mid year will not carry over to the following year.

I would like to receive The Voice by mail. I understand that the \$5.00 subscription charge entitles me to have The Voice mailed to my address in 2021.

Note: We are unable to "credit" into upcoming years so any amount received over \$5.00 will be considered a donation for the current year. If your address changes during the year, please remember to inform us.

MAIL TO: ADRC, Attn: The Voice, 100 Polk County Plaza,
 Suite 60, Balsam Lake, WI 54810-8009

Do you travel south for the winter?

Please include that address below and the expected dates you will be living at that address. Complete this section even if you have your mail forwarded.

NAME: _____

ADDRESS: _____

CITY: _____ **ZIP:** _____

PHONE NUMBER: _____

ADDRESS: _____

CITY: _____ **ZIP:** _____

PHONE #: _____

I expect to live at this address from

_____ to _____