



Aging & Disability Resource Center

of Northwest Wisconsin

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

The Voice

FREE please take a copy



Celebrate Summer: Learn About the Sun!

We know a lot more about the sun today! Scientists have recently learned much more since the launching of The Solar and Heliospheric Observatory in 1995. Now we know more than ever about this huge ball of gas that warms us, causes our seasons to change, and allows our food and everything else on earth to grow.

What is the Sun?

The sun is actually a normal star, just like the many millions of other stars in our Milky Way galaxy. The reason it appears so much brighter and hotter to us earthlings than any other star is because it is by far the closest star to us. It's the same idea as if you saw one car's headlights shining up close, and another a couple of block's away. The closer one would appear much bigger and brighter. So it is with our sun.

How Big is the Sun?

Our sun is much, much bigger than the Earth. About 1 million Earths would fit inside our sun! It is also very far away-93 million miles, from the Earth. This is actually pretty close in outer space standards, when you consider that the next closest star is about 25 trillion miles away!

What's the Sun Made of?

Even though it is made up entirely of gases, the sun has a powerful gravitational pull that keeps the earth as well as the other planets in our solar system spinning in their orbits, and literally keeps them from flying off into outer space!

Why is the Sun Hotter in the Summer?

Thanks to the perfect harmony between the sun's warmth, its gravitational pull and the Earth's rotation as it orbits the sun, we have changing seasons, and even the alternating cycle of day and night, months and years. In summer, the sun is higher in the sky than it is during the other seasons. Because it is higher, the sun's rays hit the earth at a steep angle. The light doesn't spread out very much, so the maximum amount of energy hits any given spot. The long daylight hours also allow plenty of time for the sun to warm the earth, which causes the days to be hotter during the summer than other months.

Why Shouldn't you Stare at the Sun?

Sun exposure can damage not only the skin, but the eyes, too. Even one day in the sun can result in a burned cornea (the outermost, clear membrane layer of the eye). Cumulative exposure can lead to cataracts later in life (clouding of the eye lens), which can actually lead to blindness. The best way to protect your eyes is to wear sunglasses with a high level of UV protection.

https://www.education.com/magazine/articleCelebrate_Summer_Learn_About_the/

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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
Fiscal Support Specialist	Kari Broten
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

ADRC Governing Board Members

Dan Mosay	Tracy LaBlanc
Barb Kass	Barb Behan
Sharon Kelly	Jennifer Bearhart
Amy Middleton	
Beverly Sandberg	
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	July 13th, 2021
Philip Everhart	Polk County
Tracy LaBlanc	Government Center
Laurel Park	9am

Burnett County Aging Advisory

Dorothy Richard	Next Meeting:
Gary Lundberg	July 8th, 2021
Gladys Beers	Burnett County
Sharon Rochel	Government Center
Barb Geske	1:30pm

Burnett County Nutrition Council Meeting:
June 17th, 2021 @10:30am
Location: TBD

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





ADRC Nutrition Program: *A fresh start to nutrition*

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ADRC Dining Site Locations

A & H Senior Center..... 715-635-7199
 Grantsburg Senior Center 715-463-2940
 Siren Senior Center715-349-2845
 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.

June 2021 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Swedish Meatballs Egg Noodles Roasted Parmesan Cauliflower Mandarin Oranges	2 Meals Sites Open due to the holiday Cook's Choice	3 Chicken Pot Pie w/Potatoes Peas & Carrots Garden Salad Pears	4 Bell Pepper Cod Lemon Rice Spanish Beans Whole Wheat Bread Fresh Pineapple
7 Zesty Taco Bake Spanish Rice Roasted Corn & Black Bean Salsa Peaches	8 Roasted Pork Loin w/Mustard Sauce Roasted Potatoes Glazed Carrots Whole Wheat Bread Lemon Bar	9 All Meal Sites Closed	10 Cook's Choice	11 Herb Poached Salmon Grilled Asparagus Winter Squash Wheat Roll Fresh Berries
14 Meatball Marinara Spaghetti Caesar Salad Grapes	15 Lemon Thyme Cod w/Dill Sauce Coleslaw Brown Rice Pilaf Green Snap Peas Pineapple Chunks	16 All Meal Sites Closed	17 Waldorf Chicken Salad Whole Wheat Bread Romaine Side Salad Poppyseed Dressing Mandarin Oranges	18 Cabbage Roll Casserole Brown Rice Green Beans Banana
21 Hot Ham Sandwich Gravy Spit Pea Soup Greens Salad Fresh Raspberries	22 Garlic Rosemary Beef Roast w/ Beef Gravy Sweet Potatoes Roasted Broccoli Whole Wheat Bread Blueberry Crisp	23 All Meal Sites Closed	24 Cook's Choice	25 Chicken Stir Fry over Brown Rice w/Peppers & Onions Snap Peas & Broccoli Grapes
28 Roast Beef Sandwich Whole Wheat Bread Horseradish Mayo Roasted Tomato Soup Melon	29 Honey Dijon Chicken Thighs Baked Potato Glazed Carrots Whole Wheat Roll Pears	30 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

June 2021 Danbury and Sand Lake Meal Sites Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tuna Salad on Bun Broccoli Salad Peaches Cookie Bar	2 Chicken Mashed Potatoes Gravy Mixed vegetables WW Dinner Roll	3 Taco Bake W/ Beef and Beans Shredded Lettuce Tomatoes Melon	4 Pulled Pork on Bun Potato Salad Baked Beans Jell-O Cake
7 Vegetable Pasta Salad Summer Sausage Cheese WW dinner roll Cookie Bar	8 Beef Potpie Vegetables Tossed salad Fruit	9 Scalloped Potatoes Ham Green Beans WW dinner Roll Fruit	10 Calico Beans Cheesy Bread Coleslaw Peanut Butter Cookie	11 Chicken Patty on Bun Tossed Salad Chocolate zucchini Cake
14 Chili Cornbread Fruit salad	15 Tuna Mac Salad Cantaloupe WW Dinner Roll	16 Roast Pork Cheesy Hash browns Broccoli Apple Cake	17 Sausage Onions and Peppers On toasted bun Tossed Salad Cookie Bar	18 Pasta Pizza Coleslaw Citrus Cake
21 Chicken & Noodles Mixed Vegetables Mandarin Orange Cake	22 Cheeseburger BLT Pasta Salad Cookie Bar	23 Chef Salad Dinner Roll Dessert	24 Egg Bake Smoked Sausage Fruit Sweet Roll	25 Chicken Salad on Bun Potato Chips Fruited Tapioca
28 Taco Salad W/ Beef and Beans Bread Pudding	29 Brat on bun Potato Salad Baked Beans Fruit	30 Meatloaf Mashed W/ Gravy Mexican Street Corn Salad Melon	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 Center: 715-349-2195

Aging Unit Director: Jennifer Bearheart ext 5108

Dementia Care Specialist: Dianna Stumph ext 5150

Caregiver Program Coord.: Lisa Reynolds ext 5116

Clinic: 715-349-8554

Elder Advocate Prog.: Maryann Morrison ext 5140

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 Transportation
Transportation COVID-19 Update
As of May 15th, 2021

The ADRC Transportation team met to discuss potential changes in programming. We are very happy to announce we will be re-opening our Medical Transportation Program for all eligible trips. At this time the van/bus trips will remain traveling to local essential shopping trips only. However we will be reviewing those more closely in a couple weeks, so keep your eyes open for changes coming soon! As a reminder, or for those new to the program, we need to have an application on file to use the Transportation Program's services. Please call the office to get an application sent out or to see if an updated one is needed (877-485-2372). We request at least a two day notice to secure a driver. This is a volunteer program, so we cannot guarantee the trip. The earlier notice the better. Trips to receive the COVID vaccine are free! If you or someone you know wants to get vaccinated but struggles with transportation OR needs help getting registered, please call our office and we can help with that as well (877-485-2372). The Transportation Coordinator, Cheryl, is available to answer any questions you may have about our transportation programs. Please give her a call as needed at 877-485-2372. Summer is on its way; find a way to soak up some sun!

Laura Neve

Director

A Father's Day graphic with a dark blue background featuring various tools in yellow and white, including a wrench, pliers, a screwdriver, a saw, a hammer, and a circular saw blade. The text is centered and reads:

To all the dads and the positive role models,

HAPPY FATHER'S DAY

You are appreciated!

Are you a FAMILY CAREGIVER?



DATE:

Monday, July 19th and
Wednesday, July 21st

TIME:

2:00-4:00pm

PLACE:

This workshop will be offered virtually. Join from the comfort of your own home!

Sign up today for your **FREE** Dealing with Dementia Workshop

DO YOU NEED HELP IN THESE AREAS?

- ♦ Understanding Dementia
- ♦ Managing Problem Behaviors
- ♦ Handling Stress
- ♦ Finding Time for You



"I wish this guide and training had been available when I was caring for my mother with vascular dementia. Following the suggestions in this guide book will make a BIG difference for the caregiver and the person receiving care." ~ Family Caregiver

PRE-REGISTRATION IS REQUIRED. To reserve your spot, please contact:

Carrie @ the ADRC | 877.485.2372 | cmymers@burnettcounty.org

**Seating is limited to 20 individuals*



Save the Date

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Safety in Dementia

Planning and Adapting on the Journey

REGISTER HERE: dhs.wi.gov/dcs-webinars

As our loved ones' skills and abilities change with dementia, many areas related to safety need to be addressed. In this presentation we will discuss just a few of those areas including: home, internet and gun safety as well as wandering. Be better prepared for the future and keeping your loved one safe.

Presented by Aging & Disability Resource Center Dementia Care Specialists.



**WISCONSIN DEPARTMENT
of HEALTH SERVICES**

Webinar sponsored by:

Aging & Disability Resource Center



Dementia Book Club
Featuring:
Creating Moments of Joy
By Jolene Brackey

Join this weekly discussion to delve into what WE can do to help create more moments of joy and happiness for our loved ones, friends and neighbors living with dementia.

Every Thursday, June 10th– July 29th, 2021

3:30-4:30pm

This book club will be held virtually using the Zoom platform.

Registration: Contact Carrie at the ADRC to register at 877-485-2372.



Health Promotion Workshops

Powerful Tools for Caregivers

Are you helping a spouse, partner, parent or friend? Someone who lives at home or in a nursing facility? Someone close by or across the country? Do you have a child with special needs? It doesn't matter. This program will help you cope with the challenges that come with your added role of caregiver.

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.

Stepping On

Falls are the leading cause of injury and death among older adults. This is for someone that is 65+, has had a fall, is fearful of falling, lives at home, and does not have dementia.

Workshops currently offered online through "Zoom" video platform. Some workshops may have a telephone option.



ADRC Trike Program



Pictured: (Left) Allen and Jean Frank.
(Right) Bill & Sherill Summer, owners of Webster Cog & Sprocket

The ADRC just finished up the 5th year of being able to provide a motorized custom trike to individuals in Polk and Burnett County. Individuals 55+ and/or living with a disability were eligible for a trike. A total of 50 trikes were distributed with 25 going to Burnett and 25 going to Polk residents. Webster Cog and Sprocket built these trikes and were at no cost to the individual. The trikes came with a helmet, tire pump, safety flag, bike lock, and a cover.

Keep an eye out for people riding in style on these trikes this summer!

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



It's Time

One of the most difficult experiences a caregiver may face is considering an out-of-home placement for their loved one. This can be particularly difficult when the person suffers from dementia and is not able to assist in the decision-making process. Although we usually think that keeping someone in their own home is the ultimate goal, sometimes there is a point when staying at home may no longer be the best option.

There are 2 main things to evaluate when making this decision: the needs of the person receiving care and the demands on the caregiver. Each person being cared for is different. Some are more difficult to manage while others may be easier to take care of. Additional medical problems may also complicate the situation.

Caregivers also have different circumstances. Some cope easily with large amounts of stress while others struggle with even small disruptions. Some have children and job responsibilities while others are able to devote more time to their loved one. It is important look at your particular situation and not to compare yourself to someone else.

If you are wondering if it might be time to move your loved one to a continuing-care facility, you may find these questions helpful in deciding:

- ✦ Are the person's needs being met at home?
- ✦ Is constant care required beyond my physical capability?
- ✦ Is always it safe in the home?
- ✦ Is there a concern that the person may harm themselves or others?
- ✦ Does the person need specialized care not available or affordable at home?
- ✦ Would an out-of-home setting provide opportunities for therapy and socialization that are not possible at home?
- ✦ Would moving the person to a long-term-care facility allow me to devote needed time to my family/job/self?
- ✦ Am I healthy and physically strong enough to take care of the person?
- ✦ Is there a care facility in the area that I trust?

The most important thing to remember is that moving your loved one to a care facility is NOT a sign of failure in your role as a caregiver. A caregiver's main job is to ensure that their loved one is getting the best care possible, while also prioritizing care for self, and sometimes that means a move to a care center.

Consider this. Your caregiving role will not end when your loved one moves, it will just change. When caring for someone at home, a caregiver spends endless hours doing personal cares, cooking, cleaning, and keeping your loved one safe. This may often include being up several times during the night. The caregivers' own health often becomes at risk.

When the person lives at a care facility, the time and energy you spent providing physical cares can now be focused on your relationship again. Their basic needs will be met by staff, but they still need you to provide social, spiritual, and emotional care. You can spend time doing things like looking at photo albums, reading together, watching old movies, or just sitting and enjoying each other. Your caregiving role continues, but your tasks and focus change.

*Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources*



Centenarian Search

Aging and Disability Resource Center of Northwest WI

Annual Centenarian Search

Do you know someone who was born in or before 1921? Each year the ADRC of Northwest Wisconsin recognizes and celebrates Polk and Burnett County Centenarians—individuals who are 100 years of age and older. All centenarians are recognized at the Polk and Burnett County Centenarian Celebrations, featured in *The Voice*, in the local newspapers and at all of the Polk and Burnett County fairs.

Contact Leslie at the ADRC at **877-485-2372** or email at leslie.peterson@co.polk.wi.us

**Due
June 15th**

Looking for an in-home care provider?

24 Hour Services Available

Because there's no place like home provides a variety of personal & supportive care for the elderly and those with disabilities.

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- Showering Services
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COVID-19 Vaccine

COVID-19 VACCINE POP-UP LOCATIONS

No Appointment Needed

JUNE 2021

Offering J&J and
Moderna Vaccine at no
cost to Individuals 18+

Pfizer available at select locations.

Call for availability.

715-485-8400



WEEK 1

Polk County
Government Center

Tuesday, June 1st
9am-3pm

Holiday Gas Station
Frederic

Wednesday, June 2nd
1pm-6pm

Journey Church
Amery

Thursday, June 3rd
1pm-6pm

WEEK 2

The Old Fourwinds
Market
Siren

Monday, June 7th
1pm-6pm

Polk County
Government Center

Tuesday, June 8th
9am-3pm

Nilssen's Market
Clear Lake
Tuesday, June 8th
1pm-6pm

Log Cabin Store
Danbury
Thursday, June 10th
10am-3pm

Tribal Health Clinic
Webster
Friday, June 11th
9am-3pm

WEEK 3

Marketplace Foods
St. Croix Falls

Monday, June 14th
9am-2pm

Polk County
Government Center

Tuesday, June 15th
9am-3pm

Wayne's Grocery
Luck

Tuesday, June 15th
10am-3pm

Siren Senior Center

Wednesday,
June 16th
10am-3pm

Frontier Ag & Turf
Turtle Lake

Friday, June 18th
9am-3pm

WEEK 4

Minit-Mart
Cushing

Monday, June 21st
10am-3pm

Polk County
Government Center

Tuesday, June 22nd
9am-3pm

Lakeside Church
Webster

Tuesday, June 22nd
1pm-6pm

Das Lach Haus*
Cumberland

Wednesday, June 23rd
10am-3pm

Wayne's Grocery
Webster

Thursday, June 24th
10am-3pm

Joy Lutheran Church
Centuria

Friday, June 25th
3pm-7pm

WEEK 5

Frontier Ag & Turf
Osceola

Monday, June 28th
9am-3pm

Polk County
Government Center

Tuesday, June 29th
9am-3pm

Holiday Gas Station
Frederic

Wednesday,
June 30th
1pm-6pm

Journey Church
Amery

Thursday, July 1st
1pm-6pm

*Partnership with Barron County
Health Department



COVID-19 Vaccine

YOUR NEIGHBOR NEEDS YOU:

Do you know of any neighbors, friends, or community members that have limited mobility or fragile health? Please check in with them and see if they would like to get vaccinated. We can drive them in for free or possibly get the vaccine directly to their home.

If interested, please call the ADRC: 877-485-2372

Is the Vaccine Safe?

Yes. The vaccine has been in the works for years based on past outbreaks that have happened.

There has been a collaboration between scientists around the world to quickly make vaccines to protect against COVID-19. All vaccines (even ones that receive Emergency Use Authorization) must go through a clinical trial to gather findings and data.

How much does it cost?

The vaccine is free. You may be asked by some facilities to provide your insurance information, but you will not be charged. Everyone is eligible to receive the vaccine at no charge.

What are Side Effects of the Vaccine?

Common side effects are: Pain in the arm that received shot, Fever, Chills, Tiredness, and Headache.

How Does the Vaccine Work?

COVID-19 Vaccines give our cells instructions for making a harmless protein that is unique to the virus that causes COVID-19. This trains our body's immune system to target the virus when it shows up.

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Tribal Updates

ELECTION DAY

SATURDAY, JUNE 12, 2021

At this time, the 5 seats for Tribal Council will be voted on.

POLLING LOCATIONS

(Polls open 8 a.m. to 6 p.m.)



Big Sand Lake Community - Tribal Center

Big Round Lake Community - Community Center

Maple Plain Community - Community Center

Danbury Community - Community Center

A Tribal ID will be required to vote on election day.

The Tribal Enrollment Office will be open Friday, June 11, 8am to 4pm and Saturday, June 12, 8am to 6pm.

Any questions, please contact Eugene Hart at 715-419-3032.

ADRC Board Vacancy: Tribal Representative

Candidate must be a tribal member, or their family member, guardian, or advocate.

The ADRC Board has the following responsibilities (non-inclusive):

- Set policy and provide policy guidance for the agency.
- Assure input from consumers, service providers and local constituents in policies, practices and goals for the ADRC.
- Be accountable for the mission and goals of the ADRC.
- Identify unmet needs and develop strategies to address them.

The ADRC Board is a 13 member board comprised of individuals from Polk, Burnett Counties, and St. Croix Chippewa Indians of Wisconsin. They meet approx. every other month, rotating locations. Board members are eligible for per diems and mileage.

Any resident interested in serving on the ADRC board can contact the ADRC at 877-485-2372 for more information.

Senior Farmers' Market

Nutrition Program



Get Your Vouchers:

Call the ADRC of Northwest Wisconsin at Government Center to get an agreement mailed to you or fill out the application on next page. Once we receive it back we will mail you the vouchers.

VOUCHERS ARE LIMITED AND WILL BE GIVEN OUT IN THE ORDER THE COMPLETED APPLICATION IS RETURNED. CALL THE ADRC TODAY!

The Senior Farmers' Market Nutrition Program (SFMNP) is a voucher program that gives Polk County seniors the opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers.

Each eligible individual receives \$25 worth of vouchers/coupons (per household) that can be used June 1st-October 31, 2021 at any participating farmers' market vendor or roadside stand

Vouchers are available to seniors age 60 and older (55 and older for Native Americans). See below for maximum income limits.

Household Size	Monthly Income
1	\$1,986
2	\$2,686
3	\$3,386
4	\$4,086
5	\$4,786

1-877-485-2372

Voucher Application

DEPARTMENT OF HEALTH SERVICES
Division of Public Health
F-40103 (04/2021)

STATE OF WISCONSIN

SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP) ELIGIBILITY AGREEMENT

Completion of this form is voluntary. If it is not completed, the applicant will not be eligible to receive the benefits of the Senior Farmers' Market Nutrition Program.

Name – Applicant (Last, First, MI) (Please Print)

Race (check one or more)

☐ American Indian or Alaska Native☐ Asian☐ Black or African American☐ Native Hawaiian or Other Pacific Islander☐ White

Street Address, City, State, Zip Code (Please Print)

Telephone Number

Date of Birth (MM-DD-YY)

Ethnicity Information (check one)

☐ Hispanic or Latino☐ Not Hispanic or Latino

Primary Language Spoken if not English

- I certify that my household income is at or below 185 percent of the federal poverty guideline.

Household Size	Monthly Income	Annual Income
1	\$1,986	\$23,828
2	2,686	32,227
3	3,386	40,626
4	4,086	49,025
5	4,786	57,424
6	5,486	65,823
7	6,186	74,222

For each additional household member,
add \$700 monthly, \$8,399 annually.

- I certify that I am 60 years of age or older or I am a Native American 55 years of age or older.
- I certify that I am a resident of _____ county.
- I understand that program vouchers are used for the purchase of locally-grown fresh produce.
- I have received instructions about how and where to use program vouchers as applicable.
- I understand that it is illegal to enroll in this program at more than one location.
- I have designated _____ to be my authorized representative.

I have been advised of my rights and obligations under the SFMNP. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal Law. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

SIGNATURE – Applicant

Date Signed

SIGNATURE – Authorized Representative

Date Signed

SIGNATURE – SFMNP Agency

Check Numbers Issued

This institution is an equal opportunity provider.



Do you have some extra time to spare?
Do you enjoy driving?

Become an ADRC Volunteer Transportation Driver!

Provide non-emergency transportation for elderly and disabled passengers to medical appointments and back home. Drivers may be given the opportunity to provide transportation for other reasons such as nutritional, social or employment needs. Volunteer drivers use their own vehicle and are required to have proof of valid auto insurance and a valid driver's license on file at all times with the ADRC. Drivers will be reimbursed for: mileage at the current IRS mileage reimbursement rate round trip from their home, meal expenses incurred during trips that are outside the driver's home county, and parking fees.

877-485-2372

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 BRING YOUR PASSION.
 WORK WITH PURPOSE.**

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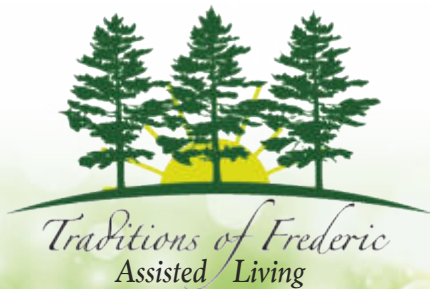
Opportunities for better health are all around you! Explore them everywhere you live, work, and play to live a full life. **Learn more at resilient.wi.gov.**



Summer Word Scramble

Page 19

1. EBAHC _____
 2. WIUSTSIM _____
 3. RIECCEMA _____
 4. DANELOME _____
 5. CGAIMNP _____
 6. PICPSLOE _____
 7. LAENSDSCTA _____
 8. RTEAVL _____
 9. BBRCAEEU _____
 10. NTAVIOCA _____
 11. URSMEM _____
 12. CNEAO _____
 13. GFNISIH _____
 14. ASNDLAS _____
 15. OLOP _____
- (Answers on Page 31)



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Aging & Disability Resource Center, Balsam Lake, WI

E 4C 02-1017

Eat Well, Age Well

HOW CAN MY DIET HELP WITH BONE HEALTH?

A nutritious diet is important at any stage life. In older adults, a nutritious diet helps preserve bone mass and strength. A healthy diet can help the recovery of injuries as well as prevent injuries. Specific to bone health, calcium and vitamin D are important to include in the diet.

Calcium allows for the bones, nerves, and muscles in our bodies to perform at their best. Milk and other dairy products are good sources of calcium. Other good sources include broccoli, bok choy, almonds, and oranges!

Vitamin D helps the body absorb calcium from foods. This is important for a healthy immune system and muscles. Vitamin D is made in our skin in the summer months, but it is also found in food sources. Foods such as salmon, tuna, egg yolk, and any foods that have fortified vitamin D.

Source: https://www.iofbonehealth.org/sites/default/files/PDFs/good_nutrition_for_healthy_bones.pdf

Cheese and Broccoli Frittata: Serves 2

Ingredients:

- 4 large eggs
- ½ small onion, sliced
- 1 Tbsp olive oil
- 1 cup broccoli, chopped
- Salt to taste
- Pepper to taste

Directions:

- Separate 2 of the eggs, putting the whites into a bowl (discard the yolks). Add two whole eggs and 1 Tbsp of water and whisk well.
- Boil or steam the broccoli until slightly soft.
- In a medium non-stick pan heat the oil at medium heat. Add the onion and cook until it softens.
- Add the broccoli and cook another 2 minutes. Add salt and pepper.
- Pour in eggs, cover vegetables evenly.
- Reduce heat to medium-low for about 7-8 minutes.
- Preheat oven on boil. Sprinkle with cheese and set under broiler until golden brown (about 2-3 minutes).



Recipe adapted from: International Osteoporosis Foundation

DID YOU KNOW?

WEIGHT BEARING EXERCISES HELP BUILD BONE MASS AND STRENGTH.

Weekly Challenges

- Eat an orange
- Eat salmon or tuna with a meal this week
- Go for a walk to help maintain bone density
- Try a New Recipe rich in calcium or vitamin D two times this week



Volunteer

Page 21

ADRC Dining Program & Meals on Wheels® of Northwest WI



Volunteer Drivers Wanted!



The Meals on Wheels program delivers nutritious meals to older adults who are unable to get to the grocery store or prepare meals due to physical and/or transportation barriers. Volunteer donate their time but are reimbursed for their mileage at the current IRS rate.



Call the ADRC at 877-485-2372 if you are interested

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Coffee Talk

Dear Older Adult Readers,

We are very pleased to announce Coffee Talk – a brand new program that offers a terrific antidote to COVID cabin fever! Created in response to the pandemic, Coffee Talk is brought to you through the ADRC in collaboration with Little Brothers – Friends of the Elderly (LBFE).

Coffee Talk is a free, secure, and confidential drop-in chat line for older adults. When the mood strikes you for a chat, just let your fingers do the walking. Simply pick up and dial into the warmth and kindness of volunteers looking forward to sharing friendly conversation with you, and – should you want one – a listening ear. There are no applications, no need to register or make an appointment. You don't even have to share your name. Simply call:

(715) 406-4871

Toll-free (877) 238-2282

Monday-Friday 8 am-Noon

Call as often as you like during the line's hours of operation.



“We are excited to provide older adults with a phone-based option for social connection, one that is convenient and that doesn't present barriers,” says James Falvey, executive director for LBFE.”

COVID-19 has made us all keenly aware of how lonely life can become when we can't gather with friends and family. Coffee Talk bridges the gap and offers that spark of human connection that can light up our lives, even during a pandemic and certainly beyond as well.

Tiergan Caley, an older adult member of LBFE, put the phone line through its paces during the initial test phase. “When I call and talk with a volunteer, we share ideas, talk about movies, reminisce, and laugh a lot,” Caley said. “I really appreciate that I can drop in and feel like I'm talking to someone fun.”

**Call Coffee Talk:
Monday-Friday
(715) 406-4871
Toll-free (877) 238-2282**

*“I can drop in any time, and I feel like
I'm talking to someone fun.”*





Volunteer Driver Spotlight

Introducing Cynthia Miller

How long have you been driving for ADRC?

About 2 years.

Why did you sign up to be a driver?

Sounded like a fun way to spend a few hours.

What is the most rewarding part of driving?

Helping the people out and meeting new folks.

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

Relax, have fun, meet, and help new people.

Thank You Volunteers!



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Urinary Tract Infections May Change Behaviors

By the GWAAR Legal Services Team

It is easy to dismiss forgetfulness, confusion, irritability, or withdrawal as just typical signs of aging or dementia. However, most people would be surprised to learn that urinary tract infections or (UTIs) can create these behaviors, as well. If an older person has a sudden and unexplained change in behavior such as increased confusion, agitation, or withdrawal, it may actually be because of a UTI.

A UTI is an infection in any part of the urinary system such as the kidneys, ureters, bladder, and urethra. Women are more commonly affected by UTIs than men. Most UTIs can be treated with antibiotics and do not create any further problems. Complications are uncommon, but they can be serious and include kidney damage and blood poisoning, which can be fatal. Urinary tract infections don't always cause signs and symptoms, but when they do, they may include a strong, persistent urge to urinate; burning sensation when urinating; passing frequent, small amounts of urine; urine that appears cloudy; urine that appears red, bright pink or brown (a sign of blood in the urine); strong-smelling urine; and pelvic pain in women.

Older adults, however, may experience different symptoms compared to young or middle-aged adults, and those symptoms can be much more severe. Further complicating matters is that older adults with cognitive impairments or dementia may not realize there is an issue or be able to communicate their UTI symptoms to caregivers. Even more, common symptoms like burning and urgency to urinate may not occur in older individuals at all. Sometimes, the only sign that an older adult has a UTI is the sudden and unusual behavior changes, confusion, or delirium.

For these reasons, it's important for older adults and caregivers to know the signs and symptoms of UTIs so they can be recognized and treated quickly. Diagnosing a UTI in an otherwise healthy older adult can be difficult to begin with, but this task is even more challenging when someone has dementia or other cognitive impairments. Hopefully, a family caregiver or other individual who regularly interacts with the older adult can monitor their cognitive function and behavior to determine what is "normal" and detect anomalies to the best of their ability. Otherwise, an older adult may be presumed to have permanent symptoms of dementia when, in fact, they are experiencing temporary cognitive issues due to a UTI. A key distinction in determining whether delirium, agitation or confusion is caused by a UTI is whether treatment with antibiotics results in any improvement in mental status.

Remember, older adults are often managing multiple health conditions and taking several different medications. The best UTI treatment and prevention strategy for each individual may vary, and should be discussed at length with one's medical providers.

Resources:

https://www.alz.org/blog/alz/october_2011/sudden_change_in_behavior_urinary_tract_infection

<https://www.alzheimers.org.uk/get-support/daily-living/urinary-tract-infections-utis-dementia#:~:text=UTIs%20can%20cause%20sudden%20confusion,be%20because%20of%20a%20UTI.>

<https://www.agingcare.com/articles/urinary-tract-infection-dementia-in-seniors-155344.htm> r



Celebrate your dad!!! Give a gift in his name to help older dads and grandpas living in Polk County with rides, visits, chores and more!



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www.interfaithpolk.org

Volunteer Appreciation and Open House

Friday, June 11, 1:30pm to 3:00pm

The Lodge of Taylors Falls

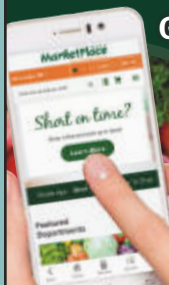
1051 Mulberry Street, Taylors Falls MN

RSVP by calling 651-240-0140

Are you interested in becoming a volunteer at our Assisted Living Community? Have you volunteered with us in the past? Please join us in this Volunteer Appreciation Open House. We would love to meet you and invite you to see all of our current volunteer opportunities!

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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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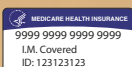
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Local Library Updates

Amery Public Library

715-268-9340, www.amerylibrary.org

In-Person Browsing: Tues 9am-6pm, Sat 9am-12pm. Curbside Pickup: Mon-Thurs 9am-6pm, Sat 9am-12pm.

Balsam Lake Public Library

715-485-3215, www.balsamlakepubliclibrary.org

In-Person Browsing: Mon-Thurs 10am-6pm, Fri 10am-4pm, Sat 10am-1pm. The Adult Summer Reading is Trails and Tails. Beginning June 7th-July 7th. Stop in to pick up an activity sheet. Complete activities to earn entries in our prize drawing for local gift cards. We have a limited event planned on June 11th a "Succu-lunch" with Balsam lake ProLawn at 11:00 at Pine Park. Plant succulents and have a bite to eat. Registration will be required.

Clear Lake Public Library

715-263-2802, www.clearlakelibrary.org/

In-Person Browsing. Mon/Tues 9am-7pm, Wed 10am-7pm, Thurs/Fri 9am-5pm.

Centuria Public Library

715-646-2630, www.centurialibrary.org/

In-Person Browsing. Mon/Wed/Fri 12am-5pm, Tues/Thur 12pm-7pm, Sat 10am-12pm.

Dresser Library

715-755-2944, www.dresserpubliclibrary.org/

Call for appointment. Mon/Wed/Thurs 10am-7pm, Tues/Fri 10am-5pm, Sat 10am-1pm.

Frederic Public Library

715-327-4979, www.fredericlibrary.org

Open by Appointment. Mon-Fri 9am-5pm, Sat 10am-1pm.

Grantsburg Public Library

715-463-2244, www.grantsburglibrary.org

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 Mon-Fri 10am-4pm. 30 min limit. Curbside available. WiFi available in parking lot 7 am-9pm. Wisconsin Public Library Consortium provides free access to e-booms and e-audio books, e-Magazines. 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. Used Book Sale planned for Saturday, July 10.

Luck Public Library

715-472-2770, www.luckpubliclibrary.org/

In-Person Browsing. Mon-Thurs 11am-7pm, Fri 11am-5pm, Sat 10am-1pm.

Milltown Public Library

715-825-2313, www.milltownpubliclibrary.org

In-Person Browsing. Tues 10am-5pm, Thurs 12pm-7pm, Fri 10am-5pm, Sat 10am-2pm.

Shell Lake Public Library

715-468-2074, www.shelllakelibrary.org/

In-Person Browsing. Mon-Fri 10am-5pm.

St. Croix Falls Public Library

715-483-1777, www.stcroixfallslibrary.org

Curbside Pickup Only. Tues-Fri times may vary. Reserve time slot online. Staff available Mon-Fri 9:30am-6pm.

Spooner Memorial Library

715-659-0621, www.spoonerlibrary.org

In-Person Browsing. Mon-Thurs 8am-8pm, Fri/Sat 8am-4pm.

Wilberg Memorial Public Library in Osceola

715-294-2310, www.osceolapubliclibrary.org/

Open by Appointment. Mon/Tues/Wed/Fri 10am-5pm, Thurs 12pm-7pm. Curbside: Sat 10am-1pm.



Senior Center Updates

Amery Area Community Center

715-268-6605

New hours: 8:00am-3:00pm

No rentals at this time. Fitness Center will remain closed for the time being. Like us on Facebook!

June 2021:

Coffee Club- Mon-Fri from 8-11 am

500 Card Party-2nd & 4th Tuesdays at 6 pm

Cribbage- Wednesday at 1:00 pm

Mahjong- Every Friday at 9:00 am

B-I-N-G-O- 2nd & 4th Fridays at 1:00 pm

Pool Tournament- Tues & Thurs at 9:00 am

Low Impact Aerobics- M/W/F at 9:00 am

Bridge- Wednesday at 12:30 pm

Line Dancing- M/W/F 10:00 am

Polish Poker-Every Friday at 9:30 am

Hand & Foot Cards-Thursdays at 1:00pm

Stamping & Scrapping-1st & 3rd Tues at 5:30pm

Quilting-Tuesdays at 9:00 am

Foot Clinic June 3rd @ 9:00 am

Osceola Senior Center

715-294-4566 or 715-417-1227

- Tai Chi, Qi Gong: Mon/Wed/Fri 9am-10am. Walker and Wheel Chair Accessible. Virtual or in-person.
- 3-13 Cards: Tues 12:30pm-4pm
- 500 Cards: Thurs 12:30pm-4pm
- Osceola Writer's Group: 2nd Thurs of the month 5pm-7pm
- North Country Spinners & Weavers: 2nd Sat of each month 10am-2pm
- River Valley Stitchers and Quilters: 3rd Sat of each month 10am-2pm
- Osceola Senior Citizens Club Potluck and meeting: 1st Wed of the month 12pm-3pm.

Webster Senior Center

715-866-5300

Bingo: Wed 12:30pm

Pool: Thurs (Call for time)

St. Croix Valley Senior Center

715-755-3364 or 715-483-1901

- Sunday Potluck 12:30pm
- 500 Cards 1:15pm (Call for day)
 - Mahjong Wed 12pm
 - 500 cards Thurs 6:00pm
 - Bridge Friday 10:00am

Special events are at a fee by the hour

Book Now

St. Croix Falls, WI

Siren Senior Center

715-349-7810

Mahjong: Mon 1pm

Wii Bowling: Tues 9am

Dime: Tues 1pm

500 Samba: Wed 1pm

Game Day: Thurs 1pm

Spades: Fri 1pm

Luck Senior Center

715-472-8285

Open on Wednesdays 9:30am-3:30pm

Serving Lunch

Milltown Senior Center

715-825-2315

Open Monday and Wednesday 10:30am-1pm.



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Get **trusted, unbiased Medicare education** to help you make Medicare choices that best meet your needs.

There will be **national expert presenters** on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for **answers to your individual questions.**



State Health Insurance Assistance Programs (SHIPs) are in all 50 states, Washington DC, Puerto Rico, and the U.S. Virgin Islands. Your SHIP may use another name, locally. Use the SHIP Locator at www.shiphelp.org to learn more.

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Poisons
Insecticide

Contact Cement
Driveway Sealer
Aerosol Cans
Oven Cleaner
Spot Remover
Pool Chemicals
Glue/Lye/Stain
Nail Polish

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FEE ITEMS:

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- Latex Paint:
 - \$1/container less than 1 gallon
 - \$2/one gallon container
 - \$5/five gallon container
- Tires: 30¢/lb plus \$2/Rim
- Oil Filters: \$1/filter
- Mattresses: \$20/each
- Bulbs: \$1/under 4'
- \$5/over 5'
- Standard Appliances: \$18/each
- Electronics: 45¢/lb

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- Aluminum & Tin
- Newspaper/Magazines
- Office Paper & Cardboard

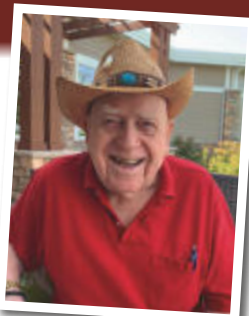
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Save the Date



Virtual Dementia Education Programs Serving Northwest Wisconsin

July 2021

Ask a Dementia Care Specialist

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

Monday, July 19th, 10:00 - 11:30 am

Lisa Wells/Carla Berscheit,

www.adrcevents.org

715-839-4735

Dementia Live Virtual Experience

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

Wednesday, July 7th, 5:00 - 6:00 pm

Carrie Myers, cmyers@burnettcounty.org

877-485-2372

Better Brain Fridays

Bi-weekly webinars on a variety of brain health topics from experts through the state of Wisconsin

Lisa Wells, www.adrcevents.org

715-839-4735

- Friday, July 9th, 10:00 - 11:30 am;
The Adverse Childhood Experiences, Trauma, and Brain Health in Older Adults
- Friday, July 23rd, 10:00 - 11:30 am;
Joy, Happiness, and Brain Health

The DICE Approach

Dementia related behaviors are often a form of communication—learn how to decode these messages to meet your loved one's needs and prevent or minimize the behavior

Thursday, July 15th - July 29th, 11:00 - Noon

Trisha Witham, www.adrcconnections.org

715-537-6225

Early Detection and Diagnosis

Learn about the benefits of getting evaluated at the first sign and why knowing what exactly is going on is so helpful.

Monday, July 26th, 5:00 - 6:00 pm

Carrie Myers, cmyers@burnettcounty.org

877-485-2372

Dealing with Dementia

Go through and receive the ultimate guide to caring for a loved one with dementia! 2-day workshop.

Monday, July 19th and Wednesday July 21st,

2-4pm ; 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

Page 31



Word Scramble Answers

1. Beach, 2. Swimsuit, 3. Ice Cream, 4. Lemonade, 5. Camping, 6. Popsicle, 7. Sandcastle, 8. Travel, 9. Barbecue, 10. Vacation, 11. Summer, 12. Ocean, 13. Fishing, 14. Sandals, 15. Pool

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- Hudson, WI
- River Falls, WI
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