



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

# The Voice

**FREE** please take a copy

## Pickle Ornaments on a Christmas Tree Hold Special Meaning, Believe It or Not

Ever spotted a pickle-shaped ornament in a Christmas tree? Lucky you!

At first glance, a glass pickle suspended among the usual red and green baubles and silver and gold tinsel might seem a bit strange. But as Wide Open Country writes, it's said to be a fortuitous sighting—and part of an Old World holiday tradition. There are a few variations, but the story goes that the first child to find the pickle Christmas ornament is to be awarded with the first present, an extra present, or the job of handing out the presents, as well as good fortune for the year.

While the quirky custom known as Weihnachtsgurke, or Christmas Pickle, supposedly has its roots in Germany, apparently most Germans haven't even heard of it. In fact, the New York Times reported that out of 2,057 Germans polled, YouGov determined 91% were unaware of the legend. The pickle ornament tradition is actually most popular in the Midwest, says the publication. Perhaps the large number of German immigrants in the region, including in Berrien Springs, Michigan, a German settlement and the self-proclaimed "Christmas Pickle Capital of the World," has something to do with that. Berrien Springs even hosts an annual Christmas Pickle Festival.

But the origin of the salty snack as a Christmas tradition is a bit of a, well, pickle. No one really knows the truth. In one tale, a villainous innkeeper trapped two boys in a pickle barrel, and St. Nicholas himself set them free, according to Tampa Bay Magazine. Others say a Civil War soldier (and German immigrant) being held captive in Georgia begged for and was given a pickle, which ended up sustaining him. But a third theory suggests perhaps it was a mere marketing scheme. In the 1840s, German glassblowers made ornaments shaped like fruit and nuts, so pickles might have been a possibility, and by the 1880s, F. W. Woolworth Company (the American five-and-dime store) started importing them to sell, paired with the story.



**2021  
December**

Dining Menus	3-4
Transportation	5-6
Coloring	7
Holiday Stress	8
Fruitcake	9
Resolutions	10
Christmas Comics	11
Memory Lane	12-13
Organ Donation	14-15
Fall Prevention	16
Odds N' Ends	17, 23, 24, 25, 29
Games	18-19
Eat Well, Age Well	20-21
How Snow Forms	22
Library Updates	26
Senior Center Update	27
Employment	28
Public Health	30
Game Answers	31



Like us  
on Facebook

## 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
Information and Assistance Specialist/ Dementia Care Lead	Barb Engelhart
Information and Assistance Specialist/ Tribal Liaison/Support Staff Supervisor	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
Dementia Care Specialist	*Vacant*

### ADRC Governing Board Members

Lisa Mosay  
Barb Kass  
Sharon Kelly  
Amy Middleton  
Beverly Sandberg  
Brent Bloomberg  
Dorothy Richard  
Dick Klawitter  
Fred Eaves  
John Helling

Tracy LaBlanc  
Barb Behan  
Jennifer Bearhart

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

### Polk County Aging Advisory

Rose Kremery  
Elaine Boucher  
Philip Everhart  
Tracy LaBlanc  
Laurel Park

Next Meeting:  
TBD

### Burnett County Aging Advisory

Dorothy Richard  
Gary Lundberg  
Gladys Beers  
Sharon Rochel

Next Meeting:  
TBD

Burnett County Nutrition Council Meeting:  
Date and Time: TBD  
Location: TBD



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

**Offices will be Closed December 23rd, 24th, and 31st.**





## ADRC Nutrition Program: A fresh start to nutrition

Page 3

### 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 &amp; 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.

### December 2021 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
	ADRC congregate meal sites are still closed. Meals are available for pick up or delivery. Contact your meal site for details and for a meal.	1 <b>All Meal Sites Closed</b>	2 Cabbage Roll Casserole Brown Rice Green Beans Banana	3 Parmesan Crusted Haddock Potato Pancakes Green Peas Applesauce
6 Lasagna Garlic Bread Romaine Salad Parmesan Peppercorn Dressing Mandarin Oranges	7 Pulled BBQ Pork Potato Salad Whole Wheat Bun Baked Beans Honey Cornbread Apple Slices	8 <b>All Meal Sites Closed</b>	9 Cook's Choice	10 Lemon Thyme Cod w/Dill Sauce & Coleslaw Brown Rice Pilaf Green Beans Pineapple Chunks
13 Hot Ham Sandwich Gravy Split Pea Soup Greens Salad Fresh Berries	14 Shepherd's Pie Whipped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Red Apple	15 <b>All Meal Sites Closed</b>	16 Garlic Rosemary Beef Roast w/ Beef Gravy Sweet Potatoes Green Beans Whole Wheat Bread	17 Chicken Stir Fry over Brown Rice w/Peppers & Onions Snap Peas & Broccoli Grapes
20 Salisbury Steak Mashed Potatoes Wilted Spinach Whole Wheat Bread Melon	21 Honey Dijon Chicken Thighs Baked Potato Glazed Carrots Whole Wheat Roll Pears	22 <u>Sites Open:</u> Cook's Choice	23 <b>Meal Sites Closed Christmas</b> 	24 <b>Meal Sites Closed Christmas</b> 
27 Baked Chicken Garlic Tomato Basil Spaghetti Caesar Salad Whole Apple	28 Meatloaf Whipped Potatoes Glazed Carrots Whole Wheat Bread Cinnamon Applesauce	29 <u>Sites Open:</u> Braised Country Ribs Baked Potato Buttered Peas WW Bread	30 Mediterranean Salmon Black Bean & Lentil Salad Grilled Asparagus Plum	31 <b>Meal Sites Closed New Year's Eve</b> 

**St. Croix Chippewa Indians of WI Elder Dining**

St. Croix Tribal Center  
715-349-2195  
24663 Angeline Avenue,  
Webster, WI 54893

<https://stcroioxojibwe-nsn.gov/>

Danbury Nutrition Site

30335 W. Minerva Dam Road  
Danbury WI 54830  
715-656-3227

Sand Lake Nutrition Site

4460 Highway 70  
Webster WI 54893  
715-349-2849

**2021 Danbury and Sand Lake Meal Sites Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
St. Croix Tribal Sites will be closed to congregate dining again until further notice. Meals are available for carry-out.		1 Roast Pork Mashed w/ Gravy Mixed Vegetable Cake	2 Mexican Beef and Peppers Rice Scalloped Corn Cookies	3 Chicken Tenders Coleslaw Baked Beans Dump Cake
6 Potato Soup W/ Ham Egg Salad on Bun Cookie	7 Creole Rice Smoked Sausage Tossed Salad Cornbread Applesauce	8 Meatloaf Twice-Baked Potato Cooked Carrots Dessert	9 Loaded Baked Potato Summer Sausage Cheese Slices Dinner Roll Cake	10 Chicken Salad on Bun Chips Salad Fruit
13 Split Pea Soup W/ Sausage Cheesy Bread Apple Salad Cookies	14 Goulash Corn Dinner Roll Fruit Salad	15 Baked Chicken Mashed Potato Gravy Green Beans Dessert	16 Tater Tot Hotdish Mixed Veggies Cookie Bar	17 Tuna Melt Sandwich Chips Fruit Brownie
20 Bean Soup Ham & Cheese Sandwich Peaches Chocolate PB Bar	21 Sloppy Joe Macaroni Salad Pumpkin Bar	22 Cooks Choice	23 Site Closed 	24 Site Closed 
27 Site Closed 	28 Cheeseburger Crispy Smashed Baby red Salad Cookie Bar	29 Pulled Pork Sandwich Broccoli Salad Chips Cake	30 Site Closed 	31 Site Closed 



## ADRC Social Transportation

Page 5

The ADRC of Northwest WI Van (3-5 people) & Minibus (8-10 people) are both wheelchair accessible.

**As of January 1st, 2022, the price of the social minibus and van rides will increase from \$1.00 to \$2.00 and out of county/out of state residents who ride it will be bumped up to \$3.00.**

We accept **CASH ONLY**.  
EVENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE



Seating can be reserved by calling the ADRC at least 5 days in advance at: 877-485-2372

### ADRC SOCIAL TRANSPORTATION SCHEDULE

Find the county you live in for which scheduled trips are available for you. The DRIVER scheduled for your trip will call you to let you know what time they will arrive at your house to pick you up.

Wednesday, December 1st, 2021

10:00 AM—4:30 PM

Polk County Shopping: Oakwood Mall in Eau Claire, WI

Friday, December 3rd, 2021

10:00 AM – 2:00 PM

Polk County Shopping: St. Croix Falls, WI. Stopping at Walmart, Menards, and Marketplace.

Saturday, December 4th, 2021

10:00 AM—4:00 PM

Burnett County: Christmas at the Fort. Meeting at the Webster Senior Center.

Friday, December 10th, 2021

8:30 AM – 2:30 PM

Burnett County Shopping: Rice Lake, WI. Stopping at Hobby Lobby, Goodwill, Walmart, and ALDI's.

Saturday, December 11th, 2021

11:00 AM—5:00 PM

Polk County Holiday Boutique at Dancing Dragonfly Winery

Monday, December 13th, 2021

5:00 PM—9:00 PM

Burnett County Christmas Light Tour at Sam's Christmas Village in Somerset, WI

Wednesday, December 15th, 2021

9:30 AM – 3:00 PM

Polk County Shopping: St. Croix Falls, WI. Stopping at Walmart, Menards, and Marketplace.

Thursday, December 16th, 2021

10:30 AM – 3:00 PM

Polk County Shopping: Rice Lake, WI. Stopping at Hobby Lobby, Goodwill, Walmart, and ALDI's.

Tuesday, December 21st, 2021

5:00 PM—9:00 PM

Polk County Christmas Light Tour at Sam's Christmas Village in Somerset, WI

## Transportation Continued...

Wednesday, December 22nd, 2021

10:00 AM–2:00 PM

Burnett County Shopping: Oakwood Mall in Eau Claire, WI

Tuesday, December 28th, 2021

9:30 AM–2:30 PM

Polk County Shopping: St. Croix Falls, WI. Stopping at Walmart, Menards, and Marketplace.

Please contact Cheryl Bereiter if you are interested in joining one of our trips.

Call 877-485-2372 to reserve your spot.

## Volunteer Drivers Needed!

If you...

Like to Drive

Enjoy Meeting New People

Can Spare a Few Hours a Week

**WE WANT YOU!**

The ADRC of Northwest WI desperately needs volunteer transportation drivers. Drivers provide transportation for older adults and adults living with disabilities to non-emergency medical appointments and other essential transportation needs.

Volunteer drivers are reimbursed at the current IRS rate.

## Become a Volunteer Driver

*You hold the keys ...*

*to helping our community!*





## Coloring

Page 7



## Reducing Holiday Stress

It's time for the holidays once again; decorating, shopping, parties, family gatherings, presents, greeting cards...and the list goes on and on. While many people look forward to the hustle and bustle of the season, others see the holidays as a time of stress, chaos and sadness.

People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family for fear the changes in physical health, behavior and personality may make others uncomfortable.

If you are experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal, and you are not alone. There are ways to reduce stress during the holiday season. Please take a moment to contemplate what you can do to better manage your life during this busy season.

Adjust your expectations. You don't have to do everything you've done in the past. Talk with your loved ones and choose a few traditions to carry out.

Ask for help. Involve other family members or friends in your holiday preparations. Not only does this reduce your stress, but it provides you and your loved one with socialization. Write down what needs to be done so you can ask for something specific when people offer to help.

Prepare family and friends before getting together. Update family and friends on how your loved one has changed and what they can expect during their visit. Offer suggestions on how best to communicate.

Suggest gift ideas. Give friends and family ideas of useful gifts they can give such as cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wish list, too! Gift certificates for dining, laundry or cleaning services are great ideas for busy caregivers.

Keep the needs of your loved one in mind. For those with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Many stroke survivors have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. An afternoon of looking at old slides or photos and reminiscing might be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.

Be good to yourself. Make it a priority to care for yourself. Getting away with friends for lunch, a movie or a concert might be just what you need. Or perhaps some time by yourself to read, write in a journal or enjoy a bubble bath is how you recharge. Determine what rejuvenates you and take the time to do it.

Don't let the hustle and bustle of the holidays add anxiety to your life! Find ways to simplify and enjoy a stress-free holiday season filled with love, joy and good memories! For more information about caregiving and resource that can help, contact the ADRC of Northwest WI at 877-485-2372. Happy Holidays!

Jane Mahoney  
Older Americans Act Consultant  
GWAAR





## Why We Eat Fruitcake on Christmas

Fruitcake is a popular gift around the holidays that — let's face it — most of us dread receiving. The dense cake is filled with sugar-soaked fruit that makes for an overly sweet, hard bite. The historic Christmas cake is actually edible for up to 25 years after it's made. Shockingly, this doesn't make it more appealing.

"Fruit cake is easily the most hated cake in the existence of baking," according to Huffington Post. While fruitcake has received a bad reputation over the years, it comes from a long line of holiday traditions. The American tradition of eating fruitcake around the holidays stemmed from the British tradition, when the dessert was sometimes called Christmas cake or plum cake. This fruitcake was incredibly popular in Victorian England, when it became a vital part of celebrating holidays and weddings. Both Princess Diana and Kate Middleton served fruitcakes at their weddings, making this cake a monarchy favorite.

While the American version is derived from the English, the popular cake actually dates back to Roman times. The Romans often served a cake called *satura* that was made up of pine nuts, barley mash, pomegranate seeds, raisins, and honeyed wine. Surprisingly, the recipe hasn't improved much over the years.

If you're feeling adventurous and in a mood to laugh this season, bring a fruitcake to the hostess of a holiday party as a gift.

<https://www.thedailymeal.com/holidays/why-we-eat-fruitcake-christmas>

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



# **LOOKING FORWARD TO** **2022**

My **ONE WORD** is:

---

**WANT** What I really want in 2022 is:

---

---

---

**NEED** What I really need in 2022 is:

---

---

---

**SHARE** What I will share in 2022 is:

---

---

---

**SUCCEED** In 2022 I will succeed at:

---

---

---



## Christmas Comics

Page 11



## 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.

#### Our services include:

- 24-Hour Care
- Wellness Checks
- Showering Services
- Hourly Services
- Respite Care
- & Much More



### Call for details, 715-706-1112

Our goal is to ensure you or your loved one receives the highest quality of care for the most affordable price!

We help people live healthier, happier, and longer lives.



**ST. CROIX  
REGIONAL  
MEDICAL CENTER**

[scrmc.org](http://scrmc.org)

235 State Street, St. Croix Falls, WI

To schedule an appointment call 715.483.3221 or 800.828.3627

Frederic • Unity/Balsam Lake • Webster • Lindstrom • St. Croix Falls

## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



1-855-225-4251



SafeStreets



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Aging & Disability Resource Center, Balsam Lake, WI

B 4C 02-1017

## Alzheimer's: Tips to make holidays more enjoyable

The holiday season can cause mixed feelings for a family affected by Alzheimer's disease or other dementia.

While typically a time for celebration, families may experience a sense of loss for the way things used to be. For caregivers, the holidays may create added work. You'll also have to consider the needs of the person with dementia during holiday decorating and gatherings.

By adjusting your expectations and modifying some traditions, you may find meaningful ways to celebrate holidays.

### Creating a safe and calm space

To create an appropriate environment during the holidays for the person with dementia:

- Tone down decorations. Avoid blinking lights or large decorative displays that can cause confusion. Avoid decorations that cause clutter or require you to rearrange a familiar room.
- Avoid safety hazards. Substitute electric candles for burning candles. If you light candles, don't leave them unattended. Avoid fragile decorations or decorations that could be mistaken for edible treats, such as artificial fruits. If you have a tree, secure it to a wall.
- Play favorite music. Familiar or favorite holiday music may be enjoyable. Adjust the volume to be relaxing and not distressing.

### Adapting holiday activities

To help the person with dementia enjoy the holidays:

- Prepare together. Mix batter, decorate cookies, open holiday cards or make simple decorations. Focus on the task rather than the outcome.
- Host a small gathering. Aim to keep celebrations quiet and relaxed.
- Avoid disruptions. Plan a gathering at the best time of day for the person with dementia. Keep daily routines in place as much as possible.
- Provide a quiet place. If you are having guests over, provide a quiet place for the person with dementia to have time alone or to visit with one person at a time.
- Plan meaningful activities. You might read a favorite holiday story, look at photo albums, watch a favorite holiday movie or sing songs.
- Keep outings brief. If you'll be attending a holiday gathering, plan to be brief or be prepared to leave early if necessary. Make sure there is a place to rest or take a break.

### Celebrating at a care facility

If your family member lives in a nursing home or other care facility, try these ideas:

- Celebrate in the most familiar setting. Because a change in environment can cause distress, consider holding a small family celebration at the facility. You might participate in holiday activities planned for the residents.
- Minimize visitor traffic. Arrange for a few family members to drop in on different days. A large group may be overwhelming.

### Preparing holiday visitors

To help visitors prepare for holiday time with a person with dementia:

- Provide an update. Let guests know ahead of time about any changes in behavior or memory since their last visit. Providing a recent photo can help people prepare for changes in appearance.
- Offer communication tips. Suggest ways for guests to listen patiently, such as not criticizing repeated comments, not correcting errors and not interrupting.
- Suggest activities. Tell guests ahead of time what activities you have planned or suggest something they might bring, such as a photo album.



## Alzheimer's: Tips to make holidays more enjoyable

Page 13

### Taking care of yourself

Self-care is crucial for caregivers during the holidays. To make the season enjoyable:

- Pick and choose. Focus on the holiday activities and traditions that are most important to you. Remember that you can't do it all.
- Manage others' expectations. Set realistic expectations for what you can contribute to family holiday celebrations.
- Delegate. Let family and friends help with cleaning, addressing cards and shopping for gifts.
- Make time for yourself. Ask a family member or friend to give you a break so that you can enjoy a holiday outing without caregiving responsibilities.

### Trusting your instincts

- Simplifying celebrations, planning ahead and setting boundaries can help you minimize stress and create a pleasant holiday experience for you and the person with dementia.

<https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/alzheimers/art-20047715>



- Affordable High Quality Care in a Home-like Environment
- Caring Well-Trained Staff
- RN & Nurse Practitioner on Site
- Medication Management
- Homemade Meals

For more information please call  
**715.640.3330**  
 or stop by and visit!

Sophie's Manor Assisted Living  
 300 Michigan Ave., Centuria, WI 54824  
[www.sophiesmanor.com](http://www.sophiesmanor.com)

**SUPPORT OUR ADVERTISERS!**



*Osceola Village*  
APARTMENTS

**Deluxe, Affordable Apartment Homes for Seniors 55+**

**715.294.3560**

550 Chieftain Street, Osceola, WI 54020  
[Osceolavillage@paramark.us](mailto:Osceolavillage@paramark.us)



**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **David Petfalski** to place an ad today!  
[dpetfalski@lpicomunities.com](mailto:dpetfalski@lpicomunities.com)  
 or **(262) 785-1188 x2675**



**Mike DeRosier's**

55+ Group Tours with *style!*

Travel to places you dream of! Two professional escorts on every tour! Water, snacks, & new friends always included!

[heartofthenorthtours.com](http://heartofthenorthtours.com) **HEART OF THE NORTH TOURS**  
**833-424-2700** *THE ONLY WAY TO ROLL!*



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Aging & Disability Resource Center, Balsam Lake, WI

C 4C 02-1017

## Organ Donation Myths Debunked

Over 100,000 people in the U.S. are waiting for an organ transplant, and 20 patients die every day in the U.S. due to lack of donor organs. Mayo Clinic Health System in La Crosse is debunking common myths about organ, eye and tissue donation. "It can be hard to think about what's going to happen to your body after you die, let alone donating your organs and tissue," says Anja Drogseth, a registered nurse and organ donation liaison at Mayo Clinic Health System in La Crosse. "But being an organ donor is a generous, worthwhile decision that can be lifesaving."

**Myth:** If I agree to donate my organs, the hospital staff won't work as hard to save my life.

**Fact:** "When you go to the hospital for treatment, health care providers focus on saving your life — not somebody else's," explains Drogseth. "You'll be seen by a health care professional whose expertise most closely matches your particular condition and will give you the best care possible."

**Myth:** Maybe I won't really be dead when they sign my death certificate.

**Fact:** Although it's a popular topic in the tabloids, people don't start to wiggle their toes after they're declared dead. In fact, people who have agreed to organ donation are given more tests, at no charge to their families, to determine that they're truly dead than are those who haven't agreed to organ donation.

**Myth:** Organ donation is against my religion.

**Fact:** Organ donation is consistent with the beliefs of most major religions. These religions include Roman Catholicism, Islam, most branches of Judaism and most Protestant faiths. If you're unsure of or uncomfortable with your faith's position on organ donation, ask a member of your clergy.

**Myth:** I'm under 18 and too young to make this decision.

**Fact:** Many states allow people who are younger than 18 to register as organ donors, but the final decision will remain the responsibility of your parents or legal guardian. "Discuss your wish to become an organ donor with your family, and ask for their consent. Keep in mind that children, too, are in need of organ transplants, and they usually need organs smaller than those an adult can provide," adds Drogseth.

**Myth:** An open-casket funeral isn't an option for people who have donated organs or tissues.

**Fact:** Organ and tissue donation doesn't interfere with having an open-casket funeral. The donor's body is clothed for burial and treated with care and respect, so there are no visible signs of organ or tissue donation.

**Myth:** I'm too old to donate. Nobody would want my organs.

**Fact:** There's no defined cutoff age for donating organs. The decision to use your organs is based on strict medical criteria, not age. Don't prematurely disqualify yourself. Let the doctors decide at the time of your death whether your organs and tissues are suitable for transplantation.

**Myth:** I'm not in the best of health. Nobody would want my organs or tissues.

**Fact:** Very few medical conditions automatically disqualify you from donating organs. "The decision to use an organ is based on strict medical criteria," says Drogseth. "It may turn out that certain organs are not suitable for transplantation, but other organs and tissues may be fine. Don't prematurely disqualify yourself. Only medical professionals at the time of your death can determine whether your organs are suitable for transplantation."



## Organ Donation Myths Debunked

Page 15

**Myth:** I'd like to donate one of my kidneys now, but I wouldn't be allowed to do that unless one of my family members is in need.

**Fact:** While that used to be the case, it isn't any longer. Whether it's a distant family member, friend or complete stranger you want to help, you can donate a kidney through certain transplant centers. "If you decide to become a living donor, you will undergo extensive questioning to ensure that you are aware of the risks and that your decision to donate isn't based on financial gain," says Drogseth. "You also will undergo testing to determine if your kidneys are in good shape and whether you can live a healthy life with just one kidney."

**Myth:** Rich and famous people go to the top of the list when they need a donor organ.

**Fact:** The rich and famous aren't given priority when it comes to allocating organs. It may seem that way because of the amount of publicity generated when a celebrity receives a transplant, but they are treated no differently than anyone else. The reality is that celebrity and financial status are not considered in organ allocation.

**Myth:** My family will be charged if I donate my organs.

**Fact:** "The organ donor's family is never charged for donation," says Drogseth. "The family is charged for the costs of all final efforts to save your life, and those costs are sometimes misinterpreted as costs related to organ donation. Costs for organ recovery go to the transplant recipient."

### How to Donate

Becoming an organ donor is easy. You can indicate that you want to be a donor in these ways: Register with your state's donor registry. Most states have registries. Check the list at [organdonor.gov](http://organdonor.gov).

Designate your choice on your driver's license. Do this when you obtain or renew your license.

Tell your family. Make sure your family knows your wishes regarding donation.

The best way to ensure that your wishes are carried out is to register with your state's organ donation registry and include donor designation on your driver's license or state ID. Taking these steps legally authorizes your organ donation upon death.

"If you have designated someone to make health care decisions for you if you become unable to do so, make sure that person knows that you want to be an organ donor," says Drogseth. "You also may include your wishes in your living will if you have one, but that might not be immediately available at the time of your death."

Mayo Clinic Health System reminds all it's also important to tell your family that you want to be a donor. Hospitals seek consent from the next of kin before removing organs, although this is not required if you're registered with your state's donor registry or have donor designation on your driver's license or state ID card.



## Fall Prevention

*By the GWAAR Legal Services Team*

As we get older, physical changes, health conditions, and/or certain medications make falls more likely to occur. In fact, falls are a leading cause of injury among older adults. However, many falls can be prevented simply by being more aware of the risk of falling and by taking some steps to prevent falls. Some tips for preventing falls are below.

1. Talk to your doctor about side effects of any medications you are taking, any health conditions you have that can make you more prone to falling, and any strategies to prevent falls, especially if you have fallen before or had any “close calls.” Also, have your eyes and hearing tested. Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well and wear it.
2. Stay physically active, if approved by your doctor, of course. Consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination, and flexibility. Your doctor may even recommend seeing a physical therapist for a custom exercise program aimed at improving balance, flexibility, muscle strength, and gait.
3. Wear sensible shoes, even indoors. High heels, floppy slippers and shoes with slick soles can make you slip, stumble, and can lead to falls. Wearing stockings or socks indoors may also lead to falling, especially on hard floors or stairs. Instead, wear properly fitting, sturdy shoes with nonskid soles. If you don’t like wearing your outside shoes inside your home, consider getting a pair of sensible shoes that you wear only indoors.
4. Remove home hazards, and make sure your living area is well-lit. Remove boxes, newspapers, electrical cords, and phone cords from walkways. Move coffee tables, magazine racks, and plant stands from high-traffic areas. Secure loose rugs with double-faced tape, tacks, or a slip-resistant backing — or remove loose rugs from your home. Repair loose, wooden floorboards and carpeting right away. Store clothing, dishes, food, and other necessities within easy reach. Use nonslip mats in your bathtub or shower. Install grab bars for the shower or tub and use a bath seat, which allows you to sit while showering. Consider installing handrails on both sides of stairways and place nonslip treads on any bare wood steps. To help keep your home well-lit you can place night lights in your bedroom, bathroom, and hallways. Place a lamp within reach of your bed for middle-of-the-night needs. Make clear paths to light switches that aren’t near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches. Turn on the lights before going up or down stairs. Store flashlights in easy-to-find places in case of power outages.
5. To prevent falls during winter, make sure all walking areas near your home are free from ice and snow by using salt or sand. Consider hiring a service, a neighbor, or ask a friend or family member to help keep walkways clear and salted in winter. If you must walk on an icy surface, walk like a penguin. To do this, bend slightly and walk flat footed. Keep your center of gravity over your feet as much as possible. Point your feet out slightly and shuffle your feet and take short steps. And, of course, wear shoes with good tread when venturing out in the winter elements.
6. Use assistive devices such as a cane or walker if needed. Appropriate use of canes and walkers can prevent falls. If your doctor tells you to use a cane or walker, make sure it is the right size for you and the wheels roll smoothly. This is important when you’re walking in areas you don’t know well or where the walkways are uneven. A physical or occupational therapist can help you decide which devices might be helpful and teach you how to use them safely.



## Odds N' Ends

Page 17

- WISHING YOU A -

# HAPPY HOLIDAY AND A JOYFUL NEW YEAR!

From the ADRC of Northwest WI Staff



## WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.  
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



Representative Payee Services  
 Corporate Guardianship  
 Supervised Visitation  
**(715) 232-6475**  
[www.housecallsinc.org](http://www.housecallsinc.org)



The Law Firm of  
 Williams & Davis

CRIMINAL  
 TRAFFIC  
 PERSONAL INJURY  
 DIVORCE  
 BANKRUPTCY\*

**Attorney Nicholas V. Davis**

[www.wisconsintriallaw.com](http://www.wisconsintriallaw.com)

[inquiry@wistrialaw.com](mailto:inquiry@wistrialaw.com)

**715-268-8901**

314 Keller Avenue North • Amery, WI 54001

\*We are a debt relief agency. We help people file for bankruptcy relief under the Bankruptcy Code.



Providing Compassionate End  
 of Life Care Since 1992  
 Wherever You Call Home.

**715.635.9077**  
[RegionalHospice.org](http://RegionalHospice.org)

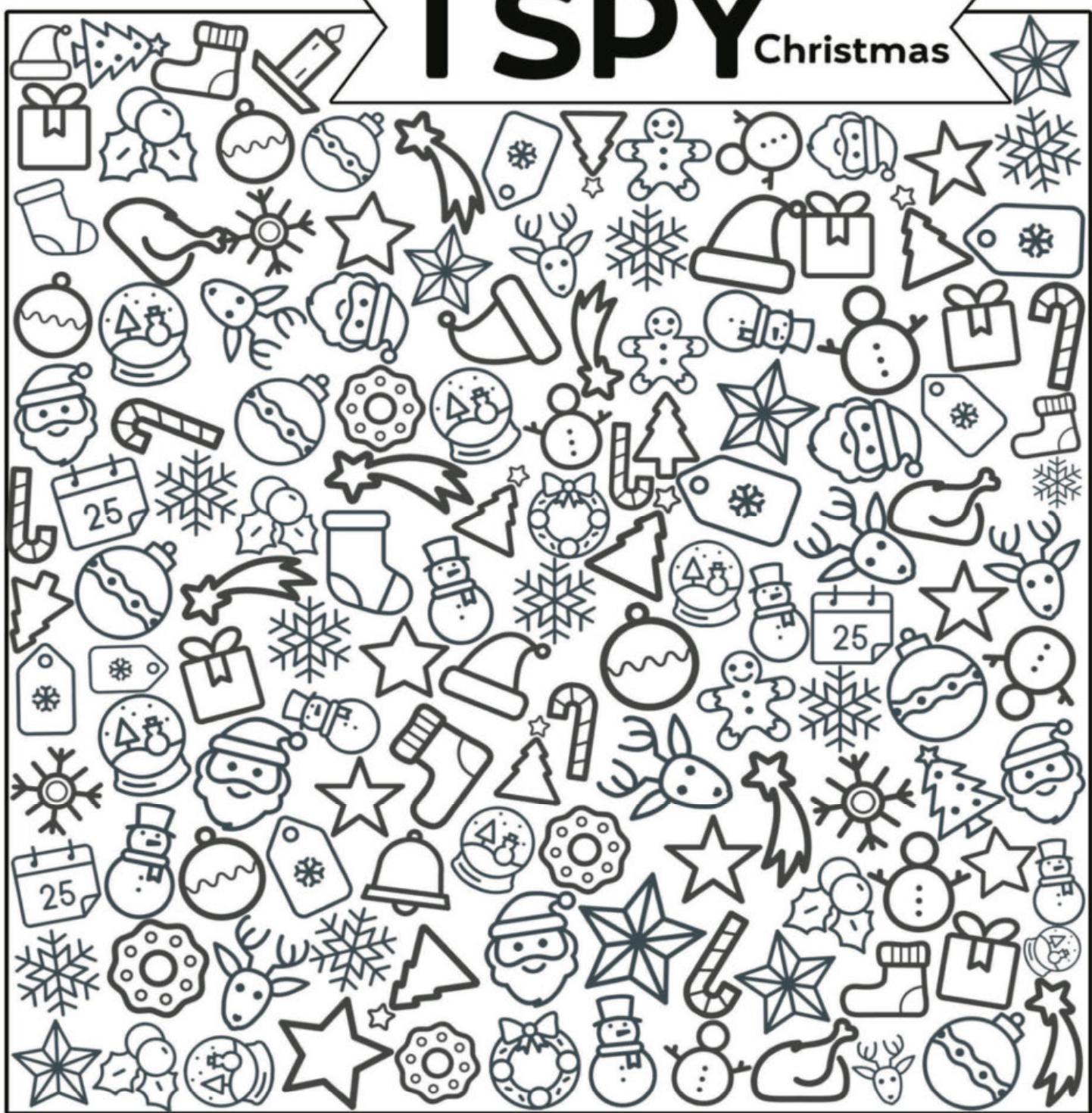


For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Aging & Disability Resource Center, Balsam Lake, WI

D 4C 02-1017

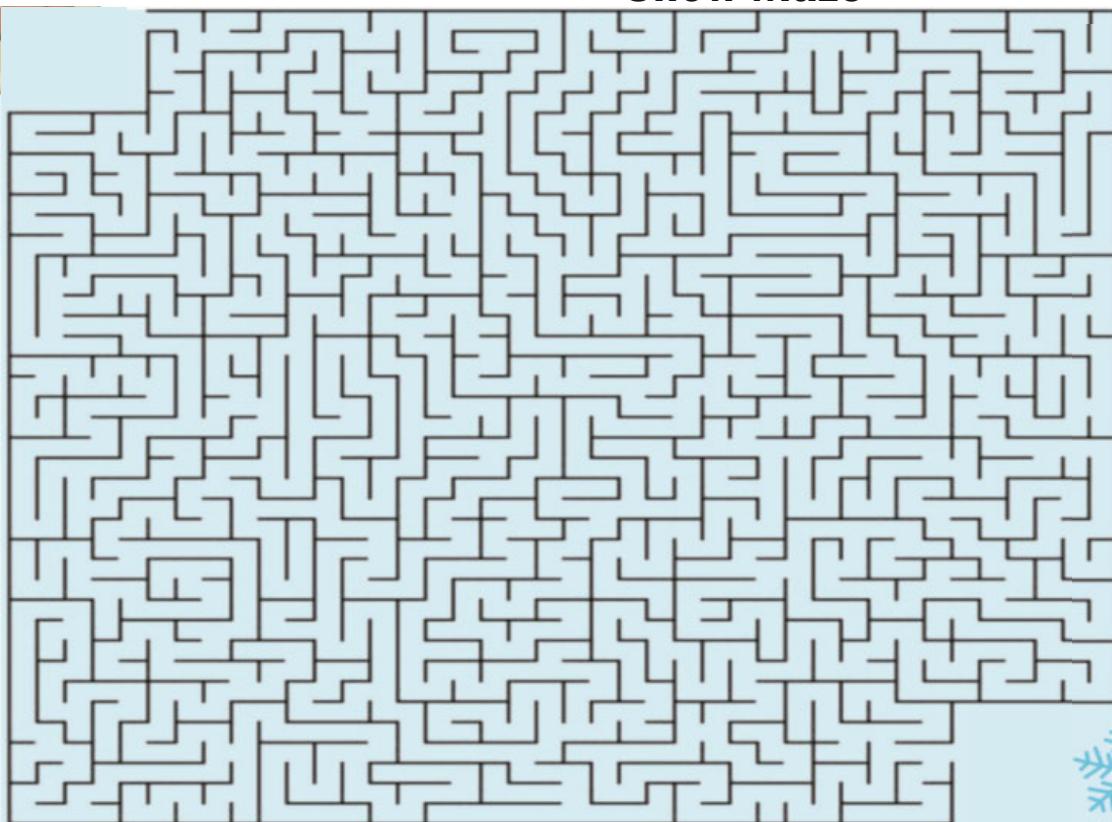
# I SPY Christmas



2	SOCK	4	ORNAMENT	4	BOOTS	2	CHRISTMAS TREE	4	HAT	5	GIFT	7	TAG	4	STAR	6	SHOOTING STAR	5	SPOTLIGHT
1	CANDLE	6	CANDY CANE	7	SNOWMAN	1	BELL	3	GINGERBREAD MAN	6	SNOWMAN	7	SANTA CLAUS	4	STAR	7	REINDEER	4	SNOWFLAKE
3	CALENDAR	2	ORNAMENT	4	COOKIES	6	CHRISTMAS TREE	2	CHRISTMAS TREE	7	SANTA CLAUS	3	SNOWFLAKE	9	SNOWFLAKE	6	STAR	3	SANTA CLAUS



## Snow Maze



## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



## WE'RE HIRING

### AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community

- Paid Training
- Some Travel

 Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)



**SUPPORT OUR ADVERTISERS!**



## FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

**CALL 800.950.9952**



### WILLOW RIDGE

When needing physical, occupational, and/or speech therapy trust Willow Ridge Healthcare to help you regain your strength.

Featuring:  
Private Suites, Private Bathrooms,  
Large Spacious Rooms,  
Physical/ Occupational/  
Speech Therapy on site,  
Friendly & Knowledgeable Staff.

**715-268-8171**

400 Deronda Street • Amery, WI 54001  
[www.willowridgecare.com](http://www.willowridgecare.com)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Aging & Disability Resource Center, Balsam Lake, WI E 4C 02-1017

## Eat Well, Age Well



*Photos courtesy of Pixabay.com*

## EAT WELL, AGE WELL. Healthy Holiday Eating

Eating healthy around the holidays can be difficult when there are always an abundance of comfort foods and sweet treats.

Here are a few tips to eating healthy during the holidays:

- Start by eating vegetables as those fill you up faster.
- Eat slowly. It takes at least 20 minutes for your brain to realize you are full.
- Do not stand next to the food table when you are not eating. You are more likely to eat the food when it is in front of you.
- Do not skip any meals before the feast. If you skip meals prior, you are more likely to overindulge.
- Do not forget to get your physical activity in.
- Do not feel guilty if you have your favorite sweet.

### Naturally Sweetened Cranberry Sauce

**What you need:** 1 bag (12 oz) of fresh cranberries,  $\frac{1}{2}$  cup honey or maple syrup,  $\frac{1}{2}$  cup water, zest of 1 orange.

**Instructions:** Rinse the cranberries. In a medium saucepan, combine the cranberries, honey, and water. Bring the mixture to a boil over medium-high heat, then reduce heat to medium-low and cook. Stir occasionally until the mixture has thickened to your liking. Remove the pot from heat and stir in the orange zest.

### WEEKLY CHALLENGES

BRING ONE HEALTHY OPTION TO A HOLIDAY GATHERING

TRY GOING FOR A WALK IN BETWEEN DINNER AND DESSERT

HAVE A SMALL PLATE OF YOUR FAVORITE "UNHEALTHY" FOOD OPTIONS

### DID YOU KNOW?

1.76 billion candy canes are made during the holiday season.

<https://cookieandkate.com/naturally-sweetened-cranberry-sauce-recipe/>



## Maple Roasted Sweet Potatoes

Page 21

### Ingredients:

- 1lb sweet potatoes, peeled and chopped
- 1/8 cup maple syrup
- 1 Tbsp oil
- 1/3 Tbsp lemon juice
- 1/8 tsp salt
- Pepper to taste
- Herbs of choice (optional)



### Directions

1. Preheat oven to 400 degrees F.
2. Arrange sweet potatoes in an even layer in a 9 x 13 inch baking dish. Combine maple syrup, oil, lemon juice, salt, and pepper in small bowl. Pour the mixture over the sweet potatoes: toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir, and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **David Petfalski** to place an ad today!  
**dpetfalski@lpicommunities.com**  
or **(262) 785-1188 x2675**

**Thrive Locally**

**Ameryl Memory Care**

A happier life for everyone...



*Call us today!*

**715-268-4800**

**AmerylMemoryCare.com**

**Get more out of life**



**The Lodge of Taylor Falls**

Assisted living at The Lodge of Taylors Falls can help you continue living a full lifestyle while receiving services designed for your unique needs.



1051 Mulberry St.,  
Taylor Falls , MN 55084  
**651-240-0140**



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Aging & Disability Resource Center, Balsam Lake, WI F 4C 02-1017

## How Does Snow Form?

Snow forms when tiny ice crystals in clouds stick together to become snowflakes. If enough crystals stick together, they'll become heavy enough to fall to the ground.

Snowflakes that descend through moist air that is slightly warmer than 0 °C will melt around the edges and stick together to produce big flakes. Snowflakes that fall through cold, dry air produce powdery snow that does not stick together.

Snow is formed when temperatures are low and there is moisture in the atmosphere in the form of tiny ice crystals.

### How cold does it have to be to snow?

Precipitation falls as snow when the air temperature is below 35.6 °F. It is a myth that it needs to be below zero to snow. In fact, in this country, the heaviest snowfalls tend to occur when the air temperature is between zero and 35.6°F. The falling snow does begin to melt as soon as the temperature rises above freezing, but as the melting process begins, the air around the snowflake is cooled.

Snowfall can be defined as 'slight,' 'moderate' or 'heavy'. When combined with strong winds, a snowfall can create blizzards and drifts. If the temperature is warmer than 35.6°F then the snowflake will melt and fall as sleet rather than snow, and if it's warmer still, it will be rain.

### 'Wet' snow vs. 'dry' snow

The size and composition of a snowflake depend on how many ice crystals group together and this will be determined by air temperatures.

Snowflakes that fall through dry, cool air will be small, powdery snowflakes that don't stick together. This 'dry' snow is ideal for snow sports but is more likely to drift in windy weather. When the temperature is slightly warmer than 0 °C, the snowflakes will melt around the edges and stick together to become big, heavy flakes. This creates 'wet' snow which sticks together easily and is good for making snowmen.





## Odds N' Ends

**Don't miss an issue of The Voice in 2022!**

Renew your subscription today for just \$5

Submit the form located on the back page and \$5 to the ADRC by December 17th, 2021 to get The Voice mailed right to your home for the upcoming year!

**O'Neill Elder Law**

Elder Law & Estate Planning Specialists

Jennifer A. O'Neill and Amy K. Greske,  
Attorneys at Law

Licensed in Wisconsin and Minnesota  
715.808.0610 | oneillelderlaw.com



**Call 715-472-2164  
For A Tour!**



**United Pioneer Home** is Medicare and Medicaid certified providing short-term rehabilitation and long-term skilled nursing care.

**Lawson Manor**, an assisted living facility, provides private rooms, meals, medication management and 24 hour staffing for those who need assistance in day to day living.

*People you know, caring for the people you love.  
A provider of Senior Care, and Health Services since 1953*

**RIVERBEND  
SENIOR LIVING**

[riverbend-seniorliving.com](http://riverbend-seniorliving.com)

STOP IN OR CALL TODAY:

475 GOLFVIEW LANE  
AMERY, WI 54001

715-268-9949

**CALL TODAY!**



ASSISTED LIVING AND MEMORY CARE  
STUDIO AND ONE BEDROOM APARTMENTS AVAILABLE  
\*24/7ONSITECARE\*THREEMEALSADAY  
\*SOCIALLOUNGES\*FREEDOMTOBE  
INDEPENDENT



**623 S 2nd St., Luck, WI**



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Aging & Disability Resource Center, Balsam Lake, WI

G 4C 02-1017

**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**



Calling from a landline?  
Use the Toll-Free Number!

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."*





THE ADRC OF NORTHWEST WI  
IS IN NEED OF A

# Grantsburg Area Meals on Wheels Volunteer

Contact Sabrina at  
**877-485-2372**

Grocery Shop Online. Pick Up At Store.  
[marketplacefoodswi.com](http://marketplacefoodswi.com)

**MarketPlace FOODS™**  
sealed with quality and freshness  
Employee Owned • [www.marketplacefoodswi.com](http://www.marketplacefoodswi.com)  
2191 Highway 8, St.Croix Falls • (715) 483-5178

**SUPPORT OUR  
ADVERTISERS!**





**"It's my life and they respect that."**

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



[inclusa.org](http://inclusa.org) | 877-376-6113

**Concerned about Medicare fraud?  
Give us a call...**

**PROTECT** your personal information

**Detect** suspected fraud, abuse, or errors

**REPORT** suspicious claims or activities

**Toll-free Helpline:**  
**888-818-2611**

Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)

[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)

 WisconsinSeniorMedicarePatrol



This project was supported, in part by grant number 90MPGP0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **David Petfalski** to place an ad today!  
[dpetfalski@lpicommunities.com](mailto:dpetfalski@lpicommunities.com)  
or **(262) 785-1188 x2675**



## Local Library Updates

### Amery Public Library

715-268-9340, [www.amerylibrary.org](http://www.amerylibrary.org)

Mon-Thurs 9am-6pm, Fri/Sat 9am-1pm. Curbside

#### Only. Library Home Services:

You are eligible for free monthly delivery of library materials if you are not able to visit the library due to advanced age or a temporary or long-term illness or disability. Call to learn more.

### Balsam Lake Public Library

715-485-3215, [www.balsamlakepubliclibrary.org](http://www.balsamlakepubliclibrary.org)

Mon-Thurs 10am-6pm, Fri 10am-4pm,  
Sat 10am-1pm.

### Clear Lake Public Library

715-263-2802, [www.clearlakelibrary.org/](http://www.clearlakelibrary.org/)

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

### Centuria Public Library

715-646-2630, [www.centurialibrary.org/](http://www.centurialibrary.org/)

Mon-Fri 12am-6pm, Sat 10am-12pm.

### Dresser Library

715-755-2944, [www.dresserpubliclibrary.org/](http://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](http://www.fredericlibrary.org)

Mon-Fri 9am-5pm, Sat 9am-12pm.

### Grantsburg Public Library

715-463-2244, [www.grantsburglibrary.org](http://www.grantsburglibrary.org)

Mon/Tues/Wed/Fri 10am-6pm, Thurs 12pm-8pm, Sat 10am-2pm.

### Larsen Public Library

715-866-7697, [www.websterlib.org](http://www.websterlib.org)

Open Mon-Fri 10am-4pm. 30 min limit. Curbside available. WiFi available in parking lot 7am-9pm.

Wisconsin Public Library Consortium provides free access to e-books and e-audio books and now 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.

Wisconsin residents who have reading disabilities as certified by a competent authority are eligible for free library services from the Wisconsin Talking Book and Braille Library. Eligible individuals may also borrow amplifiers, headphones, and pillow speakers. Materials and equipment are provided free of charge via postage-free mail to where you are living.

### Luck Public Library

715-472-2770, [www.luckpubliclibrary.org/](http://www.luckpubliclibrary.org)

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

### Milltown Public Library

715-825-2313, [www.milltownpubliclibrary.org](http://www.milltownpubliclibrary.org)

Mon/Wed/Fri 10am-5pm,  
Tues/Thurs 12pm-7pm, Sat 10am-2pm.

### Shell Lake Public Library

715-468-2074, [www.shelllakelibrary.org/](http://www.shelllakelibrary.org)

Mon-Fri 9am-6pm, Sat 9am-1pm.

### St. Croix Falls Public Library

715-483-1777, [www.stcroixfallslibrary.org](http://www.stcroixfallslibrary.org)

In-Person and Curbside Available. Mon-Fri 9:30am-6pm, Sat 9:30am-1pm.

### Spooner Memorial Library

715-659-0621, [www.spoonerlibrary.org](http://www.spoonerlibrary.org)

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

### Wilberg Memorial Public Library in Osceola

715-294-2310, [www.osceolapubliclibrary.org/](http://www.osceolapubliclibrary.org)

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



## Senior Center Updates

Page 27

### Amery Area Community Center

715-268-6605

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

We are Now accepting any rentals at this time  
and the Fitness Center is NOW OPEN.

Like us on Facebook!

December 2021:

Coffee Club- Mon-Fri from 8-11 am

Silver Foxes-Tuesdays at 9am

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

Mahjong- Every Mon 12:30pm and Fri at 9am

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

Duplicate Bridge-Thursday at 1:30pm

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

Polish Poker-Every Friday at 9:30 am

Hand & Foot Cards-Thursdays at 1:00pm

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

Quilting-Tuesdays at 9:00 am

Alzheimer's Group-Wed December 1st at 10am

Foot Care Clinic Thursday, December 2nd,  
starting at 9am.

Lions Club-Wednesday December 8th at 10am

Amery Community Center 1st Annual Sing-A-Long

Friday, December 17th at 1pm

Snowmobile Club-Tues December 21st at 7pm

Circle of Sisters-Thurs on Dec 30th at 10am

Amery Area Community Center closed December

23rd and 24th for Christmas and closed

December 31st for New Year's Eve.

### Milltown Senior Center

715-825-2315

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

### Webster Senior Center

715-866-5300

Bingo: Wed 12:30pm

Pool: Thurs (Call for time)

### 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

### 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

### 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. \* Qigong & Tai Chi breathing and stretching exercises are walker and wheelchair accessible.
- Available on-line via Zoom. Contact Roger at rmussell@att.net or call (312) 524-3934.
  - 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. Open to all 55+.

### Luck Senior Center

715-472-8285

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

Contact Senior Centers for the most up to date information

## Nutrition Program Needs



Are you looking for a part-time job?

Do you want a job where you have weekends off?

Do you want to make a difference in the community?

The ADRC of Northwest WI currently has numerous positions open in our Nutrition program.

### **Meal Site Aide**

This position assists with preparing and providing meals at the local Nutrition Program. Our meal sites offer meals on Monday, Tuesday, Thursday, and Friday. Ideal part-time work for someone interested in only mornings with typical hours of 7:00 am – 12:00 pm. No weekends! Openings at Grantsburg Meal Site!

### **Meal Site Cook**

Do you enjoy cooking and working with recipes to create delicious meals? If you have previous experience in the foodservice or catering industry, please consider applying for this opportunity! The meal-site located at the Amery Congregational Church in Amery, WI offers meals on Monday, Tuesday, Thursday, and Friday. Ideal part-time work for someone interested in only mornings with typical hours of 7:00 am – 12:00 pm. No Weekends!

### **Meals on Wheels Volunteer Drivers**

Picking up meals at a central location and delivering them along a pre-determined route directly to the homes of older adults in your area. Drivers are reimbursed for mileage. Meal sites include A&H, Amery, Grantsburg, Siren, Webster, and Milltown. No Weekends!

### **Meal Site Volunteers**

Assisting in packaging food for delivery and other duties around the kitchen. No Weekends!

**Call 877-485-2372 to learn how to apply**



## Odds N' Ends

Page 29



## Holiday Recycling Tips

Christmas Lights: Place Christmas Lights & cords in a bag & drop off at recycling center.

Cardboard Packaging: Remove all plastic packaging, foam, & ties. ONLY brown corrugated cardboard, brown cereal & cake box paperboard are recyclable. Frozen food and pop boxes with a plastic film are not recyclable. Flatten all cardboard before placing in bin.

### Wrapping Paper / Christmas Cards:

Are not recyclable & NOT allowed in the recycling bins.



[www.co.polk.wi.us/recycling](http://www.co.polk.wi.us/recycling)

715-483-1088 / [polk.recycling@co.polk.wi.us](mailto:polk.recycling@co.polk.wi.us)

*I love living here and you will too!*

"The staff treats you like family and are very considerate of your needs. I still do my woodworking and enjoy making things for family and friends, and there are nice trails to walk at OMC!"



Bob Anderson /Hearthsde Assisted Living

24-Hour Skilled Nursing • Assisted Living  
Transitional / Short-term Rehabilitation



**Christian Community Home of Osceola  
& Hearthsde Assisted Living**

2650 65th Ave., Osceola, WI 54020  
[www.cchosceola.org](http://www.cchosceola.org)

**Call 715-294-1100 to schedule  
a tour of our beautiful campus.**

## Interfaith Caregivers

Volunteers helping seniors & disabled adults with no-cost rides, errands, calls & more



**715-483-8500**

PO Box 833

St Croix Falls, WI 54024

**Merry Christmas & Happy New Year  
to amazing clients, volunteers & donors!**

WaitList Only



**COME JOIN OUR  
EVERGREEN FAMILY**

Evergreen Village offers independent living for ages 50 and older in a friendly, caring and supportive community.

24 Hour Security, emergency call system, wireless internet throughout the building, fireplace lounge, library, social activities, beauty salon, noon meal, light housekeeping, laundry facilities, and garages.

[AmeryHousingAuthority.org](http://AmeryHousingAuthority.org)

**(715) 268-6640**   
or Email  
[jwurtinger@ameryhousing.org](mailto:jwurtinger@ameryhousing.org)



Amery, Wisconsin

Healthcare Services & Everyday  
Needs From People You Know

Amery's Full-Service Pharmacy  
and Full-Line Drug Store  
715-268-8121 [www.chetjohnsondrug.com](http://www.chetjohnsondrug.com)  
Mon-Fri 8am-7pm, Sat 8am-4pm, Sun 9am-1pm



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

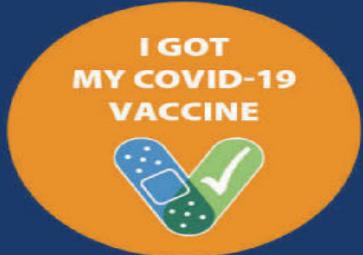
Aging & Disability Resource Center, Balsam Lake, WI

I 4C 02-1017

## Public Health Updates

# FREE COVID-19 VACCINES

Call to learn more about Booster Shot Availability and Eligibility



GET YOURS  
TODAY

PROTECT  
YOURSELF  
AND YOUR FAMILY

[www.polkcountyhealthdept.org](http://www.polkcountyhealthdept.org)  
715-485-8440

# FREE COVID-19 DRIVE-THRU TESTING POLK COUNTY PUBLIC HEALTH DEPT.

[www.polkcountyhealthdept.org](http://www.polkcountyhealthdept.org)  
715-485-8440

### Take Action Now to Prevent the Flu!

By the GWAAR Medicare Outreach Team

The flu season is upon us and now is the time to take action! Influenza, or the flu, is a contagious respiratory virus that can cause mild or severe illness, and in some cases can become life threatening. The best way to protect against contracting and spreading the seasonal flu is with the flu vaccine.

The Centers for Disease Control and Prevention (CDC) recommends that almost everyone 6 months of age and older get a seasonal flu vaccine each year, and for people 65 years and older it is especially important. Even healthy older adults are at higher risk of contracting the flu due to age-related weakening of the immune system, making it more difficult to fight off disease. And for those who may be managing a chronic condition, such as diabetes or heart disease, the flu can be even more dangerous as you may be more likely to develop complications or become hospitalized.

Flu season in the U.S. typically peaks between November and March, so it's a good idea to get your shot early to prevent contracting or spreading the flu to others.

Make an appointment with your physician or visit your local clinic or drug store to receive the shot.

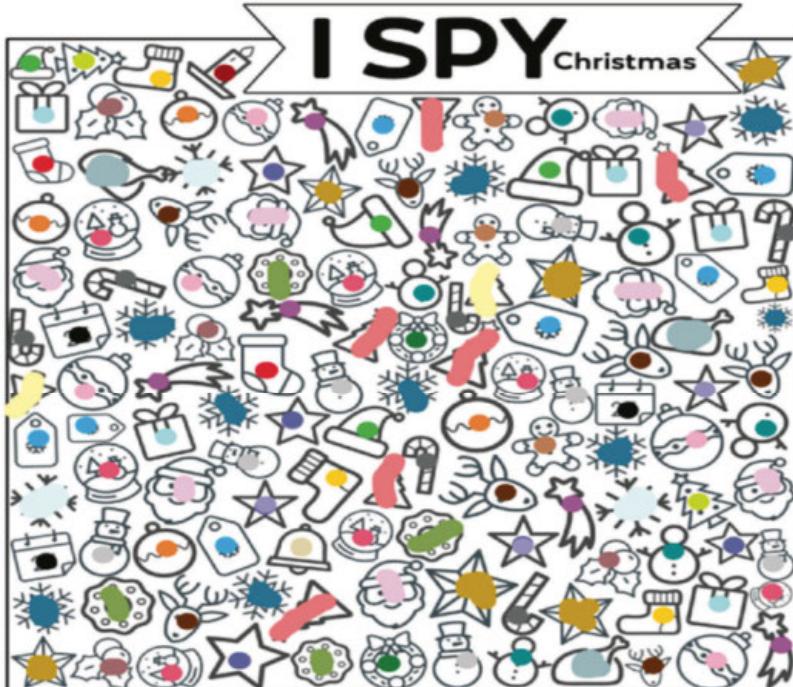
Medicare Part B covers the cost of the flu vaccine once per flu season when it's given by doctors or health care providers who accept Medicare. If you have a Medicare Advantage Plan, you may need to use an in-network doctor or pharmacy.

In addition to getting a flu shot, people 65 and older should take the same everyday precautions that the CDC recommends for everyone, including avoiding people who are sick, covering your cough and washing your hands often.

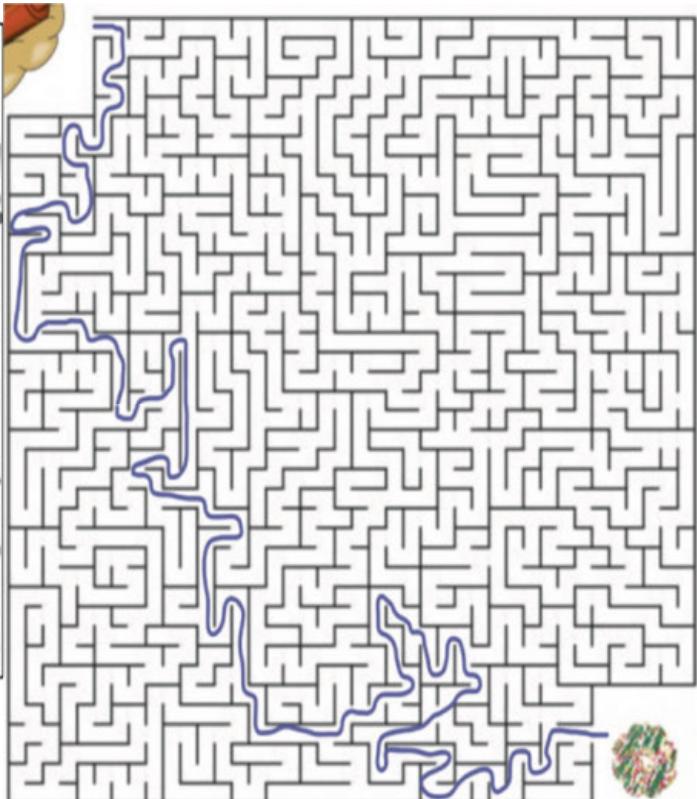
Don't wait! Taking precautions now can protect you and your loved ones, so schedule your flu shot today.



## Game Answers



2 5 4 4 2 4 5 7 4 6 5  
1 6 7 1 3 6 7 4 7 4  
3 2 4 6 2 7 3 9 6 3



[www.ServingPeopleBetter.com](http://www.ServingPeopleBetter.com)

### Advanced Assisted Living & Memory Care

#### Locations Near You

- St. Croix Falls, WI
- Hudson, WI
- River Falls, WI
- Baldwin, WI
- Menomonie, WI
- Chippewa Falls, WI

Stop In For A Tour  
**1.800.920.4725**

### ADMISSIONS 24/7 - INCLUDING HOLIDAYS



- Proud Recipient of the Silver Quality Award**  
From the American Health Care Association  
**Give us a call today for a personal tour!**
- Homelike Atmosphere
  - Friendly & Responsive Staff
  - Short Term Rehabilitation
  - 24 Hour Licensed Nursing Care
  - Medicare/Medicaid Accepted
  - Most Insurance Accepted

(715) 327-4297  
205 United Way  
Frederic, WI 54837  
[AtriumLivingCenters.com](http://AtriumLivingCenters.com)



**FREDERIC**  
NURSING & REHABILITATION  
COMMUNITY

## WE'RE HIRING

### AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community

- Paid Training
- Some Travel

LPI Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)



1 & 2 Bedroom Apartments  
for the very low to moderate income



**FOR RENT** SENIOR (62 AND OLDER) / DISABLED

Locations in: St. Croix Falls (2), Milltown, Dresser,  
Osceola, Balsam Lake (2), and Clear Lake  
Accepting Non-Smokers only

FOR ELIGIBILITY INFORMATION OR APPLICATION CONTACT:  
**POLK COUNTY HOUSING AUTHORITY**  
403 2nd Avenue E., Osceola, WI 54020 • (715) 294-4243



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Aging & Disability Resource Center, Balsam Lake, WI

J 4C 02-1017



100 Polk County Plaza Suite 60  
Balsam Lake, WI 54810  
Return Service Requested

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
PERMIT #15  
BALSAM LAKE, WI 54810

## The Voice 2022 Subscription Form

Subscriptions run January-December.

Subscriptions received mid-year will not carry into the next year. We are unable to "credit" into upcoming years so any amount received over \$5.00 will be considered a donation.

Send Name and address with \$5 to:

ADRC of NW WI  
ATTN: *The Voice*  
100 Polk Co Plaza, #60  
Balsam Lake, WI 54810

Name: \_\_\_\_\_

**Do you travel south for the winter?**

Address: \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_