



1805 N. 16th Street, Superior, WI 54880
 715-394-3611
www.seniorconnectionswi.org
www.facebook.com/SeniorConnectionsWI



MAY-JUNE 2021



**Senior Connections-Sole Sisters Team is Walking!
 When: Saturday, September 11, 2021**

We're leading the way to Alzheimer's first survivor by participating in the Alzheimer's Association Walk to End Alzheimer's®. More than 5 million Americans have Alzheimer's and that number is expected to grow to as many as 16 million. The mission of the Alzheimer's Association is to lead the way to end Alzheimer's and all other dementia—by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. www.alz.org/walk



No love is greater than mom's love.



No care is greater than dad's care.



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FROM THE DESK OF THE EXECUTIVE DIRECTOR

Summer's on the way...I know it! Soon we'll be enjoying the great outdoors and (hopefully) be able to spend more time with loved ones. I know I can't wait!

As a reminder, like all our nutrition programs (congregate and Meals on Wheels), the programs are subsidized by federal monies, county match monies, and YOUR contributions. We are fortunate that the contributions are generally enough that we don't have to establish waiting lists, unlike many counties around the state. Please continue to support the programs Senior Connections are able to provide in Douglas County, we couldn't do all we do without your continued contributions. Thank you!

As this pandemic continues, we are suspending any in-person events and that includes our Spring Fling, Senior Picnic and Campus Café. We will update you as the year progresses.

Our website has a new look so be sure to check it out at www.seniorconnectionswi.org



We have hired a new Finance Specialist as Julie is retiring in May after 6 ½ years, I want to thank her for all she's done and appreciate having her on our team. She will be missed!

The new Finance Specialist's name is Marie Lindner and she comes to us from Sam's Club in Hermantown where she did just about everything while she was there. Welcome aboard and we are looking forward to having her on our team!



Lisa, our Nutrition Director is also retiring at the end of May after 3 years, she is willing to stay on as a sub-Site Operator or assist at the College as needed. I want to thank her for all she's done as those shoes will also be hard to fill but are glad she is willing to help out. We will be interviewing to fill her role and will hopefully have someone in place before the next newsletter.

We are currently looking for some fill-in site operators and nutrition drivers to help. These positions are on an on-call basis and for the right candidate this can put a little extra cash in your pocket. If you are interested, please contact the Nutrition Director at 715-394-3611 or nutritiondirector@seniorconnectionswi.org.

Our website has a new look so be sure to check it out at www.seniorconnectionswi.org

Dale Johnson, Executive Director



Our New Website
IS LIVE!
www.seniorconnectionswi.org
We hope you like it!



CAREGIVER'S CORNER

Caregiver Conversations continues to be offered virtually the third Wednesday of each month from 1pm-2pm. Please contact Luann at Senior Connections for more information or if connecting virtually is not an option and looking for Caregiver supports and/ or resources, call Luann at 715-394-3611.

Virtual Dementia Education Programs for Northwest Wisconsin-Provided by Dementia Care Specialists

Savvy Caregiver Workshop-Learn skills, knowledge and techniques needed to provide care to a person with Alzheimer's disease or any other progressive dementia. Wednesdays starting May 26th – June 30th, 9am-11am. To register contact, Trisha Witham, www.adrconnections.org

Dementia Book Club: Creating Moments of Joy-Join this lively weekly group discussion for family members/caregivers of individuals with dementia. Mondays, May 27th -July 22nd 3:30pm – 4:30pm. For more information and to register contact, Carrie Myers, cmyers@burnettcounty.org

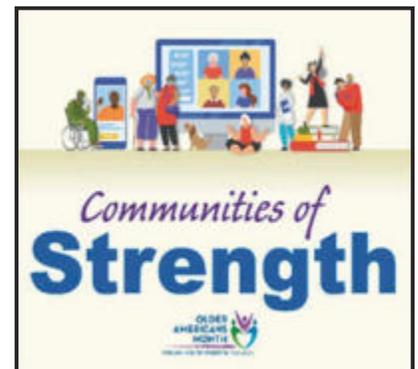
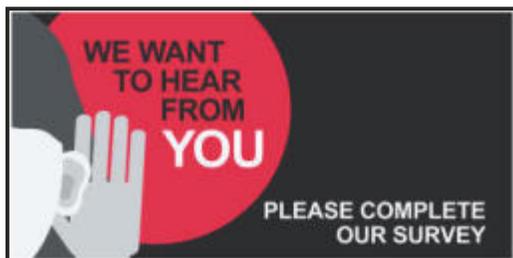
Aging and Disability Resource Center News

The Douglas County Aging & Disability Resource Center is looking to fill two positions on the advisory committee. The advisory committee assists the Health and Human Services Board by meeting quarterly and providing oversight of the ADRC. Primary duties include providing guidance and feedback on ADRC services, overseeing the operations and providing policy recommendations, providing input on the ADRC budget and reviewing spending relative to the budget, reviewing customer feedback to evaluate ADRC performance, and identifying and recommending strategies to build local capacity to better serve ADRC customers. Committee members can include older adults, adults with a physical disability and adults with an intellectual/developmental disability, or their family members, guardians, or advocates, reflective of the ADRC's target population. All committee members receive training and orientation. Interested individuals should contact Erika Johnson, ADRC Director, by calling 715-395-7532, emailing Erika.johnson@douglascountywi.org or visiting www.douglascountywi.org/ADRC for an advisory committee application. Composition of membership strives to represent the ethnic, economic, and geographic diversity of Douglas County.

May is Older Americans month and the theme for this year is *communities of strength*.

With that spirit, Senior Connections will be asking for your input through a survey to determine what services are important for older adults in our community, where are there gaps, and what programs are important to you. This information helps in developing new programming and advocate for older adults and their needs and concerns.

Surveys will be available at the Senior Connections office and open meal site locations. If you are willing to include your name and phone number on a completed survey and return it, we will be drawing for three Super One gift certificates. Please help us strengthen our community. Thank you!



FARMER'S MARKET VOUCHERS

Farmer's Market Vouchers will be distributed on **Tuesday, June 15, 2021** beginning at 8:30am at the Senior Connections office, 1805 N. 16th Street in Superior. COVID-19 protocols will be required. An eligibility agreement must be completed for each household at the office. **Only one set of Farmer's Market Vouchers may be issued per household.**



Who is Eligible to Receive Senior Farmer Market Vouchers:

1. Seniors age 60 or above or Native Americans age 55 years or above, AND
2. Who is at 185% of poverty or below (see chart below).
3. Local agencies will issue checks to seniors who reside in the county for which the local agency is responsible.
4. Checks will be issued to individuals, but no more than one set of vouchers per household. Household is defined as a group of individuals living together as one economic unit.

If you are having someone pick up the Farmer's Market Vouchers for you, you must complete the form below and send it with them in order for them to pick up your vouchers.

In addition, they will be required to also complete an eligibility agreement when they pick up your vouchers. That form will be provided to them by a Senior Connections staff member.

Authorization to claim SFMNP Checks for another person

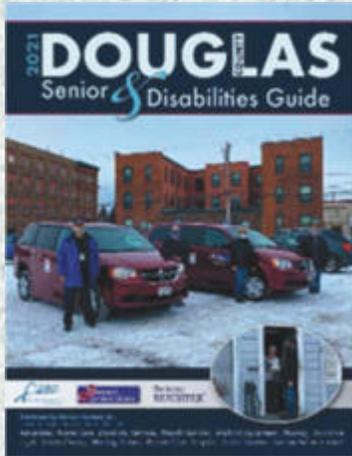
An eligibility agreement form will also need to be filled out on the day of distribution

I, _____, hereby authorize _____, to claim (be issued) checks on my behalf.
(person who will be using/benefiting from the checks) (person that is picking the checks up)

I further certify that the information provided below is true and accurate to the best of my knowledge.

Name of person who will be using the checks:		
Date of Birth:	Phone #:	
Address:		
My income level is (circle one):		
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
For each additional household member, add \$691 monthly, \$8,288 annually.		
Signature:		Date:

2021 SENIOR & DISABILITIES GUIDE



NOW AVAILABLE!

Pick one up at Senior Connections
1805 N. 16th Street



2021 Douglas County Senior & Disabilities Resource Guide

This free publication contains listings of local community resources including housing, nutrition, clinics, social service agencies, pharmacies, transportation and much more.

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gwaar.org/senior-medicare-patrol

[WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



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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.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Senior Connections, Superior, WI

A 4C 02-1028

PUZZLE

Name: _____

Date: _____

Bird Watching

K A U R E P I P D N A S C T R D E K
R K E E C R O W E M T H A O G G R E
I N C L G R W B A B I O B H U B U S
W I H K O G L G A C R I W L E L T T
A L A C O I P N K H N O L C L A L R
R O W A S I A A T T L H W U G C U E
B B K R E N D E C L U O O C A K V L
L O D G A E U W A M K N O K E B H I
E B A Q E L O W M T I N D O P I R I
R E U A B R S I C O N C P O I R R N
H I A R R N N I P R G N E C G D E O
T O A A E G R A W I F I C T E P P O
N R P R B H R E C O I S K F O N I L
E S C I S A E O T L S S E I N O P M
R E R U K N N O O E H K R N E C D D
W D R E A D I S O R E Y L C U L N H
E H E R O T E R G E R E E H R A A G
T T C R D R I B G N I K C O M F S B

Word List:

CROW	KESTREL	ROBIN	WOODPECKER
SPARROW	HUMMINGBIRD	FALCON	LOON
WARBLER	ORIOLE	THRUSH	MOCKINGBIRD
SANDPIPER	EAGLE	BANANAQUIT	PIGEON
SWALLOW	OWL	GOOSE	KINGFISHER
WREN	FINCH	TERN	VULTURE
MAGPIE	CUCKOO	CHICKADEE	GULL
PARAKEET	BLUETHROAT	GRACKLE	BOBOLINK
BLACKBIRD	HAWK	SANDPIPER	CONDOR
EGRET	CRANE		

ELDER BENEFITS CORNER



FEMA has announced a new program to assist with covering the costs of funeral expenses related to a COVID death.

FEMA will assist with covering the cost of funeral expenses for family members that passed away due to COVID-19 after January 2020, up to \$9,000.00.

There are specific documents and items that are needed to qualify for this benefit. Please contact Laura, our Elder Benefits Specialist of Douglas County, if you need assistance in applying for this benefit. (715) 394-3611, ask for Laura.

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Coffee Break with UW-Superior's Continuing Education

Grab a cup of coffee or tea and learn with us!

This month, one of our UW-Superior colleagues shared a Coffee Break Course on how to start your own vegetable garden. We hope you find these tips and tricks useful as you get ready to start your garden and in the next issue, we'll share about how to care for it!

The Northland's growing season is short (only about 90 days) with cool temperatures. The average last frost date in spring ranges from June 1 – 10, and the average first frost date in fall is around September 10. The length of the season is the major factor in determining what can be grown successfully.

What do vegetables need to grow? A minimum of 6 hours/day of sunlight; good soil that has organic matter, such as compost, manure, leaves, and grass, to hold nutrients and water; well-drained soil, neutral to slightly acidic pH; and fenced in, if it's feasible, to keep animals out. ***To grow vegetables in a container:*** Use a 3-gallon container (at minimum), mix your soil with organic matter, make sure it has proper drainage, and water it regularly.

Cool season crops tolerate colder weather and soil temperatures all the way down to 40-50 degrees and can even survive a light frost but may suffer in the summer heat and become bitter. You can plant cool season crops 2-4 weeks before the last frost date in the spring. Cool season crops include: onions, peas, lettuce, spinach, radishes, potatoes, broccoli, cabbage, kale, brussel sprouts, and other cole crops.

Warm season crops require warm air and soil temperatures and grow best when the air temperature is above 70 degrees. They should be planted after the last frost date in the spring and be harvested when the weather is warm. Warm season crops include: tomatoes, peppers, beans, corn, cucumbers, squash, and melons.

Transplants vs. Seeds. Some plants grow successfully when they come from seeds, and others when they come from transplants. From seeds, they recommend: Lettuce, spinach, peas, potatoes, beets, carrots, radishes, beans, corn, cucumbers, squash, and some herbs like basil or cilantro. From transplants, they recommend: Onions, tomatoes, peppers, and most herbs. Broccoli/cauliflower, cucumbers, and squash can grow from either a seed or transplant. *If you intend to buy transplants, it's recommended to buy from a greenhouse or a farmer's market, as the growers are knowledgeable and can be helpful if you have questions.*

If you'd like to learn more, you can watch the entire Coffee Break course by emailing us at conted@uwsuper.edu!

What topics and learning experiences would be helpful for you? Let us know by writing us by email conted@uwsuper.edu or a letter to the University of Wisconsin – Superior, Center for Continuing Education (Old Main 100), P.O. Box 2000, Superior, WI 54880.



HOT MEAL CONTAINER REHEATING INSTRUCTIONS

MICROWAVE ONLY! Do not place containers in oven.

To *re-warm* the meal in container: Cook on high 1-2 minutes in microwave.

To *re-heat* from the refrigerator: Cook on high 2-3 minutes in microwave.

After use, please rinse container with warm water and return to delivery person.



Photo of Meals on Wheels microwave containers.



Please do NOT place the containers in the oven.
The above photo is the result of heating in the oven.

TRANSPORTATION (55 YEARS OF AGE & OLDER)

715-394-3611
Ask for Liz!



Call Liz at Senior Connections to get to your destination safely. We drop you off at the front door of your destination and pick you up when your appointment is over.

We eliminate the hassle of paying for parking and the worry about walking long distances. *Available to those 55 & over, and for persons with disabilities.*

Senior Connections transportation is very reliable! Please call at least 24 hours in advance to book your ride.

>Superior, WI rides are \$6.00 one way.

>Duluth, MN medical rides \$9.00 one way (pricing for rides outside of downtown Duluth will vary)

>Outside of the City of Superior, the price is \$2.00 per mile and then reverts to the regular pricing for Superior or Duluth.

>Superior, WI rides consist of non-medical and medical appointments.

DATES & EVENTS

May and June Holidays & Events

- ◆ Mother's Day-May 9th
- ◆ Superior Farmer's Market Opens-May 26th
- ◆ Memorial Day-May 31st (no meals May 31)
- ◆ Father's Day-June 20th

Senior Connections—Closed Day:

- ◆ We are closed on Monday, May 31st

Meals on Wheels Participants

It is very important to keep our food safe so that it does not have the potential to make someone sick. Senior Connections staff MUST deliver meals into the hands of the recipient, a caregiver, or another person designated by the recipient. Leaving meals outside, in coolers, or otherwise unattended areas is prohibited. We must keep your food safe!



Food Assistance Program (Food Boxes)

Northwest Wisconsin Community Services Agency, Inc. has partnered with the Wisconsin Commodity Supplemental Food Program to provide a supplemental food package for seniors. This program is designed to assist those 60 years of age or older, living in Wisconsin, and qualifying under 130% of the Federal Income Poverty Guidelines. \$1,383 per month for (Household-1) and \$1,868 per month (Household-2). The US Department of Agriculture is donating the food and it will be distributed once a month on the **3rd Tuesday of each month from 1:00-3:00 p.m.** You may sign up for this program at the **Superior Senior Center Office**, 1527 Tower Avenue, from 8 am – 12 pm. Monday through Friday. You must be enrolled before you receive your food box, there will be no enrollment on the day of the food pick up. **For more information contact: Jenny at the Senior Center, at 715-394-3644.**



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Senior Connections, Superior, WI

C 4C 02-1028

Hydration

FAST FACTS

- Our bodies are made of up to 60% water
- Water is a major part of blood, lubricates joints, aids food digestion and regulates body temperature
- Everyone has different water, or fluid needs: body size, exercise, and weather are all factors that influence needs
- Focus on getting fluids from sources other than drinks with added sugars

Tips for getting more fluids:

- Sip on water throughout the day
- Fill a water bottle and carry it while running errands or exercising
- Get fluids from a variety of food and drinks
- Set a goal; for example: finishing a cup of tea or glass of water while watching a movie or working on a project
- Try flavoring water with fresh fruits, herbs, or even vegetables to make it more interesting

"Am I hydrated?"

Do you feel dizzy or fatigued?

Is your mouth dry?

Is your urine darker than a pale yellow?

Did you exercise recently?

If you answered "yes" to any of the above questions, it's a good idea to have a drink! See below for some ideas

SYMPTOMS OF DEHYDRATION



Sources of fluids:



Milk



100% fruit juices



Soups



Vegetables like cucumbers and zucchini



Smoothies



Fruit like melons, grapes, and oranges



Hot or cold tea



FOOD WISE
Healthy choices, healthy lives

UW-MADISON EXTENSION

An EEO/AAE employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in recruitment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA), and Section 504 of the Rehabilitation Act. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program (SNAP) and Expanded Food and Nutrition Education Program (EFNEP).

CAREGIVERS CORNER, CONT.

Live. Life. Healthy



Evidence – based health promotion programs are available virtually and hopefully will resume in person later this year. Healthy Living, Living Well with Diabetes, Matter of Balance and Powerful Tools for the Caregiver are available workshops.

During this time of the pandemic, it is important that we take care of ourselves and take advantage of these free workshops to Douglas County residents.

If you want more information or are interested in registering for a workshop, please contact Luann at Senior Connections, 715-394-3611.



The Aging & Disability Resource Center of Douglas County is the first place to go with your aging & disability questions.

Services include:

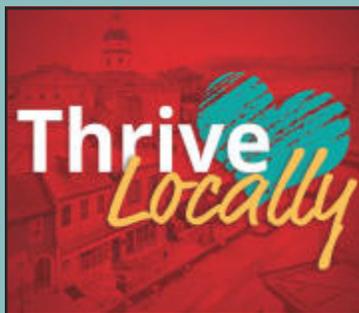
- Information and Assistance
- Long Term Care Options Counseling
- Disability Benefits Counseling
- Elderly Benefits Counseling
- Health & Wellness

All Services are free of charge.

M-F 8am-4:30pm or by appointment

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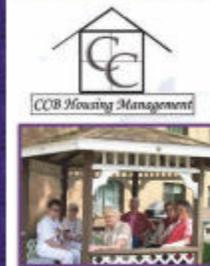
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New Participants Register at:

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Limited exercise equipment available for participant use.

Benefits of Strength Training:

- ◆ **Reduced risk for chronic disease**
 - ◆ Diabetes
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 - ◆ Arthritis
 - ◆ Some Cancers
- ◆ **Increased**
 - ◆ Strength
 - ◆ Muscle mass
 - ◆ Bone density
 - ◆ Ability for daily physical activity

Questions? Contact your local Food Wise Program

Julie 715-395-1427 or email julie.montgomery@wisc.edu

Tarah 715-395-7443 or email tarah.nichols@wisc.edu

Offered as a free service by UW-Madison Food Wise Division of Extension -
Ashland, Bayfield, Douglas & Iron Counties



Extension
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DOUGLAS COUNTY

University of Wisconsin Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.

Please Note: If you miss the first week of this online class in May, you can still sign up and join the other classes. Please call Julie at 715-395-1427 if you have any questions.

GIFT CERTIFICATES AND DONATION FORM

Gift certificates are now available for purchase at Senior Connections!

They can be purchased at our main office in any amount. The gift certificates can be used for Meals (Congregate, Meals on Wheels, Campus Café) or Transportation. Call (715) 394-3611 or stop in to pick one up at 1805 N. 16th Street.

GREAT GIFT IDEA!



DONATION DESIGNATION FORM FOR SENIOR CONNECTIONS

1805 N. 16th Street
Superior, WI 54880
715-394-3611



I want to help Senior Connections of Douglas County continue its effective community service to older adults and individuals with disabilities and their families.

Please designate this donation:

In Memory of _____

or In Honor of _____

and notify _____

Address _____

Please make checks payable to:

Senior Connections

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Superior, Wisconsin 54880

Your Gift is deductible to the extent provided by law.



1805 N. 16th Street, Superior, WI 54880

Place Stamp Here

Senior Connections offices are located at 1805 N. 16th Street, Superior, WI 54880



The mission of Senior Connections is to provide advocacy and services to the aging of our community which promote health, dignity, honor and independence.

In doing so, we will efficiently provide access to low cost transportation, nutritious meals, and other services designed to sustain our citizens in their communities.

Senior Connections will continually assess the needs of the elderly within the County and utilize available resources to provide needed services.

www.seniorconnectionswi.org

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