



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

JULY-AUGUST 2021



Complimentary Senior Farmers Market Vouchers are available at Senior Connections
 1805 N. 16th Street
 Superior, WI
 715-394-3611, 8:30am to 4pm
 Monday through Friday



Eligibility Requirements

- You must be 60 years of age or older, or Native American 55 years of age or older.
- You must be a resident of Douglas County, Wisconsin.
- Your household income must be at or below 185% of the federal poverty guidelines.

Please call Senior Connections to check on availability of the vouchers before you stop by.

Kindly redeem all of your vouchers to ensure that this program will continue in our area. Thank you!



Inside This Issue	Farmers Market Vouchers	1	UWS-Continuing Education	8
	From the Desk of the Executive Director	2	Gardening Tips	
	Caregivers Corner	3	Elder Benefit Corner	9
	Health Promotion Programs		Transportation	
	Caregivers Corner, cont.	4	55+ Years of Age & Older	10
	Virtual Dementia Education		Dates & Events	
	Caregiver Conversations	5	Word Find Puzzle	11
UW-Extension Food Wise	6	Milwaukee Brewers	12	
Strength Training Class		Visit our Booth	13	
Walk to End Alzheimer's	7	Community Survey	14	
		Results & Prize Winners		
		Gift Certificates & Donations	15	

FROM THE DESK OF THE EXECUTIVE DIRECTOR

Summer is here!!! I hope you get to enjoy all the things the northland has to offer during this time of year!!!

As this pandemic continues, we are suspending any in-person events and that includes our Senior Picnic and Campus Café. We are hopeful to resume in-person dining at our meal sites in the near future as vaccines continue but there are still more things that need to happen in order to keep our participants and staff as safe as possible. 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 will be posting any agency updates to our website so be sure to go there for the latest information.

Please be sure to like us on Facebook at www.facebook.com/seniorconnectionswi as we also post any updates there as well.

We have hired a new Nutrition Director. Molly Andrews comes to us from Twin Ports Health & Rehab (Formerly Golden Living) as the Dietary Manager. She lives with her husband in Superior and brings a wealth of knowledge to the nutrition program. Welcome aboard Molly!!! Glad to have you here!!!



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 Molly, Nutrition Director at 715-394-3611 or nutritiondirector@seniorconnectionswi.org.

Dale Johnson, Executive Director



CAREGIVER'S CORNER



HEALTH PROMOTION PROGRAMS

Evidence-based workshops are currently being scheduled for the Fall. Currently they will be offered virtually but hopefully will also be offered in person.

Scheduled **virtual** workshops include:



Living Well – Thursdays, 1pm – 3pm starting September 16th -October 21st . This workshop will provide tools and strategies to age well, covering topics of nutrition, getting better sleep, using medications properly, communicating effectively with your healthcare team, family, and friends. You will also have support of peers. This class meets once a week for two hours.



Virtual Matter of Balance – Tuesdays, 10am – Noon starting September 21 – November 16th . The class reduces the fear of falling and increases activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals for increased activity, change their living space to reduce risks and promote exercise to increase strength and mobility.



Powerful Tools for the Caregiver – Dates and time to be announced. The virtual workshops require a computer with a camera and internet access. Unsure about participating in online workshop. We can walk you through setting up the Zoom platform and the possibility of borrowing a tablet to take the class. There are no class fees, but a donation may be requested for the books.

If interested or for more information please contact Luann at Senior Connections, 715-394-3611 or DeputyDirector@seniorconnectionswi.org

CAREGIVER'S CORNER



July 2021

Pre-registration required for all virtual programs. Contact the name listed for each event to register!

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

715-395-1234

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

Support programs research and finding a cure through the Alzheimer's Association by registering for the Walk to End Alzheimer's. Visit www.alz.org for more information!

Virtual Dementia Education Programs

Serving Northwest Wisconsin

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.adrconnections.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

715-395-1234

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, 715-395-1234

Trualta

Get access to more information about caring for a loved one with a chronic illness, like Dementia, through this online caregiver education program.

Contact Senior Connections at 715-394-3611 to learn more and get registered.

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.

CAREGIVER CONVERSATIONS

Caregiver Conversations is back in Person!

Starting Wednesday, August 18th at 1pm-2pm Caregiver Conversations will be meeting in person at the United Presbyterian Church, 229 N 28th Street. Please join us for a confidential, open forum to share concerns and receive useful information and support from other caregivers and trained facilitators from the Aging & Disability Resource Center and Senior Connections. The group is open to all and is offered at no cost. For more information, contact Luann at Senior Connections, 715-394-3611 or DeputyDirector@seniorconnectionswi.org



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gwaar.org/senior-medicare-patrol

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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

UW-EXTENSION STRONG BODIES VIRTUAL CLASS



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UNIVERSITY OF WISCONSIN-MADISON
DOUGLAS COUNTY



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STRONGBODIES

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New Classes start September 14th

Tuesdays and Thursdays from 9:00 am -10:15 am

Join us from the comfort of your home

New Participants Register at:

<https://go.wisc.edu/745199>

Returning participants do not need to re-register

Limited exercise equipment available for participant use



Benefits of Strength Training:

Reduced risk for chronic disease

- ◆ Diabetes
- ◆ High Blood Pressure
- ◆ Heart Disease
- ◆ Osteoporosis
- ◆ Arthritis
- ◆ Some Cancers

Increased

- ◆ Strength
- ◆ Muscle mass
- ◆ Bone density
- ◆ Ability for daily physical activity

Questions? Contact your local FoodWise Program

Julle 715-395-1427 or email julle.montgomery@wisc.edu

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

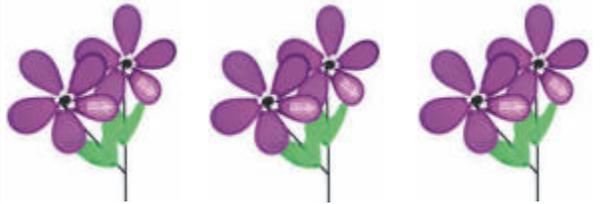
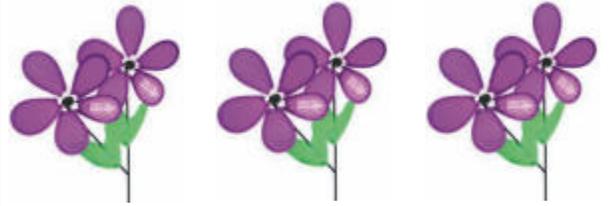
**Offered as a free service by UW-Madison Division of Extension FoodWise
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WALK TO END ALZHEIMER'S



The Twin Ports Alzheimer's Walk is scheduled for **Saturday, September 11, 2021** in the afternoon at the DECC in Duluth. The purpose of the Walk is to bring awareness to the disease and raise funds to support individuals and caregivers of those inflicted through education, support groups, 24/7 Helpline and research. For more information or if interested in organizing a Walk Team or to find other volunteer opportunities call the Alzheimer's Association at: 218-733-2560 or visit <https://act.alz.org/>



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Coffee Break with UW-Superior's Continuing Education

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

If you've been following our series, you'll know in the last newsletter our topic was how to start your own vegetable garden. This time, we will continue our discussion with how to purchase transplants and how to care for your new garden!

Remember, if you are buying **transplants**, try to buy from a greenhouse or a farmer's market. At a greenhouse or farmer's market, the growers are knowledgeable and can help find the perfect plant for you. They'll know how much work is included with caring for each plant and vegetable.

While you're looking for your transplants, be sure to:

- Pick transplants with sturdy seedlings
- Check that your plant has dark leaves
- Observe the soil to see if the plants have been kept watered
- Look at the roots, they should be white and healthy
- Consider choosing a smaller plant, as they will have less shock transitioning into your garden

You've picked out your plants, now what do you do?

- Water your newly planted transplants frequently as they transition into your garden
- Control the weeds early and often to keep them from getting out of control
- Fertilize with the proper fertilizer for your specific plants
- Protect them from pests (such as cutworms), watch for insects and disease, and treat as necessary

We hope with these tips and tricks, you'll be able to plant a garden that you enjoy tending for.

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

We continue to be interested in hearing from you: what topics and learning experiences would be helpful for you now? 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.

ELDER BENEFIT CORNER

Original Medicare and Medicare Advantage Appeals

How to file an appeal with Original Medicare or your Medicare Advantage Plan.

Understand what to do if you are denied coverage for a health care service or item.

If you are denied coverage for a health service or item, you have the right to appeal the decision. An appeal is a formal request for review of a decision made by Original Medicare or your Medicare Advantage Plan. Before you start your appeal, make sure you read all the letters and notices sent by Medicare or your plan. Call 1-800-MEDICARE or your private plan to learn why your coverage is being denied if the reason was not provided or if you do not understand it. Be aware that at each level there is a separate timeframe for when you must file the appeal and when you will receive a decision. Make sure to file each appeal in a timely manner, or your appeal may not be considered. We will try to make appeals easy to understand today, but it has many steps. If you wish to appeal a denied claim and have questions about the process, your, Elder Benefits Specialist, can help.

Know how to begin an appeal for an Original Medicare denial.

To find out if Original Medicare has covered or denied the health care services you have received, check your Medicare Summary Notice, or MSN. The MSN is a summary of health care services and items you have received during the previous three months. The MSN is not a bill. MSNs contain information about charges billed to Medicare, the amount that Medicare paid, and the amount you are responsible for. If your MSN says that Medicare did not pay for a service, and you think it should, call your doctor before appealing to make sure that there was not a billing error. Look for the “Services Approved” column and the notes below to find information that may explain the denial.

Know how to begin a pre-service or post-service appeal for a Medicare Advantage Plan. If your plan denies coverage for a health service or item before you receive it, you can appeal to ask the plan to reconsider its decision. Before you start your appeal, you will need to get an official written decision from your plan, called a Notice of Denial of Medical Coverage. Bring this notice with you to discuss with the EBS.



INSULIN PUMP USERS: Please remember that Insulin used in an insulin pump is covered under the members DME Benefits, not Part B prescription Drug coverage and not Part D prescription Drug coverage. If you are using an insulin pump and your insulin is not being processed through your DME benefits your out-of-pocket costs could be more than they are supposed to be, **please contact Laura Killian, Elder Benefits Specialist at 715-394-3611 for assistance to have your claims reprocessed or filing an appeal for reimbursement of charges.**

Laura's office hours are: Monday through Thursday, 8am to 4:30pm.
Please call Laura for an appointment or if you have any questions, 715-394-3611.

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

July and August Holidays & Events

- ◆ Independence Day-July 4th
- ◆ No meals on Monday, July 5th
- ◆ September 8th, Senior Connections at Farmer's Market

Senior Connections Closed Day: Monday, July 5th



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

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MILWAUKEE BREWERS BASEBALL ~ LET'S GO BREWERS!

BASEBALL TEAMS WORD SEARCH PUZZLE

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

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ATHLETICS
BLUE JAYS
BRAVES
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PLEASE VISIT OUR BOOTH ON SEPTEMBER 8TH

SENIOR CONNECTIONS WILL BE GRILLING FOR YOU FROM 11AM TO 2PM

WHAT: We will be selling brats, hot dogs, chips, beverages, and dessert.

WHEN: Wednesday, September 8th from 11am to 2pm.

WHERE: Superior Farmers Market at 1215 Banks Avenue.

WHY: Fundraiser for the Walk to End Alzheimer's. Senior Connections will be participating in the walk on September 11th as team Sole Sisters. Our goal is to raise \$500. www.alz.org/walk



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

1316 N 14th St, Ste. 327, Superior
715-395-1234 1-866-946-ADRC(2372)
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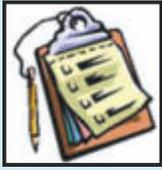
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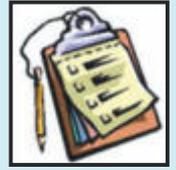
For ad info. call 1-800-950-9952 • www.lpicommunities.com

Senior Connections, Superior, WI

D 4C 02-1028



Senior Connections Community Survey Result Summary



Thank you to all the individuals who took the time to respond to our survey. We received 185 responses. We appreciate your input, and your answers will help shape our Aging Unit Plan for the next three years. Below is a summary of the questions and we will take the opportunity in future newsletters and highlight areas of concern and provide information on those topics.

Question #1 What do you think are the top four things that are important to adults in our community as they age?

The top four answers were Transportation, Home Health Options, Food Delivery Options, and Understanding Medicare and drug plans.

Question #2 Have you heard of Senior Connections? If yes, how did you learn about the services offered?

Most individuals taking the survey had heard of Senior Connections. The top three answers for how did you learn about the agency were, Family and friends, Previous participant, and Newsletter.

Question #3 Have you participated in or utilized services provided by Senior Connections and if so which ones?

Most of the respondents had utilized services – 116 individuals. 49 had not used our services and 20 did not answer the question. The top four services utilized were Meals on Wheels, Congregate Meals, Social Events, and Transportation.

Question #4 Where would you recommend older adults or family caregivers go for information and assistance? Top three answers were, Senior Connections, Aging & Disability Resource Center, and Clinics and Healthcare Providers.

Question #5 What do you feel may be barriers for older adults seeking services?

The top two responses were Unaware of available services and Don't know who to contact.

To show our appreciation we did draw for 3 Super One gift cards for those willing to include their names and a phone number.

The recipients were: Karen F. of Lake Nebagamon, Paula Z. of Superior, and Sandy L. of Superior.

Senior Connections would like to thank everyone for their time and consideration in completing the survey. You will be invited, and we encourage you to attend a public hearing on the new Aging Unit Plan which will be held later this year. Please watch for dates. If you have any questions, please contact the Senior Connections office at 715-394-3611.

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!



A sample gift certificate from Senior Connections. The certificate is titled "Gift Certificate:" and features a large, diagonal "SAMPLE" watermark. It includes four checkboxes for selection: Congregate Meal, Meals on Wheels, Transportation Ride, and Campus Café. Below the checkboxes are fields for "To:" and "From:". At the bottom left is the logo for "MEALS ON WHEELS DOUGLAS COUNTY" and at the bottom right is a box that says "See backside for details". The Senior Connections logo is in the top right corner.

DONATION DESIGNATION FORM FOR SENIOR CONNECTIONS

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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.

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or In Honor of _____

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Superior, Wisconsin 54880

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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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