



Aging & Disability Resource Center of Pierce County

715-273-6780 or Toll Free 1-877-273-0804

Resilience: A Helpful Tool for Caregivers

When life takes a turn you weren't expecting and you find yourself in a place you'd rather not be, do you fall apart or face the situation with confidence and strength? There's nothing like a global pandemic to test your ability to cope. Add to that the regular challenges of being a caregiver and the stress that comes with the holidays and even the strongest person may falter. While your first reaction to these challenges might be fear and anxiety, adopting principals of resilience can help you respond more positively during hard times. Resilience is the ability to cope when things go wrong. Some people are better at this than others, but all of us can learn to become more resilient by adopting these principles:

- 1.) Solve the right problems. Instead of mulling over things you are powerless to change, focus on what you can do. You can't make COVID-19 go away or somehow undo the fall your mother took. But you can find ways to add meaning to each day and add safety measures to prevent falls in the future.
- 2.) Find meaningful activities. As a caregiver, it is easy to lose your own individuality in the hubbub of what needs to get done, especially with the added challenges of the pandemic. However, it is vital to carve out time to do something you love; something that gives you energy and recharges your battery.
- 3.) Get connected. It is vital to stay connected to others and reach out for help when needed. Asking for help is not a sign of weakness but a sign of wisdom and strength. Even with COVID restrictions in place, a friend can drop off a meal or visit with you and your loved one by phone. Participating in a virtual support group or event can also connect you with others who are in a similar situation which can help you feel more positive about your situation.
- 4.) Remain hopeful. You can't change what has happened, but you can look positively toward the future. Set goals to focus on – both long term and everyday goals. Find a success in each day to keep you feeling optimistic and capable. Actively foster positive thoughts.
- 5.) Learn from experience. Reflect on how you faced hardships in the past and build on those strategies that were successful. When you do make a mistake – like losing your temper – don't dwell on it. Figure out what led to the blunder – like a lack of sleep – and fix it. Find practical and correctable reasons for mistakes rather than focus the blame inward to yourself as a "bad" person.
- 6.) Believe in your ability to cope. It is easy to get overwhelmed with the responsibility of caregiving added to the challenges facing the world right now. Feelings of fear and anxiety are normal and okay; validate them. Then move forward and be aware of the personal strengths and resources you have.
- 7.) Take pride in your accomplishments. When you find success, whether big or small, give yourself credit. Acknowledging that an achievement was the result of your hard work and effort Rather than just good luck helps you feel capable to deal with the hardships and setbacks that come your way.

Caregiving can be full of challenges and difficulties, especially with all the added stressors right now. Becoming a resilient caregiver will help you adapt to these tough times and become a stronger and more confident person in all you do. If you have questions about your caregiving experience, please call the ADRC of Pierce County at 715-273-6780.

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

SENIOR CENTER NEWS

Donations of \$4.00 at serving locations & \$8.50 for Home Delivered meals (price includes preparation and delivery) requested to help defray part of the cost of the meal.

PRESCOTT SENIOR CENTER NEWS

By Tammy Decker-Site Manager

1531 James St., Prescott, WI 54021

715-262-5195

Meals Served Monday-Friday

Ho, ho, ho Merry Christmas, Happy Hanukkah to all! 'Tis the season! December is a very busy month. There's meal planning, Christmas shopping, wrap the gifts, find the perfect Christmas tree, decorating the tree and the house...etc. Whatever the holidays bring, please pay attention to your health & well being. Be active, eat healthy...your kids are watching! LOL!!

Christmas Facts-N-Trivia

Why is Christmas Day on December 25th? Although the exact date of Christ's birth is unknown, Christmas Day has been symbolically celebrated on the 25th of December since the 4th century. Chronographers of the third century were the ones who reckoned December 25th, around the winter solstice, as the most likely day of Christ's birthday.

Where did "Jimmy Christmas" come from? Or also known as "Jiminy Christmas". It is a direct reference to Jesus Christ and dates back to 1664, when it was first recorded as "Gemini", a twist on the Latin phrase *Jesu domini*. The name of the Walt Disney Character Jiminy Cricket was probably based on this phrase.

Why do we decorate trees? Decorated trees were used in winter celebrations long before the advent of Christianity. Plants and trees that remained green all year had a special significance for people who lived in cold winter climates. Ancient people hung evergreen boughs over their doors and windows. Some believed that evergreens kept witches, ghosts, evil spirits and illness away.

Oh, the gift giving! Why do we buy gifts? Ever wonder how the custom of giving Christmas gifts originated? No, it's not invented by the department stores. The ancient Romans gave gifts on the *calends* (first day) of January. Eventually Christmas moved the custom to December 25th.

Who made the first Christmas card? The first Christmas card design is thought to have been printed in England in 1843.

How to keep cats away from the Christmas tree: Try lining the tree's lower trunk with aluminum foil. Some cats do not like the sound and feel of it and won't try to climb the tree.

Puzzle of the month! I move incessant to & fro, obedient to moon and sun, but though I serve both high & low, all wait on me, I wait on none. Answer on page 3.

There are snow baby birthdays this month. Happy birthday and best wishes to Roger Anderson—12/10, Roger is a volunteer meals on wheels driver. Steelie Newoman—12/30. Steelie is a former volunteer driver for the ADRC. Congratulations! Celebrate life!

Keeping a positive outlook and attitude is important, especially when our world is so different now. There are things one can do to brighten someone's day and yours. Call a loved one or a friend, tell those often that you love them. Send a card/note to whomever you choose. Offer to pick up a friend or loved one's mail, take the recycling to their curb, run an errand for them, send them flowers....any big or little nice thing you can do goes a long way. Some people may not see or talk to another human being for a day or two. Reach out to put a smile on their face. You will love the reactions!

Reminder: Our meals on wheels delivery drivers will knock on your door, open the door and announce, "meals on wheels". We encourage our drivers to make verbal contact before leaving the premises. Our clients safety is important to us. Give a huge "Thank you" to all of our meals on wheels drivers. You all are very much appreciated.

Unfortunately, due to the pandemic, all activities at the Prescott Senior Center are still on hold. This includes congregate meals, bingo, exercise, birthday parties and socialism. Carol Meyer, the Foot Care Specialist, will come to your home for foot care. Please call Tammy at the Prescott Senior Center—715-262-5195 to sign up. Carol will follow up with you via phone call.

Important temperatures to remember. While your baking the ham for Christmas dinner, fixing the jello salad and the deviled eggs—Hot temps should be 140 degrees or higher, cold temps should be 40 degrees or lower. Food safety first!

A Christmas wish to all of you. Enjoy your holidays, Remember to breathe, count your blessings, say a prayer, always stay humble and kind. Eat well, stay healthy, Merry Christmas and Happy New Year!

We are closed Thursday, December 24th and Friday, December 25th.

Looking forward to seeing everyone next year.

Peace on Earth!

SENIOR CENTER NEWS

ELLSWORTH SENIOR CENTER HAPPENINGS

By Linda Stroud, Director

312 W. Main St., Ellsworth, WI 54011

715-273-5873

No Congregate meals served.

GREETINGS FROM LINDA I love December. The car radio gets set on a station that plays Christmas songs all day long, all month long.

I love picking out a special something for those I love. Admittedly, some years it's a hit and sometimes a miss. This years shopping has been a little different, not so much done in the store but rather on-line. Wrapping the gifts is not a chore but a labor of love.

The hunt for decorated houses throughout the month brings me joy. Even during a pandemic this is an activity that can be safely enjoyed. This year there won't be holiday parties but that won't stop me from finding ways to celebrate and share Christmas love with friends & family. John plays guitar and sings just about every day, his huge book of seasonal songs will be pulled out, our house will echo songs of Christ, old familiar Christmas songs and silly Christmas songs like Leroy the Redneck Reindeer.

Old favorite cookie recipes as well as some new ones that I want to try will be pulled out. The house will be filled with scents of peppermint, cinnamon and vanilla. John will be sneaking hot treats from the table! We will get wrapped up in the innocent joy of a grandchild that still believes in Santa. My thoughts wander back over the years remembering Christmas's past. As I age I seem to reminisce more, is that true for you? Remember the time of innocence, when you anxiously awaited the arrival of Santa? As a youth I loved going Christmas caroling with my church friends. Our house was the last house on the route. Mom would have "real" hot chocolate (made with milk, baking cocoa and sugar) ready to serve in her silver coffee pot. Platters of cookies and candy as well as cheese and crackers were ready for consumption by the cold and hungry crowd. My parents were not rich yet somehow much that was on my and my siblings wish lists found it's way under the tree. I remember Mom sharing that Christmas as a child for her was an orange, a few nuts and candy in her sock. Occasionally she would receive a small toy. The Saturday after Thanksgiving my Step-Dad would go hunting and Mom would get busy transforming the house into a Christmas House. Mom would get busy right after Thanksgiving making piles of cookies and fudge, "hiding" tin after tin of the sweet confections in the cold attic. Starting Dec.26 we would pile in the car and visit relatives, arriving with gifts and tins of treats. The entire month of December was centered around church and family. Through the remainder of the school break, sleds were tested, ice skates placed on wobbly ankles and time with friends was enjoyed. Enjoying time with friends and family is still the best part of Christmas for me. I love remembering when my own children were young and how their joy overflowed. The excitement on their faces when they sat on Santa's lap. The screams when they opened the gift they were sure they wouldn't get! Then the grandchildren came along and the innocent belief and fun began all over again! New memories will be made this December.

Most certainly we will look back and remember how COVID-19 affected the way we celebrated. It might take a little extra creativity to make happy memories but it can be done. Merry Christmas! To my Jewish friends, Happy Hanukkah! No matter what faith you practice or how you celebrate, may your December be full of LOVE, JOY, PEACE and HOPE!

DID YOU KNOW? Just a few fun facts about Christmas!

- While Christmas celebrates the birth of Jesus Christ, there is nothing in the Bible that says he was born Dec.25. Most historians actually believe that Jesus was born in the spring. His birthday itself didn't become the official holiday until the third century.

- Hanging stockings started by accident. According to legend, we hang stockings by the chimney with care thanks to a poor man who didn't have enough money for his three daughters' dowries. Generous old St. Nick (remember, that's his trademark!) dropped a bag of gold down their chimney one night, where the girls had hung their stockings to dry. That's where the gold ended up, and how the tradition began.

- Astronauts broadcast "Jingle Bells" from space. This prank almost went to far. Nine days before Christmas in 1965, the two astronauts aboard Gemini 6 sent an odd report to Mission Control that they saw an "unidentified flying object" about to enter Earth's atmosphere, traveling in the polar orbit from north to south. They interrupted the tense report with the sound of "Jingle Bells," as Wally Schirra played a small harmonica accompanied by Tom Stafford on a handful of small sleigh bells they had smuggled aboard.

- This Christmas gift held a lifesaving secret. During World War II, The United States Playing Card Company joined forces with American and British intelligence agencies to create a very special deck of cards. They gave them out as Christmas gifts that also helped allied prisoners of war escape from German POW camps. Individual cards peeled apart when moistened, to reveal maps of escape routes. Sometimes truth really is stranger than fiction.

SPECIAL THANKS I want to take a moment to recognize and send a shout out to our corporate and community supporters. Being a non-profit organization, donations from our supporters help with operational costs, supplies and programs. This month a big heartfelt thank you goes out to Pierce County Meats, Bethlehem Lutheran Church and to Don Bebee.

HAPPY BIRTHDAY to those celebrating December birthdays!
12/5 Karen Meyer, 12/7 Wendy Schommer, 12/9 Lana Glass, 12/9 Karen Endicott, 12/9 Denise Blaisdell, 12/17 Lillian Doll, 12/22 Gordy Nelson, 12/23 Linden Johnson, 12/25 Jennifer Maday, 12/27 Arnie Starkstrom, 12/28 Jeanne Duffing, 12/30 Linda Stroud

CALENDAR OF EVENTS

Mon-Wed-Fri @1:00 Billiards

Dec. 17 @ 11:00 Board of Directors meeting

Dec. 17 @ 1:00 foot care by Carol Meyer

Dec. 24 Christmas Eve- Ellsworth Senior Center Closed-No Meals on Wheels

Dec.25-Christmas-Ellsworth Senior Center closed-No Meals on Wheels

Answer to puzzle on page 2: The Tide

SENIOR CENTER NEWS

BAY CITY SENIOR CENTER NEWS

By Dee Dee Schutz

W6391 Main St., Bay City, WI 54723
715-594-3639

Meals Served Tuesdays & Thursdays

As we Drop into December writing this article gets harder and harder as we struggle through this COVID -19 atmosphere. So many of the things I usually tell you about just aren't happening this year. I miss them as I'm sure you do too. No concerts of any kind, no party for our B.C. Jolly Seniors and many of your groups too, no big family get togethers or if there is do you feel safe going etc. etc. But as I've said before take time to be thankful for what you do have. Count your Blessings!

We wish you all a Very Merry Christmas! Not sure what Christmas will look like here yet. I'm not into shopping although that seems to be one of the safer things to do but still makes me uncomfortable, so I will only do what I have too. I'll send out cards to pass on a little cheer and I think I'll have a little wine or a lot—probably not. Lets all take time to remember the Reason for the Season, that hasn't changed. My Christmas Wish for all is that you get to safely spend time with loved ones, and Pray for each other and our World. We need a lot of it. I pray that you all stay safe and well this Holiday season, be careful out there, wash your hands, wear a mask, etc. and don't forget to wear a hat and gloves and be very careful of any ice. NO FALLS.

Keep life Moving forward, looking backward is only for time travelers.

We are still in pickup mode for our Tuesday and Thursday meals. Please call Susan at 715-647-2588 at least one day before if you want a meal so she can order enough. Anyone 60+ is welcome to purchase a meal. Pickup time is from 11:30 to noon at the Bay City Village Hall. We miss being able to share a meal together and playing cards.

The Bay City Jolly Seniors always welcome new members. The dues are only \$3 per year. As per our new normal there will be no meeting in December. If you have something to discuss let Susan know or you could call Joyce Olson, our president.

December Birthday:

Kim Lunda

5th

Find a way to: "Keep the AWE in Your Life!"

RIVER FALLS SENIOR CENTER NEWS AND ACTIVITIES

By Faye Simone, Nutrition Site Manager

119 Union St. River Falls, WI 54022 715-425-9932

Meals Served Monday-Friday

December Senior Birthdays include:

Joan Gram – 4 th Lorraine Michael – 5 th

Ann Dusek – 8 th Brenda Bishop – 22 nd

Jo Ayres – 31 st Mary Boles – 31 st

Best Wishes to all..

Due to the virus, Wellhaven is still shut down for any senior activities. We look forward to a time when we can get together again.

Toenail care is scheduled for Friday, December 4 th and Friday, December 18 th . It will be held at the Manor. Please call 715-425-9932 for an appointment and directions. Cost of \$20.

The Executive Meeting will be held on December 7 th at 11:00 AM. The meeting will be held at Hoffman Park. This meeting is also a farewell to Judy Johnson who is retiring on December 31 st . She has given an excessive amount of time to the betterment of the Senior Center. Thank you Judy.

The Senior Center will be closed on Thursday and Friday, December 24 th and December 25 th to celebrate the Christmas holiday. There will be no meals delivered on either of these days.

Wellhaven will again honor friends and loved ones at the virtual tree lighting fundraiser. If you wish to honor someone special please contact Laura Swanson at 715-426-4633. You may reserve an ornament to be hung on the tree or reserve a string of lights for the tree.

Many of us have had a difficult year with illness, loss, uncertain employment and isolation due to the covid virus. With that in mind the Christmas holiday is fast approaching. A great way to get in the spirit is by re reading a book. Some suggestions-
The Little Match Girl – The Gift of the Magi – A Christmas Carol – and How It Came To Be True. Christmas stories, books and poems are a great way to help you and your family get into the festive spirit.

This Christmas wish is packed full of virus-free hugs. From my bubble to yours – I wish you a happy holiday season. Stay safe. – New Year? Yes Please. If you need help with anything give me a call – 715-425-9932.

If you wish to have meals delivered to you or your loved ones, please call Pierce County ADRC at 715-273-6780 to make arrangements.

SENIOR CENTER NEWS

Please keep in mind if the COVID-19 continues to be problematic, some activities may be cancelled. You can always call the appropriate organization to find out what the status is.

PLUM CITY SENIOR CENTER NEWS

By Susan Sanders—Site Manager

505 Main St., Plum City, WI 54761

715-647-2375

Meals served Mondays and Wednesdays

Plum City serves meals for those who are 60+ and looking for a good meal. Please call Susan Sanders at (715) 647-2588 to reserve a place at the site a day or two before you wish to attend. If you would like more information, please give us a call.

Social hour with coffee and cookies are set out at 11:30 am for those that like to visit before the meal. If anyone is interested in a "free" exercise class at the Plum City Senior Center, please call Susan Sanders at (715) 647-2588 to coordinate a time to meet.

Business meetings are on the third Monday of the month at 11:30 am with lunch to follow, and then for anyone that would like to stay we will be playing cards, games and/or shoot pool. If you'd like to have lunch with us on this day, make sure that you call Susan a day in advance so that she can reserve a lunch for you. Please join us. We truly need your support and would love to see you there!!

Happy birthday to those who have birthdays in December: Bernard Fredrickson 12/8, Terry Pelzel 12/21

Easy Peasy Dip for Football Games

- 1 can Hormel chili
- 1/2 brick cubed velveta
- Warm in crock pot
- Dip with Tostitos



MAIDEN ROCK SENIOR CITIZENS

United Methodist Church,

N618 County Rd. S., Maiden Rock, WI 54750

715-448-4844 No Meals Served.

Welcome Senior Citizens!! Please join us for crafts on every 3rd Tuesday of the month from 1-4pm.

Come for a quick meeting at 11:30 followed by a potluck lunch at 12:00 p.m. on the last Friday of every month.

All surrounding area towns are welcome to join us. If enough people stay, we will have games after lunch.

Hope to see you there!!

DONATION DESIGNATION FORM

I want to help the Aging & Disability Resource Center of Pierce County continue its effective community service to individuals with disabilities and older adults and their families. Please designate this donation:

In Memory of: _____ or In Honor of: _____

I want my donation to go to the following program(s):

- | | |
|--|--|
| <input type="checkbox"/> Information & Assistance/Options Counseling | <input type="checkbox"/> Elderly & Adults At Risk of Abuse |
| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> Support Groups |
| <input type="checkbox"/> Elder Benefit Specialist | <input type="checkbox"/> Hearing, Dental & Vision Services |
| <input type="checkbox"/> Home Delivered Meals/Senior Dining Services | <input type="checkbox"/> Medical Transportation |
| <input type="checkbox"/> Home Modifications for Handicapped | |

It is ok to acknowledge my donation in the ADRC of Pierce County News: Yes No

Please send receipt to –

Name & Address: _____

Please make checks payable to: ADRC of Pierce County
412 W. Kinne St., P.O. Box 540
Ellsworth, WI 54011

Your gift is deductible to the extent provided by law

DECEMBER MENU

PIERCE COUNTY SENIOR DINING PROGRAM ELLSWORTH (HOME DELIVERED MEALS ONLY) —715-273-5873 / PRESCOTT (M-F) —715-262-5195 / PLUM CITY (M & W ONLY) 715-647-2375 / BAY CITY (T & TH ONLY) — 715-594-3639. A \$4.00 DONATION IS SUGGESTED FOR MEALS AT THESE MEAL SITES. REGISTRATION IS REQUIRED.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 PORK CHOPS GRAVY BAKED POTATO SOUR CREAM CARROTS MIXED FRUIT DINNER ROLL	2 SPAGHETTI W/MEAT SAUCE CORN BREAD STICK PEARS	3 CHICKEN ALA KING OVER BAKING POWDER BISCUIT ROMAINE & TOMATO SALAD MANDARIN ORANGES	4 SLOPPY JOE ON BUN BAKED BEANS DIXIE COLESLAW FRUIT PIE
7 CABBAGE ROLLS BOILED POTATOES GREEN BEANS PINEAPPLE	8 ROAST BEEF MASHED POTATOES GRAVY ROOT VEGGIES RICE PUDDING	9 HERBED CHICKEN VEGETABLE FRIED RICE ROMAINE CAESAR SALAD W/TOMATO APPLESAUCE	10 SWEEDISH MEATBALLS EGG NOODLES PEAS & CARROTS PEACHES	11 HAM AU GRATINS CAPRI VEGGIES ANGEL FOOD CAKE W/FRUIT SAUCE
14 TATER TOT HOTDISH CALIFORNIA MIX DINNER ROLL PUMPKIN SPICE	15 TURKEY DRESSING GRAVY BROCCOLI PEARS	16 BEEF TIPS GRAVY MASHED POTATOES BEETS MIXED FRUIT	17 BROASTED CHICKEN BAKED BEANS STEAKHOUSE POTATO SALAD FRUIT PIE	18 HAM & SWISS ON RYE CLASSIC CHICKEN NOODLE SOUP BANANA
21 KIELBASA W/KRAUT BUN PASTA FLORENTINE W/SPINACH 3 BEAN SALAD JELLO	22 SALISBURY STEAK MASHED POTATOES GRAVY STEWED TOMATOES APPLESAUCE	23 CHICKEN PASTA CARBONARA CAPRI VEGGIES DINNER ROLL CHEESECAKE SUPREME	24 CHRISTMAS EVE NO MEALS SERVED	25 CHRISTMAS NO MEALS SERVED
28 MEATLOAF W/SAUCE AU GRATIN POTATOES CARROTS HOLIDAY COOKIE	29 FISH TRIANGLES SEAFOOD FETTUCCHINE SALAD BROCCOLI & BACON SALAD PINEAPPLE	30 BBQ CHICKEN MASHED POTATOES GRAVY BAKED BEANS MANDARIN ORANGES	31 LASAGNA 7 LAYER SALAD BREAD STICK CARROT CAKE	

SENIOR DINING MENUS NOW AVAILABLE ON THE INTERNET!

The menus for all of the senior dining centers in Pierce County are now easily accessible on the ADRC web page. To find the menus go to www.co.pierce.wi.us. Click on the Aging and Disability Resource Center link on the left side of the page. Once you are on the ADRC web page, click on the "Menu" tab on the right side of the page in the navy blue box. You can then view and print the menu for the dining center in your area. And remember, you are welcome to dine at any of the senior dining sites in the county...or the state!

DECEMBER MENU

RIVER FALLS SENIOR CENTER MANAGER: FAYE SIMONE: 715-425-9932

MEAL SITE DONATION OF \$5.00 is SUGGESTED.

Monday	Tuesday	Wednesday	Thursday	Friday	
<div style="background-color: black; color: white; padding: 5px; text-align: center;"> ALL MEALS COME WITH FRUIT AND DESSERT </div>	1 SMOTHERED CHICKEN BABY REDS BROCCOLI GARLIC BISCUIT	2 POT ROAST MASHED POTATOES GRAVY CARROTS DINNER ROLL	3 CHICKEN BROCCOLI CASSEROLE GREEN BEANS BREAD STICK	4 LEMON BAKED COD BAKED POTATO CALIFORNIA BLEND DINNER ROLL	
	7 RACHEL SANDWICH COLESLAW CHIPS	8 TATER TOT CASSEROLE CARROTS GARLIC BISCUIT	9 OVEN ROASTED TURKEY MASHED POTATOES GRAVY GREEN BEANS DINNER ROLL	10 HONEY GLAZED HAM SWEET POTATOES PEAS DINNER ROLL	
	14 CHICKEN CORDON BLEU AU GRATINS PEAS GARLIC BISCUIT	15 BAKED BBQ RIBS BAKED POTATO GREEN BEANS DINNER ROLL	16 HOME STYLE MEATLOAF MASHED POTATOES GRAVY CORN DINNER ROLL	17 LASAGNA SQUASH GARLIC BREAD	18 CRISPY FISH W/ LEMON AU GRATINS WINTER BLEND DINNER ROLL
	21 BEEF CHOW MEIN STIR FRY VEGGIES EGG ROLL	22 BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND BREAD STICK	23 OVEN FRIED CHICKEN MASHED POTATOES GRAVY COUNTRY BLEND DINNER ROLL	24 CHRISTMAS EVE NO MEALS ON WHEELS!!	25 CHRISTMAS DAY NO MEALS ON WHEELS!!
	28 CREAMY MUSHROOM PORK CHOP WILD RICE 5 WAY BLEND BREAD STICK	29 PARMESAN CRUSTED CHICKEN BABY REDS BROCCOLI GARLIC BISCUIT	30 SALISBURY STEAK MASHED POTATOES GRAVY PEAS DINNER ROLL	31 SAUSAGE SPINACH QUICHE WAFFLE BACON TRI TATER	

BENEFIT SPECIALIST RECOMMENDATION & REQUEST

To continue to provide efficient and prompt service to as many clients as possible, we would like to encourage everyone to call the Aging and Disability Resource Center of Pierce County at (715) 273-6780 to make an appointment before coming into the office to see us. This will prevent you from having to wait if we are unavailable and it will help us to assist you in a more confidential, respectful and timely manner.

Thank You ~ Jane & Robin

WE ACCEPT FOODSHARE for Senior Meals

Do you participate in the Wisconsin FoodShare program? Do you find it difficult to use your FoodShare card in the grocery store? If so, you can now use your FoodShare card to pay the cost of the donation for your senior dining meal! Your FoodShare card can be used to pay your donation for home delivered meals or for congregate meals. For more information on how to use your FoodShare card for your donation or for more information about the FoodShare program, please contact the ADRC at 715-273-6780.

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ADRC OF PIERCE COUNTY

SNEAKERS PUB & EATERY S119 MCKAY AVE., SPRING VALLEY WI 54767 715-778-4200

Take Out entrée w/ soup and salad \$10.50. TUES-FRI

For information on Home Delivered Senior Meals please contact: Lena : lena.aumann@co.pierce.wi.us or 715-273-6780 or kathy: spring.valley.ssp@gmail.com No Senior Meals Served on Thursday, December 24 or Friday, December 25.



INCLEMENT WEATHER POLICY FOR SENIOR DINING PROGRAM

Please note: Pierce County Meals on Wheels closings will be shown on TV station FOX 9 and on the ADRC Facebook page. If schools are not in session, the ADRC manager, with input from the Highway Department, will make the decision to cancel Meals on Wheels and Grab n Go Meals. If you suspect meals might be cancelled, please watch FOX 9 or the ADRC Facebook page for closing information.

If schools are in session, please follow the guidance below:

Ellsworth School District closes schools OR has a 2 hour late start: The senior dining sites AND home delivered meals in Ellsworth, Plum City, Bay City, and Prescott will be closed.

For Plum City and Bay City participants: If the Plum City School District is closed or 2 hours late, the Plum City and Bay City meal sites will be closed and Meals on Wheels will not be delivered.

For Spring Valley participants: If the Spring Valley School District is closed or 2 hours late, although Sneakers may be open, senior meals will not be served and Meals on Wheels will not be delivered.

For Elmwood participants: If the Elmwood School District is closed or 2 hours late, Meals on Wheels will not be delivered.

For ALL the above situations, you will NOT be called and notified of the meal cancellation. Please watch the news for school cancellations. Meals on Wheels cancellations will also be shown on FOX 9 and the ADRC Facebook page.

For River Falls participants: The ADRC of St. Croix County will contact you if meals are cancelled due to bad weather.

If you have questions about meal cancellations, please call the Aging & Disability Resource Center of Pierce County at (715) 273-6780.

It is a good idea to plan now to have an emergency meal shelf ready with food items that are shelf stable or nonperishable (do not require refrigeration). Then, if the senior dining closes or the electricity is off due to a winter storm, food will be readily available to you if needed. **Plan and prepare now!!!**

It is a good idea to plan now to have an emergency meal shelf ready with food items that are shelf stable or nonperishable (do not require refrigeration). Then, if the senior dining closes or the electricity is off due to a winter storm, food will be readily available to you if needed. **Plan and prepare now!!!**

ADRC OF PIERCE COUNTY

*ONLINE/CALL-IN** CAREGIVER SUPPORT GROUPS

- Are you caring for someone with dementia or challenging health issues that impact daily life?
- Would you like a chance to visit with others on the same journey?
- Are you able to share your past experience as a caregiver to help others on a similar path?

Please join us online or by phone for supportive, friendly conversation in the comfort of your own home. Conversation is confidential just as in a typical in-person support group.

2 nd Thursday each month 10:00-11:30 am
4 th Wednesday each month 2:00-3:30 pm

**Please call Amy Luther, 715 273-6780 and leave a voice message. She will return your call to register you for the group and provide any additional info needed to participate.



Memory Café'

Coffee, Conversation, Community

	<p><i>First National Bank Lower Level 1151 Canton St. Prescott</i></p> <p><i>1st & 3rd Fridays 10-11:30 a.m.</i></p>	<p><i>St. John's Lutheran Church 5520 Church Ave Spring Valley</i></p> <p><i>2nd & 4th Tuesdays 10-11:30 a.m.</i></p>	<p><i>Wellhaven Senior Living 119 Union St. River Falls Last Tuesday</i></p> <p><i>10 - 11:30 a.m.</i></p>
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PLEASE NOTE: AT THIS TIME, MEMORY CAFES ARE BEING HELD ONLINE. PLEASE CONTACT AMY LUTHER 715 273-6780 to register. Leave a voice message & Amy will call back to share info to join group. EVERYONE is welcome for social interaction, laughs and support!

No cost to participate.

Light snacks and beverages provided.

Anyone is welcome - no need to be a resident of the county.

The Memory Café is a safe, comfortable, and engaging environment for those with memory loss and their caregivers. It is a place where guests can laugh, learn, and remain socially engaged with others traveling the same journey.

The Memory Café monthly meeting will feature speakers, educational offerings, and special activities. Program content will vary based on guests' interests, needs, and concerns. We welcome those with Alzheimer's disease (or a related diagnosis), individuals with mild cognitive impairment and people who are concerned about memory loss, as well as family members or your care partner.

What NOT to expect: Formal care service, clinical assessments, or personal care services. The Memory Café is not suitable for those with dementia to attend alone if they have specific care needs, high levels of anxiety, disorientation/wandering, or a history of disruptive/aggressive behavior.

COMMUNITY CARES

The Pierce County Food Pantries provide nutrition assistance to relieve situations of emergency or distress through the provision of food to needy persons, including low-income and unemployed persons.

To qualify for the Pierce County Food Pantry items you must meet the following income guidelines:

<u>Household Size</u>	<u>Gross Monthly Income</u>
1	\$1926.00 or less
2	\$2607.00 or less
3	\$3288.00 or less
4	\$3970.00 or less
5	\$4651.00 or less

Please bring your utility or phone bill to verify your address. You may use the Food Pantry in your school district or you may use the Pierce County Food Pantry located in Ellsworth. Below is a listing of the Food Pantries in Pierce County.

Also as a friendly reminder

When the School District is "closed" due to weather, the Food Pantry will also be closed!

Pierce County Food Pantry: 440 N. Maple St., Ellsworth
Hours: **Mon, & Wed. evenings: 4:00 pm to 6:00 pm**
Tues & Thurs: 9:30 am– 12:00 pm
Other Days/Times: By appointment only!!
Telephone: (715) 273-2070

Plum City Food Pantry: 301 1st Street, Plum City
Hours: Thursdays: 10:00 am – 2:00 pm
except 2nd Thursday 3:00 pm—7:00 pm
Telephone: (715) 647-2191

Spring Valley Food Pantry: S425 Church Ave., Spring Valley
Located at the St. John's Lutheran Church
Hours: 2nd & 4th Wednesdays: 10:00 am to 11:30 am
and 4:30 pm to 6:00 pm
Telephone: (715) 778-5988

Prescott Food Pantry: 911 Pearl St.
Hours: **Tues & Wed 9am-2:00pm**
Thurs 12pm-5pm
Telephone: (715) 262-4143

River Falls Food Pantry: 705 St. Croix Street,
River Falls
Hours: Mondays: 10:00 am to 12:00 pm and
6:00 pm to 7:30 pm
Wednesdays: 1:00 pm to 5:00 pm
Thursdays: 6:00 pm to 7:30 pm
Fridays: 10:00 am to 12:00 pm
2nd Saturday: 10:00 am to 12:00 pm
No longer open on 4th Saturday
Telephone: (715) 425-6880

Elmwood Food Pantry: 108 S. Main St., Elmwood
Hours: 1st Tuesday: 3:00 pm to 6:00 pm
3rd Tuesday: 9:00 am to 1:00 pm
Telephone: (715)639-2307

Please keep in mind if the COVID-19 continues to be problematic, some activities may be cancelled. You can always call the appropriate organization to find out what the status is.

All locations will be closed Friday, December 25.

Free Community Breakfast

2nd Saturday of Each Month

Join us at the United Methodist Church
127 S. 2nd Street, River Falls, WI
For a free breakfast
Serving 8:00 a.m. to 10:00 a.m.

INFORMATION & ASSISTANCE CALL (715) 273-6780

The Aging and Disability Resource Center of Pierce County can answer all your questions about assistance, services and resources available to seniors and family caregivers.

If you need information, we are dedicated to answer your questions completely and accurately. We are focused on empowering individuals to make choices as they grow older – choices that will affect their quality of life for years to come.

COMMUNITY CARES

EAT RIGHT WHEN MONEY IS TIGHT!

By: Maureen Wilson,
FoodShare Specialist

Have you ever found yourself choosing between buying groceries and paying for medicine at the end of the month? Or maybe you've found yourself skipping fruits and vegetables and opting for cheaper, less nutritious foods so you have money to pay your utility bill? We believe these are choices no one should have to make. And that's why we'd like to make sure you are familiar with a benefit you may be eligible for called FoodShare. It's a monthly benefit deposited on a debit-like card, the QUEST Card, to help with buying food. This can free up money for bills, medications and other necessities. It's a completely free benefit to those who are eligible. Eligibility is based on income and certain expenses; many people who are working or receiving Social Security are eligible. Plus, claiming FoodShare



benefits helps your local community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers.

Claiming benefits you are eligible for is a great way to stretch your grocery budget while supporting your local community! Applying is fast, easy, and confidential. Feeding Wisconsin has a team of FoodShare Outreach Specialists who would be happy to assist you with the process. Your local FoodShare Specialist is Maureen Wilson,

Household Size	You <i>may</i> qualify if your total monthly household income is less than:
1	\$2,024
2	\$2,744
3	\$3,464
4	\$4,184



BREAST CANCER SUPPORT GROUP

The Breast Cancer Support Group (sponsored by the River Cancer Center in River Falls) welcomes anyone who is going through or has gone through the breast cancer journey – and it's free!! The group meets on the 2nd Monday of the month from 6:30 to 8 p.m. in the Library Room of St. Bridget's Catholic Church. For more information, call Michelle Rinehart at (715) 821-1468.

Free Community Supper

2nd Wednesday of Each Month

Interested in some friendly conversation over a home-cooked meal? Join us at the:

First Presbyterian Church
(corner of Hwy 65 & Hwy 10 in Ellsworth, WI)

Serving 5:00 p.m. to 6:00 p.m.

[PLEASE CALL FOR LATEST UPDATES!](#)

[715-273-4904](tel:715-273-4904)

FREE LEGAL CLINIC

The State Bar of Wisconsin Volunteer Lawyers Program and the St. Croix Valley Bar Association are sponsoring a free legal clinic to provide general legal information to members of the community.

For Pierce County

Residents

The free legal clinic is held the fourth Tuesday of each month from 6:00 pm – 7:30 pm in the Pierce County Emergency Operations Committee Room (Enter at the entrance near the Holiday gas station.) For questions about the clinic or for more information, contact the Pierce County Clerk of Circuit Court's Office at (715) 273-3531 or Phil Helgeson at Heywood, Cari and Anderson, S.C. at (715) 262-5551.

ADRC NEWS IS AVAILABLE ON THE INTERNET!

The Pierce County ADRC News is accessible on the ADRC web page. To find the ADRC Newsletter go to: www.co.pierce.wi.us, click on the Aging and Disability Resource Center link on the left side of the page. Once you are on the ADRC web page, click on the "ADRC Newsletters" tab on the right side of the page in the navy blue box.

ADRC OF PIERCE COUNTY



Health Insurance Marketplace: What You Need to Know in 2020

By the GWAAR Legal Services Team

This year, many people may be experiencing changes to their health insurance coverage due to a number of circumstances directly or indirectly related to the COVID-19 pandemic. This article discusses key points of the Affordable Care Act's Health Insurance Marketplace in 2020 for both existing and new enrollees.

Open Enrollment: The Health Insurance Marketplace Open Enrollment Period runs from Sunday, November 1 through Tuesday, December 15, 2020. Coverage begins January 1, 2021. If you do not enroll in a plan by December 15, 2020, enrollment is not available at any other time of the year unless you qualify for a Special Enrollment Period.

Automatic Enrollment: If you already have a Marketplace plan, you will be automatically enrolled into your current plan if it is still available in the Marketplace. If your current plan is no longer offered, HealthCare.gov will enroll you in a new plan that is as similar as possible to your 2020 plan. This means there is a chance you may be automatically enrolled into a plan that has a different type of network, a different metal level (bronze, silver, gold, platinum), or even a plan with a different insurer if your current insurer is no longer offering any plans in the Marketplace. For these reasons, everyone with a Marketplace plan should review their coverage, research whether there are better options for 2021, and make sure they know what actions – if any – they need to take.

Special Enrollment Periods: Typically, you have 60 days after a life-changing (“triggering”) event for a Special Enrollment Period (SEP) into a Marketplace Plan outside of Open Enrollment. Triggering events include, but are not limited to, losing other qualifying coverage, getting married, having a child, moving, or other “exceptional circumstances.”

Federal Emergency Management Agency (FEMA) SEP

In August, 2018, the Centers for Medicare & Medicaid Services (CMS) clarified that an “exceptional circumstance” includes when an individual is affected by a FEMA-declared emergency or major disaster. This means that in 2020 you have additional opportunities to enroll if you meet the following criteria:

1. You reside in an area during the incident period of a FEMA-declared disaster or emergency (currently, all states are covered under FEMA's COVID-19 pandemic national emergency declaration);
2. You were eligible for another SEP; and
3. You failed to enroll with the SEP for which you were eligible due to impacts from the FEMA-declared disaster (in this case, impacts from COVID-19).

The Healthcare.gov application now asks whether you have had any SEP-qualifying events since January 1, 2020, rather than the typical 60 days. This means that if you were eligible for an SEP at any time since January 1, 2020, but did not enroll, you may still qualify for coverage. However, if you have not had any SEP-qualifying events since January 1, you are *not* eligible for the FEMA SEP. The COVID-19 pandemic *alone* does not create an SEP.

Retirement, Medicare, & Marketplace

With COVID-19 forcing many businesses to shut down, reduce hours, or furlough/lay off employees, many individuals are deciding to retire earlier than they may have planned. Therefore, it is important to understand how Medicare and the Marketplace work together. The main consideration is the order of enrollment.

There are two possibilities:

1. If you are already enrolled in a Marketplace plan, you can add Medicare, but you will lose any premium tax credit subsidies as soon as you are eligible for Medicare Part A. This means that in almost all cases, you will want to disenroll from the Marketplace when you become eligible for Medicare.
2. If you are already enrolled in Medicare, you cannot enroll in a Marketplace plan because a Marketplace plan is considered duplicate coverage. For this reason, penalties can be imposed against any insurance agent who knowingly sells or issues a Marketplace plan to a Medicare beneficiary.

Finally, it is important to distinguish the Marketplace Open Enrollment Period with Medicare's Annual Enrollment Period for prescription drug coverage and advantage plans, which runs from October 15 through December 7, 2020. Coverage for these plans also begins January 1, 2021. People on Medicare should go to Medicare.gov to review coverage options, and not to the Marketplace website.

COMMUNITY CARES

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

CSFP works to improve the health of low income adults age 60+ years by supplementing their diets with nutritious foods. Who is eligible? Any Pierce County Resident that is age 60 or older and has a gross monthly income that is less or equal to CSFP income guidelines below:

How Does CSFP work? CSFP provides a monthly supplemental food package that will typically include: canned fruit & vegetables, dry or canned milk, cheese, canned meat, peanut butter or dried beans, cereal and grains, rice, instant potatoes or pasta.

How to Apply for CSFP: Fill out pre-registration forms by calling Melissa Larson at (715) 977-1191 or by completing forms on distribution day for the next month. Need proof of address and knowledge of your gross monthly income (you do not need to provide proof of income). After you are signed up you will be able to pick up your commodities once per month at a designated site or send a proxy on your behalf to pick up the commodities.

Once registered, a participant will automatically be enrolled for one year. To register or for further information, call Melissa Larson at WestCAP, Inc. at (715) 977-1191.

Use total gross income	
Household Size	Monthly Income
1	\$1,383
2	\$1,868
3	\$2,353
4	\$2,839
For each additional household member add \$486.	

Ellsworth Senior Meal Site

312 West Main Street, Ellsworth
Distribution Day/Pick-up Day
Wed, Dec 23rd, 8:30 am - 8:55 am

Oak Park Apartments

808 S. Main Street, River Falls
Distribution Day/Pick-up Day
Wed, Dec 23rd, 9:15 am – 9:25 am

PLUM CITY FOOD PANTRY

301 1st Street, Plum City
Distribution Day/Pick-up Day
Wed, Dec 23rd, 10am-11am

To register at the Plum City Food Pantry, please call the Plum City Food Pantry at 715-647-2191.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). "USDA is an equal opportunity provider and employer."

MEMORY MATTERS

By

Amy Luther Dementia Care Specialist , ADRC of Pierce County

Happy Holidays! This year our holiday celebrations may be different than in past years, but different can be new and special, especially if you frame your thoughts and actions with that perspective. As you read this Thanksgiving will have passed, but I encourage you to start each day with a positive thought, prayer, effort, or conversation with someone, to purposely focus your mindset for the day. I've heard so much recently about choosing gratefulness, even when challenges present themselves, to see the good in each situation.

Here are a few tips that can be helpful any time of the year to focus on the gifts in your life:

- Keep things simple, informal and relaxed-focus on appreciation of time together.
- If you are alone, perhaps call a neighbor or a friend and offer gratitude for their involvement in your life, or ask for help-often people just need to know what they can do.
- Make time for smiles, hugs (even virtual), laughter and maybe some music? A sing-along of holiday or other favorites? A game of charades? Review of old photo albums? These activities can be done in a virtual format too! They might not work perfectly, but the fun can be in trying new things and being creative-who cares if it isn't perfect-a few laughs are great, even if shared on a computer screen!
- Practice patience-give yourself credit for doing so, and appreciate the potential benefits.

CAREGIVERS: Remember to provide yourself with opportunities for self-care. It may be difficult to ask for help, but consider a "Reverse Gift List" as new, helpful, and fun idea for family, friends and/or neighbors. Jane Mahoney, the Older American's Act Consultant at GWAAR (Greater WI Agency on Aging Resources), suggests that the caregiver can prepare a "wish list" and give it to others. It indicates tasks/ projects that someone they designate (someone they feel comfortable having help them with a certain task) could help with such as preparing a meal, shopping for groceries, mowing the lawn, shoveling snow, or staying with their loved one so they could have a break, etc. The ideas could be limitless and could be provided throughout the year, each month or even weekly. Often knowing exactly how you can help is not only a gift to the caregiver, but also a gift to the giver!

ADRC OF PIERCE COUNTY

PIERCE COUNTY WISCONSIN
DEPARTMENT OF HUMAN SERVICES



412 W KINNE ST
ELLSWORTH WI 54011
3rd Floor Economic Support

Warm Up Your Winter!

The Wisconsin Home Energy Assistance Program (WHEAP) may help pay a portion of your home heating and/or electric costs. The 2020-2021 Energy Assistance program runs from October 1, 2020 until May 15, 2021. If your household's 1 month gross income is below the following limits, you may qualify. For households larger than 8, please call (715) 273-6788 for income limits

Apply in the county you live in.

Due to COVID-19 Pierce County Human Services Office is Currently Closed to the Public until further notice. Residents can call Pierce County Human Services at 715-273-6788 to schedule a phone appointment. Applications can be mailed to you. You can also complete an application online @ <https://energybenefit.wi.gov/>.

NO WALK-IN APPOINTMENTS.

At a minimum, the following verifications are required to apply:

Proof of Social Security Numbers for all household members

Proof of your heating and electric costs from September 1, 2019 through August 31, 2020

Proof of all earned and unearned income for 1 month prior to the month of application-this includes interest and dividend income. For verification of interest and dividend income, please send in your Income Tax 1099 Form.

(More information is available by calling 715.273.6788, ext. 6203)

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

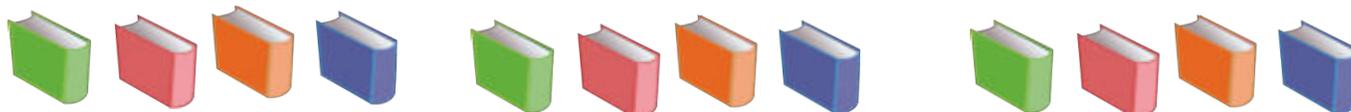


Single mature gentleman w/TP seeking
single mature woman with hand sanitizer for some good clean fun!

Ellsworth Library/Senior Center Activities:

Take a virtual march through suffrage history with the Wisconsin Historical Society's Collections Development Coordinator, Simone Munson, on Dec. 1 at 1 p.m. Explore the stories of leaders, tactics, losses, and victories as women worked for the right to vote. See how Wisconsin fit within the larger story of enfranchisement and analyze the conflict and complications that suffragists faced as they sought the right to vote. Please see the library website (www.ellsworthlibrary.org) for details on how to view the presentation.

The library is currently offering doordside pickup of materials, as well as materials return, during our regular hours: Mondays and Fridays from 10-6, Tuesdays, Wednesdays, and Thursdays from 10-8, and Saturdays from 9-1. We are also able to assist with faxing and photocopying during those hours. Please call 715-273-3209 to schedule an appointment for the above services. Once the Covid-19 activity level lowers, we look forward to reopening by appointment for browsing and computer use.



ADRC OF PIERCE COUNTY

Stop Unwanted Robocalls

By the GWAAR Legal Services Team



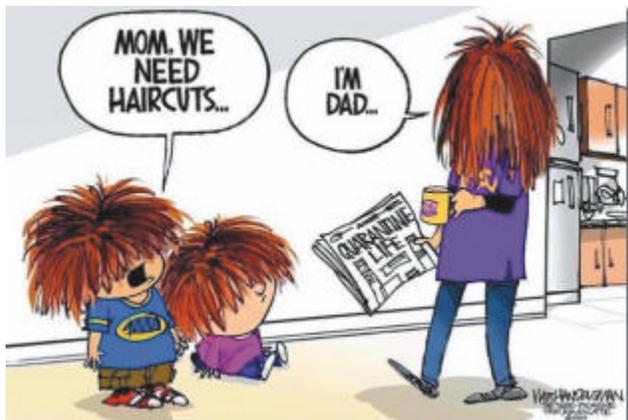
Unwanted calls – including illegal and spoofed robocalls - are the Federal Communications Commission's (FCC) top consumer complaint. Not only can the sheer volume of unwanted calls be aggravating, they can also put your financial and personal information at risk.

What You Can Do

- Beware that Caller ID showing a "local" number does not necessarily mean it is a local caller.
- If you answer the phone and the caller (or a recording) asks you to press a button to stop getting the calls, you should just hang up. Scammers often use this trick to identify potential targets.
- Do not respond to any questions, especially those that can be answered with "Yes."
- Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords, or other identifying information in response to unexpected calls or if you are at all suspicious.
- If you get a call from someone who says they represent a company or a government agency, hang up and call the phone number on your account statement, in the phone book, or on the company's or government agency's website to verify the authenticity of the request. You will usually get a written statement in the mail before you get a phone call from a legitimate source, particularly if the caller is asking for a payment.
- Be suspicious if you are being pressured for information immediately.
- If you have a voicemail account with your phone service, be sure to set a password for it. Some voicemail services are pre-set to allow access if you call in from your own phone number. A hacker could spoof your home phone number and gain access to your voicemail if you do not set a password.
- Talk to your phone company about call-blocking tools they may have and check into apps that you can download to your mobile device to block unwanted calls.
- If you use robocall-blocking technology already, it often helps to let your provider know which numbers are producing unwanted calls so they can help block those calls for you and others.
- To block telemarketing calls, register your number on the Do Not Call List (<https://www.donotcall.gov/>). Legitimate telemarketers consult the list to avoid calling both landline and wireless phone numbers on the list.

Note, however, that even after you register, other types of organizations may still call you, such as charities, political groups, debt collectors and surveys.

Covid Hair



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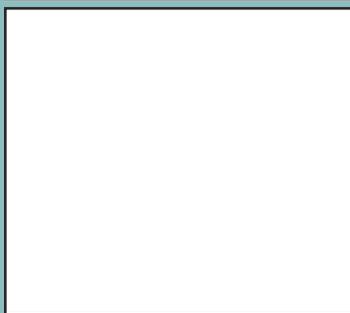


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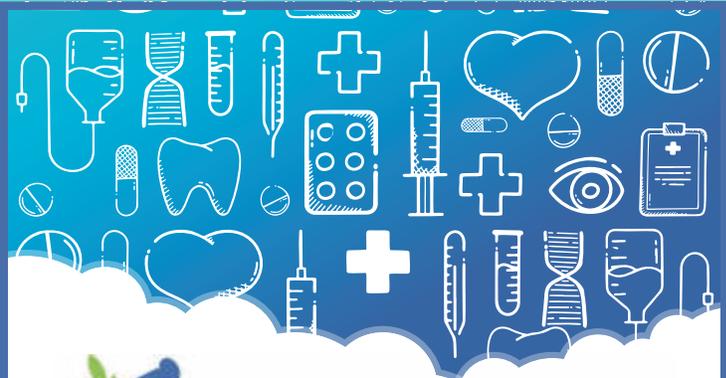


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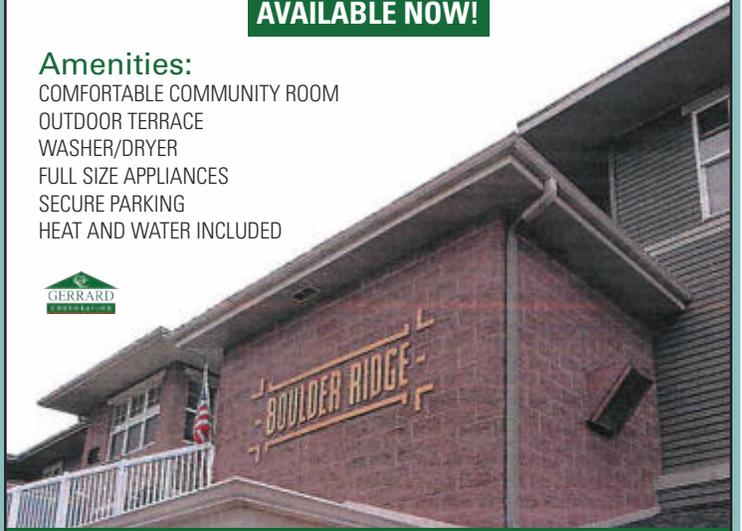
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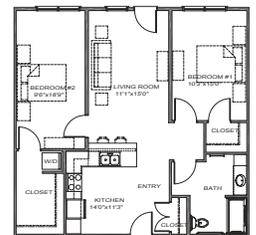
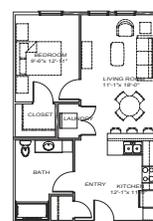
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| Jungle | Noel |
| Nativity | Peppermint |
| Ornaments | Shepherds |
| Reindeer | Snow |
| Sleigh | Star |
| Snowman | Tree |
| Stocking | |
| Wisemen | |