



Aging & Disability Resource Center of Pierce County

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

JANUARY 2021
NEWS

Skip the Resolutions and Set New Year's Goals

Most New Year's resolutions are discarded pretty quickly. Studies have shown that less than 25% of people remain committed after 30 days. Yet there is value in setting goals to make things work more smoothly and to be sure you are living in a way that is true to yourself rather than always fulfilling the needs and expectations of others.

Before setting New Year's goals this year, I encourage caregivers (myself included) to begin by taking some time to think about this quote from author K. L. Toth, *"One of the greatest tragedies in life is to lose your own sense of self and accept the version of you that is expected by everyone else."* Caregiving is a role often defined by the expectations of other people – the person you're caring for; other family members and friends; and medical, legal, and human services professionals. Take a little time to focus on your needs and what you might like to bring into your life as you look ahead to a new year. Think about how you can practice self-kindness, open yourself to new solutions as the caregiving landscape changes for you, and reach out for help when you need it.

A list of goals might include:

- **Committing to something enjoyable:** This could be anything from scheduling a daily walk or setting aside time to read a good book to taking on a fun project like learning to knit, recreating a dish from your favorite cooking show, playing an instrument, or learning to paint. You could even take this a step further by finding an online book club or class for cooking, painting, yoga or other activity. Commit to one thing and schedule it. Carving out time that feels good and reflects your authentic self is critical to your health and well-being.
- **Delegating and asking for:** Delegating and asking for help ensures that you can keep your commitment to doing something for yourself. Can someone call and visit with your care partner while you attend your class, group, or practice? Is there a family member, friend, or neighbor who wouldn't mind regularly taking over a chore that would free up some time for you? If there isn't anyone who comes to mind, brainstorm with professionals at local resources to see what's available. Contact the ADRC at 715-273-6780 for programs and referrals.
- **Planning for your Care Partner's future:** There may come a day when you are no longer able to provide care due to your own limitations or because your care partner's needs are too advanced to handle. Research available options knowing that doing so can save time and stress in the future and can bring peace of mind now. And, difficult as it may be, determine who would provide care if anything interfered with your ability to do so. Designate that person as the alternate to care for your loved one in your will. Contact the ADRC at 715-273-6780 for assistance and referrals.

—Jane De Broux, Caregiver Program Coordinator
Area Agency on Aging of Dane County

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

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. Please let the Senior center know 24 hours in advance if you do not need a meal.

Unfortunately, due to the pandemic, all activities at the Prescott Senior Center are still on hold. This includes congregate meals, Grab-N-Go 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.

ELLSWORTH SENIOR CENTER HAPPENINGS

By Linda Stroud, Director
312 W. Main St., Ellsworth, WI 54011
715-273-5873

No Congregate meals served.

We are proud to provide a friendly safe atmosphere where adults age 50 and above may engage in recreational, social and educational activities.

GREETINGS FROM LINDA Happy New Year everyone. I sincerely hope this finds each one of you in good health. I recently marked my one year anniversary as your Center Director. What an odd year! I started in January and in March we had to start canceling social activities at the center. At first I was optimistic that all would be well and back to normal in a month. Well, as I sat and typed this back in December we once again had to stop all social activities and meet ups as we were looking at our highest number of cases of COVID to that point. So here it is 2021, once again I have my hopes up that within the next few months we will resume back to normal operations.

So let me start the New Year with this simple blessing: "May your troubles be less and your blessings be more, and nothing but happiness come through your door." (author unknown)

Happy New Year!

CONTACT If you have an email address please drop me a quick email at:

ellsworthseniorcenter@gmail.com

Be sure to include your name. Having your email address will make it easier to stay connected and to keep you up to date on what is happening as we go into the new year.

SPECIAL THANKS I want to take a moment to recognize and send a shout out to some of 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 R&R Overhead Garage Door in Hager City and to the Denton Achenbach Insurance Agency in Ellsworth, Kollbaum Chiropractic LTD in Ellsworth and community friends Mr and Mrs John Beastro.

JANUARY BIRTHDAYS

1/2 Barb Noll, 1/4 John Beastro, 1/8 Carol Peterson,
1/25 Betty Tastad, 1/25 Joyce Thompson,
1/31 Beverly P

CALENDAR OF EVENTS

On hold until after our Board of Directors meeting on Thursday Jan.21 at 11:00 am
Foot Care and Billiards canceled until after the January Board Meeting

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. Congregate and Grab-N-Go meals are not currently being offered due to Covid concerns.

Social hour with coffee has been cancelled due to Covid.

Business meetings which are on the third Monday of the month at 11:30 am with lunch to follow have also been cancelled.

There are no birthdays in January.

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 jaywalk our way into January 2021, we wish you all a Happy New Year and hope and pray that 2021 is better than 2020. We can only pray that before the end of the 2021 we are nearing normal.

A quick recap of the year for the Bay City Jolly Seniors. No membership dinner at the Bluffs, cancellation of annual garage/bake sale and raffle, no Christmas party. We have 12 members and hopefully before the end of the year we are able to have meals together, visit, play cards etc. The social interaction is often more important than the meals.

I suppose I should mention New Years resolutions, there I just did and I'm not making any! NONE! I would suggest that we all just try to be a little kinder and Pray for each other and do our part to keep each other safe. ("When life isn't going right, go left")

One thing that the COVID-19 didn't affect was the deer hunting for my men folk (no ladies this year) outdoors, social distancing and then some. They managed to get some deer so we will have venison in each family's freezer and that's really what they hunt for. A nice buck is a bonus but not always the best eating, of course they can always grind it up for burger and get sausage etc. made.

As I write this there are no meals at all and December had a really good menu for us; we are disappointed! We would love to be able to gather together at the hall for food, cards, puzzles and visit. If you have any questions call Susan at 715-647-2588.

We always welcome new members and our dues are only \$3.00 per year. Our meetings (when we can have one) are the last Tuesday of the month at 11:30.

January Birthday: Lois Hohmann 2nd

"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

We are starting the New Year with optimism. The virus vaccinations' are available for some. We encourage all to get it when available.

Due to the virus, Wellhaven is still shut down for any senior activities. Let us plan to be open this summer for a Christmas picnic with food and music and singing and anything else legal.

Toenail care is scheduled for Friday, January 8th and Friday, January 22nd. It will be held at the Manor. Please call 715-425-9932 for an appointment and directions. Cost of \$20.

The Senior Center will be closed on Friday, January 1st to celebrate the New Year. We will also be closed on Monday, January 18th in observance of Martin Luther King, Jr. day. There will be no meals delivered on either of these days.

Senior dues will be suspended for 2021. No activities – no dues.

Our January birthdays include:

Shirley Obermueller – 2nd	Adeline Hink – 3rd
Betty Charles – 14th	Dick Hartenstein – 15th
Arlyene Bruggeman – 16th	Maranne Gilbertson – 18th
Jean Raechke - 21st	Olive Mulhollam – 21st
Joyce Thompson – 25th	Betty Tasted – 25th

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.

HAPPY NEW YEAR TO ALL OUR RIVER FALLS SENIORS. STAY WELL.

On The Lite Side!!

I never would have believed that a couple of months of uncut hair could weigh 20 pounds, but that's what the scale says!!!



JANUARY MENU

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 Friday, January 1, 2021.

Tuesday	Wednesday	Thursday	Friday
			1 NEW YEAR'S DAY NO MEALS ON WHEELS
5 BRATS BAKED BEANS BROCCOLI & CAULIFLOWER	6 ROAST CHICKEN STUFFING PEAS	7 MEATLOAF MASHED POTATOES SPROUTS	8 BEER BATTER FISH AU GRATIN POTATOES MIXED VEGGIES
12 TACOS BEANS STEWED TOMATOES ZUCCHINI	13 ROAST PORK MASHED POTATOES GREEN BEANS	14 PARMESAN CHICKEN PASTA ITALIAN BLEND VEGGIES	15 CLASSIC FISH HERBED POTATOES MIXED VEGGIES
19 BBQ PORK SANDWICH FRENCH FRIES 3 BEAN SALAD	20 ROAST TURKEY STUFFING SQUASH	21 SWEET & SOUR CHICKEN RICE ASIAN VEGGIES	22 BEER BATTER FISH BAKED POTATOES MIXED VEGGIES
26 HAM EGG BAKE TATER TOTS MIXED VEGGIES	27 HAM SWEET POTATOES CAPRI BLEND VEGGIES	28 PORK CHOPS CANNELLINI BEANS SPINACH	29 CLASSIC FISH AMERICAN FRIES MIXED VEGGIES



Sadly, due to the ongoing COVID pandemic, Pierce County will not be able to offer tax preparation help through AARP for the upcoming tax season. There is not a facility in the county with internet access and enough space to safely provide this service. Please seek assistance through family, friends or a tax preparation agency. Thank you for your understanding!

SENIOR CENTER NEWS

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!!!



Looking for something to do? Interested in earning some spending money? Join us!

The Ellsworth Senior Center is interested in hiring a part-time worker through the WISE (Wisconsin Senior Employment) Program to help with senior programming and packaging Meals on Wheels. Must be 55 or older and on a limited income. Position pays minimum wage and is approximately 20 hours a week Monday –Thursday.

Please contact the Ellsworth Senior Center at 715-273-5873 if interested!

SCAM !

If someone calls claiming to be from the ADRC and they offer you a free gift, hang up! The caller will ask for your name and Medicare number to receive this gift. DO NOT give out your personal information. Hang up! This is a SCAM!

JANUARY 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. HOME DELIVERD MEAL SUGGESTED DONATION IS \$8.50 REGISTRATION IS REQUIRED.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 NEW YEAR'S HOLIDAY NO MEALS SERVED
4 POT ROAST BABY REDS CARROTS DINNER ROLL JELLO	5 KIELBASA SAUERKRAUT MASHED POTATOES CREAMED PEAS HAWAIIAN AMBROSIA	6 CHICKEN ALA KING BISCUIT ROMAINE AND TOMATO SALAD MANDARIN ORANGES	7 SPAGHETTI W/MEATBALLS 7 LAYER SALAD BREAD STICK PEARS	8 CHILI W/BEANS BAKED POTATO SOUR CREAM CORN CORN BREAD MIXED FRUIT
11 CHICKEN & NOODLE HOTDISH ROMAINE CAESAR W/TOMATO BREAD STICK PINEAPPLE	12 MEATLOAF SCALLOPED POTATOES CAPRI VEGGIES WHOLE WHEAT DIN- NER ROLL PEACHES	13 FISH TRIANGLES NEW ENGLAND CLAM CHOWDER GREEN BEANS ANGEL FOOD CAKE W/FRUIT SAUCE	14 PORK CHOPS GRAVY MASHED POTATOES 3 BEAN SALAD MANDARIN ORANGES	15 CABBAGE ROLLS LEMON GARLIC PASTA CARROTS CAKE
18 HAMBURGER CHOW MEIN RICE PEAS & CARROTS CARAMEL CREAM CRUNCH	19 TURKEY MASHED POTATOES GRAVY ROOT VEGGIES MANDARIN ORANGES	20 HAM AU GRATIN POTATOES BROCCOLI MIXED FRUIT	21 BEEF STEW ROMAINE & TOMATO SALAD DINNER ROLL BREAD PUDDING	22 SWEDISH MEATBALLS GRAVY MASHED POTATOES 3 BEAN SALAD PINEAPPLE
25 LASAGNA CAPRESE VEGGIES BREAD STICK PEARS	26 BROASTED CHICKEN BAKED POTATO SOUR CREAM BAKED BEANS JELLO	27 SAUSAGE SPINACH QUICHE TRI TATER ENGLISH MUFFIN JELLY PEACHES	28 SALISBURY STEAK MASHED POTATOES GRAVY STEWED TOMATOES CHEESECAKE SUPREME	29 CHICKEN & WAFFLES IN CREAMY SAUCE SYRUP BROCCOLI MANDARIN ORANGES

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!

JANUARY MENU

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

MEAL SITE DONATION OF \$5.00 is SUGGESTED.

Monday	Tuesday	Wednesday	Thursday	Friday
ALL MEALS COME WITH FRUIT AND DESSERT				1 NEW YEAR'S DAY NO MEALS ON WHEELS
4 HONEY SESAME CHICKEN FRIED RICE STIR FRY VEGGIES EGG ROLL	5 TATER TOT CASSEROLE CARROTS GARLIC BISCUIT	6 POT ROAST MASHED POTATOES GRAVY BROCCOLI DINNER ROLL	7 SPAGHETTI & MEAT SAUCE SQUASH GARLIC BREAD	8 LEMON BAKED COD AU GRATINS ASPARAGUS DINNER ROLL
11 SPINACH ARTI- CHOKE CHICKEN BAKED POTATO COUNTRY BLEND BREAD STICK	12 BONE IN PORK CHOP WILD RICE CARROTS GARLIC BISCUIT	13 OVEN ROASTED TURKEY MASHED POTATOES GRAVY GREEN BEANS DINNER ROLL	14 PINEAPPLE HAM SWEET POTATOES PEAS DINNER ROLL	15 SALMON BABY REDS CALIFORNIA BLEND DINNER ROLL
18 MARTIN LUTHER KING JR. DAY NO MEALS ON WHEELS	19 SMOTHERED CHICKEN BABY REDS CALIFORNIA BLEND GARLIC BISCUIT	20 HOME STYLE MEATOAF MASHED POTATOES GRAVY CARROTS GARLIC BISCUIT	21 CHICKEN KIEV AU GRATINS BROCCOLI GARLIC BISCUIT	22 CRISPY FISH W/ LEMON BAKED POTATO GREEN BEANS DINNER ROLL
25 COUNTRY FRIED STEAK MASHED POTATOES GRAVY CALIFORNIA BLEND BREAD STICK	26 BEEF TIPS WHITE RICE PEAS DINNER ROLL	27 BAKED CHICKEN MASHED POTATOES GRAVY GREEN BEANS DINNER ROLL	28 EGG BAKE BISCUITS & GRAVY BACON TRI TATER	29 TUNA CASSEROLE BROCCOLI BREAD STICK

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

MEMORY MATTERS

By

Amy Luther Dementia Care Specialist , ADRC of Pierce County

HAPPY NEW YEAR! Wishing you all the best as we enter 2021!

As 2020 progressed Dementia Care Specialists across the state began to work together more and more to coordinate virtual/phone programs for people living with dementia, caregivers, family members, businesses, and the general community. We acknowledged that despite challenges with technology, at times, there were many positive outcomes in being able to connect with people right in their own homes, with no travel needed.

Since the pandemic continues to be with us we have developed a great variety of presentations/classes that will be offered throughout the year by different Dementia Care Specialists on many different days and times. We hope in this way we can accommodate as many people as possible. We will be sharing a monthly calendar of events from our Northwest Area team as well as our State team.

Here are some of the events planned for January.

- Book Club, "Dementia Reimagined" on Wednesday evenings starting January 13 th . Kimberly Bauer, DCS in St. Croix County and I will be co-hosting. Please call me at 715*273-6780 or email at amy.luther@co.pierce.wi.us for more info or to register.
- "Ask a DCS" on Monday, January 25 th , Noon - 1pm
- "Dementia Friends Information Session" Wednesday, January 27 th , Noon - 1pm. Natalie Schmaltz of ADRC of the North and I will be co-hosting these 2 offerings. Please register at www.adrc-n-wi.org or call 866-663-3607.

Virtual Dementia Education Programs

Serving Northwest Wisconsin – January 2021

Communication Challenges in Dementia

Monday, January 4th, 5:00 – 6:00 pm
Carrie Myers, cmeyers@burnettcounty.org
877-485-2372

Dementia 101

Thursday, January 7th, 1:00 – 2:00 pm
Trisha Witham, www.adrcconnections.org
715-537-6225

Ask a Dementia Care Specialist

Monday, January 11th, 10:00 – 11:00 am
Lisa Wells/Carla Berscheit, www.adrc-events.org
715-839-4735

Boost Your Brain & Memory (7 weeks)

Tuesday, January 12th – February 23rd, 1:00 – 2:00 pm
Trisha Witham, www.adrcconnections.org
715-537-6225

Book Club – "Dementia Reimagined"

Wednesdays, beginning January 13th, 6:00 – 7:00 pm
Amy Luther, amy.luther@co.pierce.wi.us
715-273-6780

Dementia Friends Information Session

Monday, January 25th, 5:00 – 6:00 pm
Carrie Myers, cmeyers@burnettcounty.org
877-485-2372

Ask a Dementia Care Specialist

Monday, January 25th, Noon – 1:00 pm
Natalie Schmaltz, www.adrc-n-wi.org
866-663-607

Dementia Friends Information Session

Wednesday, January 27th, Noon – 1:00 pm
Natalie Schmaltz, www.adrc-n-wi.org
866-663-3607



Coordinated by the Dementia Care Specialists serving Ashland, Barron, Bayfield, Buffalo, Burnett, Chippewa, Douglas, Dunn, Eau Claire, Iron, Pepin, Polk, Price, Rusk, Sawyer, St. Croix, Trempealeau, Washburn Counties

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.

2nd Thursday each month 10:00-11:30 am
4th 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, JANUARY 1.

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

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.

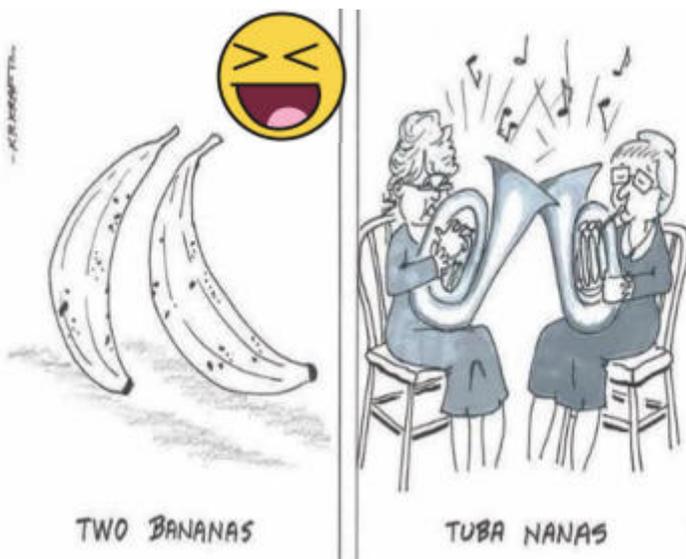
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Residents

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

NEWSLETTER POSTAGE DONATIONS

Thank you for your continued support of our Pierce County ADRC News newsletter. We sincerely appreciate the support that our readers have shown by making donations towards the cost of postage. If you would like to make a newsletter donation please make a check payable to: ADRC Newsletter and mail it to:

ADRC of Pierce County
P.O. Box 540
Ellsworth, WI 54011

If you do not already receive this newsletter in the mail and you would like to start receiving it, just include your name and address with your check and a little note stating that you would like to start receiving it.

Thank you for your donation:
Rachel Iverson, Beldenville

Medicare Current Beneficiary Survey By the Wisconsin SMP Team

The Centers for Medicare & Medicaid Services (CMS) will soon be contacting beneficiaries directly by phone to conduct the Medicare Current Beneficiary Survey (MCBS). MCBS is a continuous, multipurpose survey of a nationally representative sample of the Medicare population, conducted by the Office of Enterprise Data and Analytics (OEDA) of the Centers for Medicare & Medicaid Services (CMS) through a contract with NORC at the University of Chicago.

If you are selected to be a part of this survey, you will receive an advance letter, followed by a telephone call to schedule a telephone interview.

If you have been contacted to participate in the Medicare Current Beneficiary Survey (MCBS) and would like to verify your selection in this study, please contact NORC toll-free at 1-877-389-3429. If an interviewer has contacted you and you would like to verify them, please call 1-866-856-6672 or email surveyhelp@norc.org. You can also visit the respondent website at www.mcbs.norc.org.

Ellsworth Library/Senior Center Activities:



Self Care Saturday: A Virtual Spa and Wellness Event

January 2, 2021, beginning at noon

Join the Ellsworth and Augusta libraries for a day of pampering and self care. We will have demonstrations and door prizes to help you relax, refresh and take a little time for yourself as we enter the New Year. You are welcome to join us for an hour or the whole afternoon. Registrants will receive a gift bag. Schedule and more details will be available on the program tab of our website soon. Register at: bit.ly/VirtualSpa4U

Adult Trivia Night

January 28, 2021 6:30-7:30 pm

Join the Ellsworth, Augusta and Amery libraries for a fun evening of virtual trivia. Registration link and further information will be available on our website in January.

The library is currently offering doorside 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.

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

Oak Park Apartments
808 S. Main Street, River Falls
Distribution Day/Pick-up Day

PLUM CITY FOOD PANTRY
301 1st Street, Plum City
Distribution Day/Pick-up Day

Please call WestCAP for the January distribution information.

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."

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

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PIERCE COUNTY WISCONSIN
DEPARTMENT OF HUMAN SERVICES



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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

The Latest Medicare Scam: Plastic Cards

By Ingrid Kunding, SMP Project Manager

Medicare is NOT issuing plastic Medicare cards to replace your paper card. If you receive this call, simply hang up, as the caller is trying to get your information to scam you. It's unfortunate, but it's true.

The caller, will offer to help you by asking to "verify" your Medicare number. This is the catch; they are trying to get your Medicare number so that they can use it to submit a fraudulent claim to Medicare for payment. Beneficiaries have reported that once they "verify" their Medicare number, they are often transferred to another person who is then talking to them about back pain and back braces. This can lead to the receipt of unwanted braces on the beneficiary's doorstep and thousands of dollars of fraudulent claims to Medicare for the unwanted and unneeded braces.

You can protect yourself from this entire situation by simply hanging up the phone if you get this type of call. And share this information with your friends and family to help protect them as well. And remember, we strongly discourage you from sharing any personal information over the phone with someone unknown to you or calling you unexpectedly. Simply hang up!

If you have received this type of call and did share your Medicare number, please call us so that we can talk about next steps and things for you to be on the lookout for. Don't be embarrassed that it happened to you, we make no judgments and realize that the fraudsters are very convincing and good at what they do. It's important to report these things and make sure that your Medicare number is protected.

ADRC OF PIERCE COUNTY

MEDICARE SAVINGS PROGRAM

The Medicare Savings Programs, also referred to as the “QMB, SLMB/SLMB+” Programs, are federal assistance programs that help people with incomes up to 135 percent of the federal poverty level and limited assets.

Depending on your income and assets, you may be eligible for one of the following programs:

1. Qualified Medicare Beneficiary Program (QMB) pays for:

- Medicare Part A deductible of \$1484.00 per benefit period in 2021.
- Medicare Part A coinsurance payments of:
 - Skilled Nursing Home Care: \$185.50 per day for days 21-100.
 - Inpatient Hospitalization:
 - \$0.00 for the first 60 days of each benefit period*
 - \$371.00 per day for days 61-90 of each benefit period*
 - \$742.00 per day for days 91-150 (lifetime reserve days)
- Medicare Part B premium of \$148.50 per month or higher based on income.
- Medicare Part B deductible of \$203.00 per year.
- Medicare Part B coinsurance payments (20% of Medicare approved amounts)

**A benefit period begins the day you're admitted as an inpatient in a hospital or skilled nursing home care and ends when you haven't had any inpatient hospital care or skilled care in a skilled nursing home care for 60 days in a row.*

The QMB program can save a participant a significant amount of out-of-pocket medical costs.

QMB participants will receive a state-issued Medical Assistance “Forward” card. If the QMB participant is not also eligible for Medical Assistance, it is nevertheless important that they show the “Forward” card to medical providers to make them aware that they state should pay any Medicare costs that the QMB participant incurs.

2. Specified Low-Income Medicare Beneficiary Program (SLMB and SLMB+): pays only for the Medicare Part B premium - \$148.50 each month – that’s a savings of \$1782.00 back to you!

The Income eligibility requirements for the Medicare Savings Programs are listed in the table below – these amounts are updated annually.

Income Eligibility	QMB 100% FPL	SLMB 120% FPL	SLMB+ 135% FPL	ASSETS
Individual	\$1,063.33	\$1,276.00	\$1,435.50	\$7,860.00**
Couple	\$1,436.67	\$1,724.00	\$1,939.50	\$11,800.00**

**** Beneficiaries can also have \$1500 per person for a burial fund in addition to the asset limit.**

Interested individuals can apply for the Medicare Savings Program online by visiting: <https://access.wisconsin.gov/> or by calling the Great Rivers Consortium at 1-888-283-0012.

Even if you are slightly over the income and asset limits, you may still qualify for these programs because different states calculate income differently. Certain assets, such as your home, one automobile, a burial fund and your personal effects, are generally not included in calculating your assets. So, it's worth exploring!!



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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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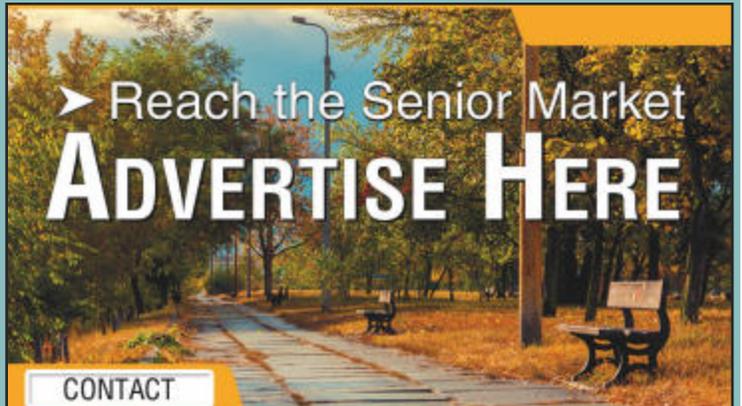


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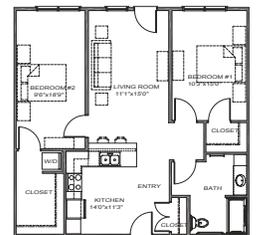
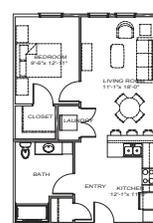
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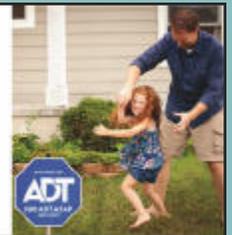
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