



Aging & Disability Resource Center of Pierce County

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

May 2021
NEWS

Home Safety Tips for Caregivers

We work hard keeping our loved ones safe and healthy. We monitor diet and medications and activities as best we can. Something that is sometimes overlooked is basic home safety. Falls are the leading cause of injury deaths among people over 65. Over half of falls happen due to hazards in the home. Fortunately, performing a home safety check can help prevent accidents and falls. The following are some suggestions from the Centers for Disease Control and Prevention for keeping your home safe.

FLOORS: Be sure there is a clear walkway through each room. Move furniture around so the path is clear. Remove throw rugs and keep clutter (books, papers, blankets, etc.) off the floor. Be sure there are no cords or wires from lamps, phones, etc across the walkway.

STAIRS AND STEPS: Always keep stairs clear of any objects such as shoes, books, etc. Fix broken or uneven steps. Be sure there is ample lighting above the stairs at the top and the bottom. Furthermore, install a light switch at the top and bottom of the stairs so you never have to walk stairs in the dark. If there is carpet on the stairs, make sure it is firmly attached. Lastly, install handrails on both sides of the stairs. Be sure that they are as long as the stairs and are very secure.

KITCHEN: Rearrange your cupboards so that the things you use the most are at waist level, where they are easy to reach. If you need to use a step stool, use one that is stable and has a bar to hold on to. Never use a chair as a step stool.

BATHROOMS: The floor of the shower or bathtub should have a non-slip rubber mat or self-stick strips to keep it from being slippery. Install grab bars inside the tub and next to the toilet.

BEDROOMS: Place lamps within reach on either side of the bed and make sure they are easy to turn on and off. Make sure there is a clear path from the bed to the bathroom. Consider using a nightlight in the bedroom and bathroom.

In addition to making your home safe, consider these other tips to help prevent falls:

- ◆ Regular exercise makes you stronger and improves coordination and balance.
- ◆ Have your pharmacist or doctor check all the medicines you take (including over the counter) as some may make you sleepy or dizzy.
- ◆ Check your vision yearly. Poor vision can increase your risk of falling.
- ◆ Get up slowly after you sit or lie down. Count to 10 before walking.
- ◆ Always wear shoes, outside and inside the house as well.
- ◆ Use bright bulbs in all rooms of your house. Having uniform lighting in each room is safest.
- ◆ Hang lightweight curtains or shades to reduce glare.
- ◆ Paint a contrasting color on the top of all steps so you can see the stairs better.

The Centers for Disease Control and Prevention have created a checklist that you can use to ensure your home is safe. Access the checklist online: https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf Or you can call the ADRC at 715-273-6780 for more information.

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

No Congregate meals served.

I do not want to sound like a broken record but.....events and activities usually held at the Prescott Senior Center are still on hold. It will come back; please keep that close to your heart. Good news! We are all doing our part, wearing masks, social distancing and the vaccine! Amen!! That light at the end of the tunnel is definitely getting stronger and brighter each and every day. Keep doing what we are all doing, throw in an extra prayer, keep the hope alive and we will get there together so we can be together again!

To lift your spirit: Walking with a friend in the dark is better than walking alone in the light.

We have two young ladies birthdays to celebrate in May. Congratulations and best wishes to: Shirley Hei-15th and Beverly Benson -17th. Happy Birthday to you both!

Trivia: May Day is May 1st. Did you know that during the 19th Century, May Day took on a new meaning. Born out of the movement for better working conditions International Worker's Day was created to raise awareness of poor conditions.

Fun facts about May Day. Celebrations are thrown to honor the spring season,. Some traditions include dancing around the may pole, indulging in treats and showering loved ones with gifts. Does anyone know what a may pole is made up of? **Answer on page 7**

May 5th is Cinco de Mayo! This day commemorates the Mexican Victory over the French during the Battle of Puebla on May 5, 1862. It has evolved into a day of celebrating Mexican Culture that May consist of enjoying a margarita, some corn tamales and fry some yucca root for crunchy, salty side dish.

May 9th, Mother's Day! There are countless reasons why mother's are the best! I feel we should always show our mothers every day how much they are appreciated. They sacrificed so much for their family and wanting nothing in return. Let your mother know how precious she is. In my childhood and adulthood, I had the most wonderful step mother. I always knew her as my mother. She has since passed but I will always treasure her in my heart. I love you mom- Happy Mother's Day!

Ha! Ha! Just for kicks: May 11th: National Eat What you want day. Haven't we been doing that for over a year now? I now that's what my clothes are telling me! Ha! Ha!

Ha! Ha! Just for kicks: May 11th is National Eat What you want day. Haven't we been doing that for over a year now? I now that's what my clothes are telling me! Ha! Ha!

May 31st is Memorial Day. This American holiday observed to honor the men and women who died while serving in the U.S. Military.....originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

If you or someone you know is in need of meals on wheels, please call the Aging and Disability Resource Center at 715-273-6780 to sign up. Eating healthy, nutritious meals is so important.

When we get the "safe zone" in the world and can have our congregate meals at the Senior Center Community Room, I'd love to have you join us for a great meal, fellowship and fun.

Happy Feet is a phone call away! If you are in need of foot care, please call Tammy at the Prescott Senior Center at 715-262-5195 to set up an appointment. I will contact Carol Meyer, the Foot Care Clinic Specialist and she will contact you via phone to come to your house. Bless Carol, she's willing to come to you! Thank you Carol.

I would like to take this opportunity to thank Roger & Sally Anderson for their many years of service delivering Meals On Wheels! They will be retiring at the end of May. You will be missed!

Remember stay safe, stay your distance, wash your



hands, wear your mask, stay healthy, say lots of prayers, keep hope alive.....we're almost there. I can not wait to see all your smiling faces and to hug you all. You are not alone for each and everyone of you are in my thoughts and my heart.

Ciao for now!

SENIOR CENTER NEWS

ELLSWORTH SENIOR CENTER HAPPENINGS

By Janelle Braund, 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.

Hi, my name is Janelle Braund. I am the new Ellsworth Senior Center Director. My husband (Zane) and I are new to the area. We moved to Bay City, WI in early November as a step to downsizing after our youngest of 4 children moved out. We moved here from Braham, MN. I am excited to meet everyone and gradually provide events as we are safely able. As previously stated, we are partially re-opened with the pool players returning for pool. Pool players meet on Monday, Wednesday and Friday from 1-3pm. If you are interested in joining in on the fun, drop on in and join them. A foot care is also scheduled for Wednesday May 12th at 11am. The Senior Center is open Monday – Thursday morning from 8:30 until noon. Feel free to stop in to select food items from the food pantry, or a puzzle to put together at home, or a DVD to watch at home. Wearing of face masks are required in the Senior Center.

We have 7 May birthdays in our Senior Center: Darla Moquin on May 4th, Norma Taplin on May 5th, Joan Greenfield on May 7th, June Olson on May 17th, Pat Richert on May 23rd, John Stroud on May 25th, and Sandy on May 30th.

Take time to notice the beauty in the season of Spring as the grass turns green, the flowers begin to bloom and nature awakens all around us.



Wishing you the
very best this
Mother's Day!

BAY CITY SENIOR CENTER NEWS

By Dee Dee Schutz

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

No Congregate meals served.

As we meander into May first thing on my agenda is to wish a Happy Mother's Day to all the Moms, Grandmoms, GreatGrandmoms and anyone in your life who took the place of a mom. God Bless and protect them all! Take time to let them know what they mean to you.

As I already told you we are not having our Garage/Bake Sale/Raffle again this year. We have been discussing what we'll do next year and as soon as we can have a meeting, we'll discuss it again and figure out what we will do.

The Red Wing Area Seniors are having their Field of Honor at Bay Point Park. You can honor the Veterans in your life by sponsoring a flag. To do this call 651-327-2255, the cost is \$25 and they will be posted in the field in alphabetical order from May 28th to May 31st rain or shine. If you want to do this in person the Pier 55 R.W. Area Seniors office is at 240 Harrison St. Suite 2, Red Wing. All the flags flying with the river in the background is an awesome sight to behold.

The end to this Covid apartness can't end soon enough. We still miss our times together, the visiting, the card playing, the meals, we miss it all.

When we can have our meals again on Tuesdays and Thursdays at the Bay City Village Hall, you have to remember to call Susan at 715-647-2588 at least a day ahead to reserve your meal.

The Bay City Jolly Seniors are having no meetings at this time; if you have anything you want to discuss call Susan or Joyce Olson our president. We always welcome new members and the dues are only \$3 per year.

May Birthdays are:

Bob Schutz	17 th
John Marson	18 th
DeeDee Schutz	19 th
Dave Donkers	26 th

"Keep the AWE in Your Life!"

SENIOR NEWS

PLUM CITY SENIOR CENTER NEWS

By Susan Sanders—Site Manager
505 Main St., Plum City, WI 54761
715-647-2375

No Congregate meals served.

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.

Happy birthday to: Lester Painter-10th and Mary Ellen Coulson-30th.

RIVER FALLS SENIOR CENTER NEWS AND ACTIVITIES

By Faye Simone, Nutrition Site Manager
119 Union St. River Falls, WI 54022 715-425-9932
Grab-N-Go Meals Served Monday-Friday

The Senior Center continues to be closed to the public but we do have Grab N Go meals. To receive a meal you need to contact us 24 hrs in advance, arrive at the appointed time and the meals will be brought to your car.

Toenail care will be held on Friday, May 7th and Friday, May 28th. Cost of \$20. Angel will be at the Manor. Please call for appointments and directions, The Senior Center will be closed on Monday, May 31st in observance of Memorial Day. There will be no home delivered meals. Meals will resume on Tuesday, May 25th.

It's time to honor mothers, grandmas and great grandmas for their contribution to family and society. Be sure to tell them how important they are. Mothers Day – May 9th.

We would like to extend birthday wishes to our seniors having May birthdays.

May Ramberg – 1st Bernita Weinke – 8th
Marilyn Maier – 10th Priscilla Schoeneck – 13th
Charles Elling – 16th Ron Getzie – 25th
John Henning – 29th.

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.

Dementia Friendly Sunday is June 13, 2021



Dementia Friendly Sunday is an annual event organized by the St. Croix Valley Dementia Friendly Communities Coalition (SCVDFCC). Our mission is to increase awareness of dementia, involve faith communities in maintaining and supporting members throughout their lifetime, and promote involvement in musical activities that are familiar, fun, and family-oriented. This day includes Dementia Friendly Services hosted by churches throughout St. Croix and Pierce Counties and the Music By Heart event taking place at Hudson's Lakefront Park at 1:00 p.m. Music By Heart will share familiar, singalong-type tunes and encourage guests to enjoy the comfort, memories and joy brought about by joining others for a musical event.

This event will recognize county public health guidelines in place at the time of the event and adhere to the guidance we are given to host a safe and fun event for all participants.

If you would like more information on these events for Dementia Friendly Sunday on June 13th, please contact Amy Luther, ADRC of Pierce County at 715 273-6780 or Kimberly Bauer, ADRC of St. Croix County at 715 381-4411.



ADRC OF PIERCE COUNTY

ACA Marketplace Special Enrollment Period
Extended to August 15, 2021

By the GWAAR Legal Services Team

The Affordable Care Act (ACA) health insurance marketplace special enrollment period (SEP), which had previously been extended to May 15, has now been extended to August 15, 2021. This means that consumers have until August 15 to sign up for a health insurance plan through the marketplace. Consumers who are eligible and enroll under the SEP will be able to select a plan with coverage that could start as soon as the first month after plan selection, and current enrollees will be able to change to any plan available to them in their area. Consumers may sign up by visiting [healthcare.gov](https://www.healthcare.gov) or by calling 1-800-318-2596 (TTY: 1-855-889-4325).

For more information visit: <https://www.hhs.gov/about/news/2021/03/23/2021-special-enrollment-period-access-extended-to-august-15-on-healthcare-gov-for-marketplace-coverage.html>.

COVID-19 Vaccine Assistance Hotline Now Available

By the GWAAR Legal Services Team

The Department of Health Services (DHS) has announced a toll-free hotline for assistance with COVID-19 vaccine-related questions. Wisconsinites can call 844-684-1064 for answers to medical questions related to the COVID-19 vaccine as well as help finding vaccine locations and assistance with the Wisconsin COVID-19 vaccine registry.

Spanish, Hmong, Chinese Mandarin, Hindi, and Somali language assistance is available. The hotline is open between 7 a.m. and 7 p.m.

Anyone in Wisconsin can use the hotline, but it is especially useful for those with limited or no internet access. This hotline will help bridge the gaps in vaccine access as well as fill gaps in existing COVID-19 vaccine materials.

The DHS COVID-19 vaccine web page is located here: <https://www.dhs.wisconsin.gov/covid-19/vaccine.htm>

Information on the Wisconsin COVID-19 vaccine registry can be found here: <https://www.dhs.wisconsin.gov/covid-19/vaccine-registry.htm>

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: Joyce Thompson, River Falls

Donald Hofacker: In honor and memory of: - Louis, Lucille & Dorothy Hofacker

MAY 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
3 HAM AU GRATINS CAPRI VEGGIES JELLO	4 SPAGHETTI W/MEATBALLS ROMAINE CAESAR SALAD BREAD STICK PEARS	5 CINCO DE MAYO CHICKEN ENCHILADAS REFRIED BEANS CORN SPANISH RICE PEACHES	6 ROAST BEEF GRAVY MASHED POTATOES CARROTS BREAD PUDDING	7 SALMON LOAF BABY RED POTATOES CREAMED PEAS PINEAPPLE
10 CHICKEN CARBONARA CARROTS BREAD STICK MIXED FRUIT	11 KIELBASA SAUERKRAUT BABY REDS CAPRI VEGGIES CHEESECAKE SUPREME	12 SLOPPY JOE BLACK BEAN & CORN POTATO SALAD PINEAPPLE	13 HERBED CHICKEN BAKED POTATO SOUR CREAM BROCCOI BACON SALAD DINNER ROLL PEACHES	14 SALISUBRY STEAK MASHED POTATOES & GRAVY GREEN BEANS PEARS
17 HAM & CHEESE QUICHE TRI TATER CORN APPLESAUCE	18 MEATLOAF SCALLOPED POTATOES PEAS MIXED FRUIT	19 LASAGNA CAPRESE VEGGIES BREAD STICK FRESH FRUIT	20 TURKEY MASHED POTATOES GRAVY ROASTED ROOT VEGGIES FRUIT PIE	21 CHEESEBURGER BAKED BEANS ROMAINE & TOMA- TO SALAD PINEAPPLE
24 CHICKEN SALAD ON WHOLE GRAIN BREAD 3 BEAN SALAD JELLO	25 PORK CHOP MASHED POTATOES GRAVY PEAS APPLESAUCE	26 HAMBURGER CHOW MEIN RICE ORIENTAL VEGGIES FROSTED ANGEL FOOD CAKE	27 BBQ CHICKEN BROCCOLI & CHED- DAR PASTA CARROTS PINEAPPLE	28 SPAGHETTI W/ MEAT SAUCE CAPRI VEGGIES BREAD STICK RICE PUDDING
31 MEMORIAL DAY NO MEALS ON WHEELS				

May 4th is Star Wars Day: May the 4th be with you!

Q: Why did Episodes 4, 5, and 6 come out before 1, 2, and 3?

A: Because in charge of directing, Yoda was.

MAY MENU

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

MEAL SITE DONATION OF \$5.00 is SUGGESTED.

Monday	Tuesday	Wednesday	Thursday	Friday
3 SPINACH ARTICHOKE CHICKEN WILD RICE CALIFORNIA BLEND BREAD STICK	4 HONEY GLAZED HAM SWEET POTATOES PEAS DINNER ROLL	5 POT ROAST MASHED POTATOES GRAVY RUTABAGA BLEND DINNER ROLL	6 BONE IN PORK CHOP RICE PILAF BROCCOLI	7 CRISPY FISH BAKED POTATO COLESLAW DINNER ROLL
10 HONEY CHICKEN STIR FRY VEGGIES FRIED RICE EGG ROLL	11 TATER TOT HOTDISH CARROTS BREAD STICK	12 ROASTED TURKEY MASHED POTATOES GRAVY GREEN BEAN CASSEROLE DINNER ROLL CRANBERRIES	13 BRAT W/ SAUERKRAUT BAKED BEANS PASTA SALAD	14 SALMON BABY REDS ASPARAGUS DINNER ROLL
17 HAM & VEGGIE EGG BAKE BLUEBERRY PAN- CAKES	18 SMOTHERED CHICKEN BAKED POTATO CARROTS GARLIC BISCUIT	19 HOME STYLE MEAT LOAF MASHED POTATOES GRAVY CALIFORNIA BLEND DINNER ROLL	20 FRENCH ONION CHICKEN BABY REDS CAULIFLOWER BREAD STICK	21 LEMON BAKED COD AU GRATIN BRUSSEL SPROUTS DINNER ROLL
24 SWEDISH MEATBALLS BUTTERED NOODLES GREEN BEANS BREAD STICK	25 BBQ RIBLET AU GRATINS PEAS DINNER ROLL	26 BAKED SEASONED CHICKEN MASHED POTATOES GRAVY CARROTS DINNER ROLL	27 BACON CHEESEBURGER CAULIFLOWER & BROCCOLI SALAD POTATO SALAD	28 BAKED GARLIC SHRIMP TRI COLORED POTATOES BROCCOLI DINNER ROLL
31 MEMORIAL DAY NO MEALS ON WHEELS				ALL MEALS COME WITH FRUIT AND DESSERT

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

TAKE OUT ENTRÉE W/SOUP & SALAD \$10.50

FOR INFO ON MEALS ON WHEELS, PLEASE CONTACT: THE PIERCE COUNTY ADRC AT 715-273-6780

OR KATHY: SPRING.VALLEY.SSP@GMAIL.COM

Answer to question on page 2: A painted pole decorated with flowers and long ribbons that are attached to the top of the pole.

ADRC OF PIERCE COUNTY

MEMORY MATTERS

By

Amy Luther Dementia Care Specialist , ADRC of Pierce County

What is a Memory Screen? It is a FREE and quick (about 10 minutes) wellness tool that helps to identify possible changes in normal memory and cognition. It is comparable to a blood pressure, cancer, diabetes or stroke screening in that it can promote conversation about early identification and treatment of health and/or memory issues. The screen can be done in the privacy of your home or at the ADRC and is only shared with medical providers or others, such as family members, if you consent. \

When concerns are identified during a screen, a visit to your health provider to discuss changes in memory or cognition may be encouraged. Changes be could be related to a medical issue such as nutrition or vitamin deficiencies, thyroid issues, depression, anxiety, or sleep problems and may be treatable. It is important to rule these health concerns out first. Facing a concern head-on can eliminate the "what-if" scenarios that can cause undue stress and worry, which also can negatively impact your brain health.

People sometimes forget where they put something or struggle to find a word amid conversation. These situations can be normal. A more significant concern would be someone being unable to re-trace their steps or find difficulty in expressing their thoughts on a more consistent basis.

When you complete a memory (cognitive) screen, it is up to you how the results are used. The results can be shared with your health provider, if desired, or you can keep it as a baseline for future comparison. It is an important step in maintaining your independence and staying in control of your health!

Please contact the ADRC of Pierce County at 715 273-6780 if you have questions or concerns about cognitive loss. We are here to serve you! Please see Dementia Programs on page 14.

Unemployment Insurance Tax Deduction

By the GWAAR Legal Services Team

The American Rescue Plan enacted on March 11, 2021 includes a tax deduction of up to \$10,200 of unemployment compensation paid in 2020 for individuals and married taxpayers whose modified adjusted gross income (AGI) is less than \$150,000. For married couples, each spouse who received unemployment compensation in 2020 does not have to pay tax on unemployment of up to \$10,200. However, any unemployment received over \$10,200 for each individual is still taxable.

For individuals who have already filed their 2020 taxes, they will not need to file an amended return. The IRS stated that it will figure out the correct refund or amount owed based upon based upon what the individual had already filed. For those who have not yet filed their 2020 taxes, the instructions on how to claim the unemployment deduction are on the IRS's webpage at: <https://www.irs.gov/forms-pubs/new-exclusion-of-up-to-10200-of-unemployment-compensation>.

Drivers Needed

The Prescott Senior Center is in need of a driver or drivers to deliver meals in the Prescott area on Fridays only beginning June 4th. Please call Tammy, the Senior Center Manager at 715-262-5195 if interested in this fulfilling volunteer opportunity.



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 11:00 am
 4th Saturday: 9:00 am to 11:00 am
 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.



New Hours

Free Community Breakfast

2nd Saturday of Each Month

Free-**On the go** breakfast at the
 United Methodist Church

127 S. 2nd Street, River Falls, WI

Pick up from 9:00 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 Food-

Share 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, 715-496-3121.

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

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.

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 congregational 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.

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!

ADRC OF PIERCE COUNTY

WE WANT TO HEAR FROM YOU!

The ADRC of Pierce County is beginning to develop the Aging Plan for 2022-2024. This plan is required to be completed every three years and is an opportunity to gather valuable information from seniors in Pierce County in order to improve services and activities in our communities. Below are a few ways you can participate in this survey. We look forward to hearing from you!

1. Complete the online survey using the link below: <https://www.surveymonkey.com/r/R5GL3SK>
2. You can also find this link on our ADRC Facebook page or on the ADRC website at: [https://www.co.pierce.wi.us/departments/aging_and_disability_resource_center_\(adrc\)/index.php](https://www.co.pierce.wi.us/departments/aging_and_disability_resource_center_(adrc)/index.php)
3. Complete the questions below and return your responses to the ADRC by mail, email or fax:
 1. What are the 3 most important issues facing older adults today?
 2. What do you see as the biggest challenges to remaining in your home as you age?
 3. Are there services or events you have heard about in other communities that you think would be helpful to older people in Pierce County?
4. Please share any other comments you have below:

Return to the ADRC by:
Email – heather.conway@co.pierce.wi.us
Mail: ADRC of Pierce County, PO Box 540, Ellsworth, WI 54011
Fax – 715-273-6863

THANK YOU FOR YOUR PARTICIPATION!



Solution to puzzle on last page

2	3	5	8	1	7	9	4	6
9	4	8	6	5	2	1	7	3
1	6	7	3	9	4	5	2	8
3	7	9	4	8	5	2	6	1
8	2	1	9	6	3	4	5	7
6	5	4	7	2	1	8	3	9
7	1	2	5	3	8	6	9	4
5	9	3	1	4	6	7	8	2
4	8	6	2	7	9	3	1	5

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

Oak Park Apartments

808 S. Main Street, River Falls

PLUM CITY FOOD PANTRY

301 1st Street, Plum City

Please call WestCAP for the May 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."

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 –

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Thank you for your donation: John O'Keefe in memory of Thomas & Bregetta O'keefe

Donald Hofacker In honor and memory of - Louis, Lucille & Dorothy Hofacker

ADRC OF PIERCE COUNTY



Virtual Dementia Education Programs

Serving Northwest Wisconsin - May 2021

Early Detection and Diagnosis

Monday, May 3rd, 5:00 - 6:00 pm

Carrie Myers, cmyers@burnettcounty.org

877-485-2372

Boost Your Brain and Memory

Wednesdays, May 5th - June 23rd, 10:00 - 11:00 am

Carrie Myers, cmyers@burnettcounty.org

877-485-2372

Better Brain Fridays

Every other Friday, May 7th - August 20th

10:00 - 11:30 am

Lisa Wells, www.adrcevents.org

715-839-4735

Memory Café Time Traveler Series

Tuesday, May 11th, 10:00 - 11:30 am

Lisa Wells/Carla Berscheit, www.adrcevents.org

715-839-4735

Ask a Dementia Care Specialist

Monday, May 17th, 10:00 - 11:30 am

Lisa Wells/Carla Berscheit, www.adrcevents.org

715-839-4735

Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief (Book Club)

Mondays, May 17th - July 12th, noon - 1:00 pm

Lisa Wells/Carla Berscheit, www.adrcevents.org

715-839-4735

Dementia 101

Wednesday, May 19th, 4:00 - 5:00 pm

Carla Berscheit, cberscheit@co.chippewa.wi.us

715-944-8091

Savvy Caregiver

Wednesdays, May 26th - June 30th, 9:00 - 11:00 am

Trisha Witham, www.adrconnections.org

715-537-6225

Creating Moments of Joy (Book Club)

Thursdays, May 27th - July 22nd, 3:30 - 4:30 pm

Carrie Myers, cmyers@burnettcounty.org

877-485-2372



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

Ellsworth Library/Senior Center Activities:



The library is currently open by appointment for browsing or computer use, and is offering doorside service for materials pickup and assistance with copying, faxing, etc. Please call 715-273-3209 or visit our website for details on programs or for updates on library services.

Ellsworth Public Library is starting to offer in-person programs once again!

Masks will be required if social distancing is not possible.

Art in the Park May 15 at East End Park

Adults are invited to enjoy a quiet adults-only hour at 10 am in the park creating collage art.

(An Art in the Park session for children and families will begin at 11.)

Community Book Club May 20 at 6:30 or 7 p.m. at Summit Park interested people may want to confirm the time on our website before joining us.

On Earth We're Briefly Gorgeous by Ocean Vuong

The EPL Building Campaign is going smoothly - the former BMO Harris Bank building has been purchased by the Village of Ellsworth as the future site for the library, and we have officially met our initial \$350,000 fundraising goal! We are now moving into the next phase of fundraising, which will focus on a fuller renovation of the space in order to best serve the needs of our community. For further information, please visit our website at ellsworthlibrary.org.

The library is currently open by appointment for browsing or computer use, and is offering doorside service for materials pickup and assistance with copying, faxing, etc. Please call 715-273-3209 or visit our website for details on programs or for updates on library services.

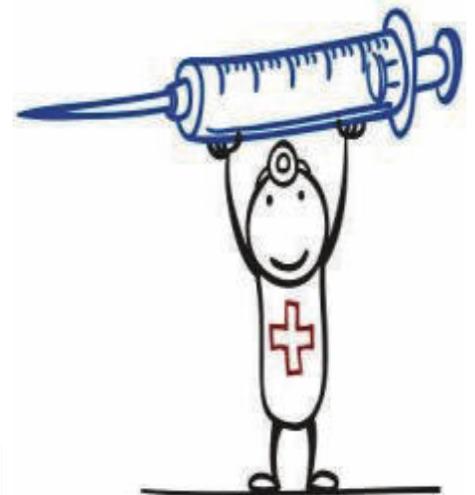
Do you know someone who is homebound and struggling to access a COVID-19 vaccine?

The Aging and Disability Resource Center (ADRC) of Pierce County is here to help!



Call 715-273-6780 for:

Help with online sign up
Transportation options
Possible in-home vaccinations



Who is considered homebound?

Individuals who are homebound may include:

- Individuals who strictly shelter at home to avoid COVID-19 risk
- Individuals who do not drive
- Individuals with limited personal mobility
- Individuals who depend upon oxygen or non-portable equipment
- Individuals with dementia or cognitive impairment
- Individuals who are otherwise in frail condition





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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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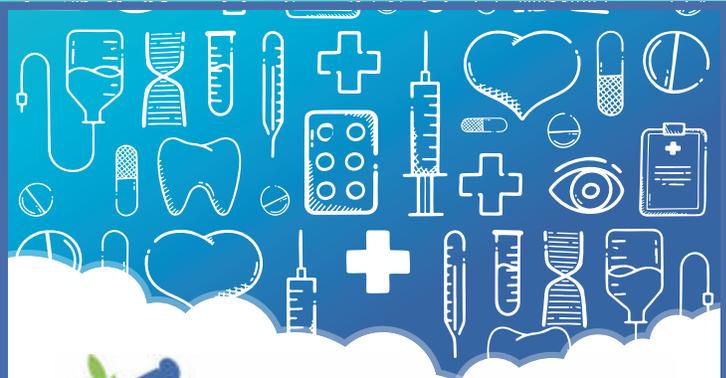


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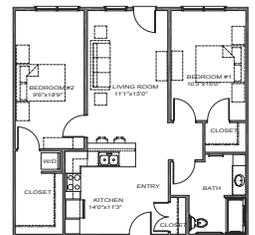
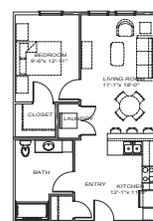
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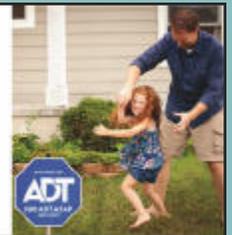
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 WI to stay up to date
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A quote from my mother-in-law,
 Ellen: I make more progress
 when my feet are walking than
 when my mouth is running."



The Kentucky Derby is on Saturday, May 1st.



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Solution on page 4