



Aging & Disability Resource Center of Pierce County

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

June 2021
NEWS

It's Time

One of the most difficult experiences a caregiver may face is considering an out-of-home placement for their loved one. This can be particularly difficult when the person suffers from dementia and is not able to assist in the decision-making process. Although we usually think that keeping someone in their own home is the ultimate goal, sometimes there is a point when staying at home may no longer be the best option.

There are 2 main things to evaluate when making this decision: the needs of the person receiving care and the demands on the caregiver. Each person being cared for is different. Some are more difficult to manage while others may be easier to take care of. Additional medical problems may also complicate the situation.

Caregivers also have different circumstances. Some cope easily with large amounts of stress while others struggle with even small disruptions. Some have children and job responsibilities while others are able to devote more time to their loved one. It is important to look at your particular situation and not to compare yourself to someone else.

If you are wondering if it might be time to move your loved one to a continuing-care facility, you may find these questions helpful in deciding.

- Are the person's needs being met at home?
- Is constant care required beyond my physical capability?
- Is always it safe in the home?
- Is there a concern that the person may harm themselves or others?
- Does the person need specialized care not available or affordable at home?
- Would an out-of-home setting provide opportunities for therapy and socialization that are not possible at home?
- Would moving the person to a long-term-care facility allow me to devote needed time to my family/job/self?
- Am I healthy and physically strong enough to take care of the person?
- Is there a care facility in the area that I trust?

The most important thing to remember is that moving your loved one to a care facility is NOT a sign of failure in your role as a caregiver. A caregiver's main job is to ensure that their loved one is getting the best care possible, while also prioritizing care for self, and sometimes that means a move to a care center.

Consider this. Your caregiving role will not end when your loved one moves, it will just change. When caring for someone at home, a caregiver spends endless hours doing personal cares, cooking, cleaning, and keeping your loved one safe. This may often include being up several times during the night. The caregivers' own health often becomes at risk.

When the person lives at a care facility, the time and energy you spent providing physical cares can now be focused on your relationship again. Their basic needs will be met by staff, but they still need you to provide social, spiritual, and emotional care. You can spend time doing things like looking at photo albums, reading together, watching old movies, or just sitting and enjoying each other. Your caregiving role continues, but your tasks and focus change.

The ADRC has resources available to help you if you are considering long-term care placement. 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.

Knock, knock. Who's there? It's not a cartoon, it's really June! This means the weather will be warm, days are longer, our lawns, flowers and gardens are growing; it is all a beautiful sign of summer. We all have been cooped up in our homes way too long. It's time to enjoy the outdoors! I know myself and others are finally getting to see our families and friends again. I think we all know how human touch and socializing is so very important. Please remember to stay safe, stay healthy and enjoy the beginning of summer.

The Prescott Senior Center and Aging and Disability Resource Center has a deal of a healthy meal for you, family member or friend if you are homebound and at least 60 years old. Have one of our volunteer Meals on Wheels drivers deliver a very nutritious and well balanced meal to you. Please call the Aging and Disability Resource Center at 715-273-6780 to get the 411 (information) and sign up!

Thank you, bless your heart Carol Meyer, the Foot Care Clinic Specialist. Carol will come to your home and make your feet feel and look brand new! Please call Tammy at the Prescott Senior Center at 715-262-5195 to set up an appointment. Carol will call you to confirm date and time for your appointment. You will feel like dancing after Carol makes your feet new!

Unfortunately, the Prescott Senior Center is still closed for congregate meals, birthday parties, bingo and exercise. I know it feels like forever since we all have been together to hold these events. I promise you, Heather Conway the Manager of the Aging and Disability Resource Center keeps us updated with the latest facts as to what programs we can go forward with or to hold off a little longer. We will get there, together!

Congratulations, Happy Birthday, Celebrate!! Best wishes to Jane Budworth-1st, Dave Finley-6th, and Jennifer Lenzen-11th. I hope each of you have a wonderful birthday! Enjoy!

Trivia: 1) What is the longest day of the year? 2) What color represents June? Answers on page 12.

Fun facts about the month of June: June's birthstone is the Pearl. In the year 2009, June was the 662 most popular name for girls in the USA. June is Alzheimer's Awareness month. In both common and leap years, no other month begins on the same day of the week as June. Weird huh?

June 6th 2021 is D-Day WWII. Please remember the sacrifice our men and women made on June 6th, 1944 in the battle fought during WWII. The start of WWII began for the Americans with the attack on Pearl Harbor on December 7th, 1941.

Did you know? June 14th is Flag Day. Bernard Cigrand, a small town Wisconsin teacher, originated the idea for an annual flag day to be celebrated across the country every June 14th, in 1885. The holiday commemorates the date in 1777 when the United States approved the design for it's first national flag.

June 20th, 2021 is Father's Day! The celebration honors fathers and the influence of fathers in society. It was first proposed by Sonora Dodd of Spokane, Washington in 1909. Happy Father's Day to all fathers!

A little something about me: I want to say to my father, I love you, I miss you, you're my hero, Happy Fathers Day Dad! XOXO!! My dad was a gentle giant. He was 6'8" with a contagious smile and personality. Dad never knew a stranger. My parents owned a resort in Northern Minnesota until I was 17 years old. It was hard work but also fun. That's where I learned a lot about people. I've always enjoyed working in the public, helping whomever I can. Dad always taught my siblings and I to never ask someone to do something you, yourself would never do, smile, please and thank you go a long way, never go to bed mad, say your prayers and be thankful for each day. Thank you dad.

Thank you for listening—Sayonara!!

Remember—

Wash you hands, wear your mask, stay safe cuz I care about you!



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.

We are happy to begin yet another step toward reopening the Senior Center. The Euchre card group will begin meeting the 2nd and 4th Thursday of the month at 1pm. The first Euchre card group will be on June 10th at 1pm. If anyone else is interested in re-starting another small group for crafts, cribbage, puzzles, book club, etc.; please call the Senior Center and leave a message. Please leave your name, number, and which small group you would be interested in joining. As more people are interested in small groups, we will begin to restart more small groups.

We will also be hosting an outdoor Reunion Birthday Party on June 30th (last Wednesday of the month) at 1:30pm at Summit Park in Ellsworth. Our Reunion Birthday Party will be celebrating all birthdays!! Use the West Grove Street entrance to the park. We'll meet in the area where the rest rooms and a large gathering area are located. There's lots of parking. This area is also near the ball field where the Ellsworth Hubbers play. Join us for birthday cake, ice cream and a few outdoor activities.

Events for the month are :

- Pool Players meet on Monday, Wednesday and Friday 1-3pm
- Euchre Card Players meet on June 10th and June 24th at 1pm
- A foot care is scheduled for Thursday June 3rd beginning at 11am. Please call and schedule a time.
- Reunion Birthday Party at Summit Park June 30th 1:30pm

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 June birthdays in our Senior Center: Shari Huppert June 10th, Phyllis Beaström June 14th, Kim Kein June 18th, Dodee Bloomstrand June 25th, Bonnie Peterson June 28th and Cindy Baird June 28th.

“Beautiful young people are accidents of nature, But beautiful old people are works of art.” ~ Eleanor Roosevelt

Ellsworth Senior Center Director Janelle Braund

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 journey into June, I'm hoping that you have all had your Covid vaccine. The more people vaccinated the better for all of us.

One of our own was just laid to rest on May 7 th , Carole Marson, who passed away in November of 2020. We extend our deepest sympathy to John and family.

Don't forget all the fathers in our life this June 20 th , be they Dads, Grand Dads, Great Grand Dads, Step Dads or any man who took the place of a Dad. Happy Father's Day to all!

I'm hoping we can have meals together pretty soon. You'd think so wouldn't you. We can go to Perkins, Liberty's, The Kinnie and many more places. The Chanhassen Dinner Theater starts its dinner shows in July. Taking our family to see "The Music Man" end of July for their birthdays.

We have dates for the Pierce County Fair August 12-15 so stay tuned, I'll try to have more next month. Sounds like there will be a MN State Fair too but___.

When we are able to have meals again on Tuesday & Thursday at the Bay City Village Hall you have to remember to call Susan at 715-647-2588 at least one day ahead to reserve your meal.

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

June Birthdays are:

Sherry Holt 18 th
Edna Wood 24 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.

There are no birthdays in June.

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, you need to contact us 24 hrs in advance, arrive at the appointed time and the meals will be brought to your car.

The Executive Meeting will be held on Monday, June 7th at 9AM. Place to be determined.

Toenail care will be held on Friday, June 4th and Friday, June 18th. Cost of \$20. Angel will be at the Manor. Please call for appointments and directions.

We would like to extend birthday wishes to our seniors having June birthdays:

Don Vorwold – 9th	Carolyn Johnson – 10th
Bud Ayres – 17th	Cora DeJong – 20th
Liz Kreibich – 21st	Joyce Breen – 22nd
Linda Pottton – 22nd	Joan Madson – 27th

Remember your father, grandfather, and sons on June 20th, Fathers' Day. They are special.

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.



Join us for a Community Sing-Along
Sunday, June 13, 2021 at 1:00 P.M.
Hudson Bandshell in Lakefront Park

Bring friends *and* family, a picnic lunch *and* lawn chairs

Bottled water *and* cookies will be provided

In case of rain: Check our Facebook page
[@stcroixvalleydementiafriendlycommunities](#)

PRESENTED BY THE
Dementia Friendly Communities Coalition
on Dementia Friendly Sunday

Our goal is to increase awareness of dementia by involving faith communities in maintaining and supporting members

throughout their lifetime. We promote involvement in musical activities that are familiar, fun, and family orientated. This day includes Dementia Friendly Services hosted by churches throughout St. Croix & Pierce Counties



To Learn more contact Amy Luther, ADRC of Pierce County at (715)273-6780

amy.luther@co.pierce.wi.us or

Kim Bauer, ADRC of St. Croix County at

(715)381-4411 Kimberly.bauer@sccwi.gov

ADRC OF PIERCE COUNTY

COVID-19 Funeral Assistance

By the GWAAR Legal Services Team

The Federal Emergency Management Agency (FEMA) is now accepting applications for financial assistance for COVID-19 related funeral expenses. If you paid for funeral services and burial or cremation for someone whose death was caused by or likely a result of COVID-19, you can apply by calling the COVID-19 Funeral Assistance Line at 844-684-6333 (TTY: 800-462-7585) between 8 a.m. and 8 p.m. Central time. Interpreters will be available. No online or mailed applications will be accepted.

To be eligible for funeral assistance, the following criteria must be met:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia;
- The death certificate must say that the death was caused by or likely a result of COVID-19 or COVID-19-like symptoms; and
- The applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after January 20, 2020.

The deceased person is not required to have been a U.S. citizen, non-citizen national, or qualified alien.

When you apply, you will need to provide your Social Security number and date of birth. You will also need to provide the deceased person's Social Security number and date of birth. In addition, you will be asked for your current mailing address and telephone number, and if you choose to receive funds by direct deposit, the routing and account number of your checking or savings account. You will also need to provide:

- An official death certificate that states that the death was directly or indirectly caused by COVID-19 and shows that the death occurred in the United States, including the U.S. territories, and the District of Columbia;
- Documentation of funeral expenses, including receipts, the funeral home contract, etc., that include the applicant's name, the deceased person's name, the amount of funeral expenses, and the dates the funeral expenses happened; and
- Proof of funds received from other sources specifically for use toward funeral costs, including burial or funeral insurance, pre-planned and pre-paid funerals, or financial assistance from other sources.

FEMA is not able to duplicate benefits received from other sources.

If the death certificate does not list COVID-19 as a cause of death, you should contact the person who certified the death. This may be a treating doctor or a coroner or medical examiner. Their name and address will be on the death certificate.

At this time, there is no deadline to apply for COVID-19 funeral assistance. FEMA has reported that the agency is experiencing high call volumes, so if your call is not able to connect, please try calling again later.

If you are found eligible for funeral assistance, you will receive either a check by mail or funds by direct deposit. You can choose either option when you apply for assistance. If FEMA determines that you are not eligible for funeral assistance, you will have 60 days to appeal.

Be aware that FEMA has received reports of scammers reaching out to people offering to register them for funeral assistance. Please note that FEMA will not contact people before they apply for assistance.

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.



JUNE 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 SWEDISH MEATBALLS MASHED POTATOES GREEN BEANS PINEAPPLE	2 KIELBASA SAURKRAUT MASHED POTATOES CREAMED PEAS FRUIT PIE	3 SALISBURY STEAK EGG NOODLES CARROTS GRAPES	4 BROASTED CHICKEN BAKED BEANS BROCCOLI BACON SALAD MIXED FRUIT
7 SPAGHETTI W/ MEAT SAUCE BREAD STICK ITALIAN BLEND VEG MANDARIN ORANGES	8 BBQ CHICKEN MASHED POTATOES 7 LAYER SALAD CARROT CAKE	9 HAM SCALLOPED POTATOES CARROTS MIXED FRUIT	10 BEER BATTERED FISH TRIANGLES GOURMET MAC & CHEESE PEAS BANANA	11 SLOPPY JOE SANDWICH STEAKHOUSE POTATO SALAD 3 BEAN SALAD PEACHES
14 MEATLOAF BAKED POTATOES W/SOUR CREAM CARROTS PINEAPPLE 	15 TURKEY GRAVY DRESSING CREAMED CORN BANANA	16 ROAST BEEF MASHED POTATO GRAVY ZUCCHINI PEARS	17 CHICKEN CHOW MEIN RICE EGG ROLL MANDARIN ORANGES	18 SALAD BAR HAM, TOMATOES, EGG, CHEESE, CHIC PEAS, BLACK BEANS, CARROTS ANGEL FOOD CAKE W BERRIES BREAD STICK
21 CHEESEBURGER ON BUN W/ TOMATOES STEAKHOUSE POTATO SALAD CREAMED CUCUMBERS MIXED FRUIT	22 PORK CHOP W/MUSHROOM GRAVY MASHED POTATOES SPINACH PEACHES	23 CHICKEN ALA KING BISCUITS GREEN BEANS CHEESECAKE SUPREME	24 LASAGNA BREAD STICK ITALIAN BLEND VEG JELLO	25 CHICKEN SALAD SANDWICH ON MULTI GRAIN TOMATO SLICE PASTA SALAD CALICO BEAN SALAD FRESH FRUIT
28 SALSBUURY STEAK MASHED POTATOES CORN CUPCAKE	29 HERBED CHICKEN BABY RED POTATOES 7 LAYER SALAD MANDARIN ORANGES	30 HAMBURGER & BEAN HOT DISH CARROTS DINNER ROLL PEARS		

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

JUNE MENU

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

MEAL SITE DONATION OF \$5.00 is SUGGESTED.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 KIELBASA W/ SAUERKRAUT STUFFING CAULIFLOWER DINNER ROLL	2 POT ROAST MASHED POTATOES GRAVY ROASTED BRUSSEL SPROUTS DINNER ROLL	3 CREAMY MUSH- ROOM CHICKEN BAKED POTATO CARROTS GARLIC BISCUIT	4 CRISPY FISH AU GRATIN GREEN BEANS DINNER ROLL
7 BEEF CHOW MEIN CASSEROLE STIR FRY VEGGIES EGG ROLL	8 SMOTHERED PORK CHOPS BABY REDS BROCCOLI GARLIC BISCUIT	9 OVEN ROASTED TURKEY MASHED POTATOES GRAVY GREEN BEANS DINNER ROLL	10 SPAGHETTI & MEATBALLS SQUASH GARLIC BREAD	11 LEMON BAKED COD BAKED POTATO CALIFORNIA BLEND DINNER ROLL
14 SAUSAGE SPINACH QUICHE BISCUITS & GRAVY BACON GARLIC POTATOES	15 TATER TOT HOTDISH GREEN BEANS BREAD STICK	16 SALISBURY STEAK MASHED POTATOES GRAVY CARROTS DINNER ROLL	17 GLAZED HAM AU GRATINS PEAS DINNER ROLL	18 SEAFOOD ALFREDO BROCCOLI BREAD STICK
21 BONE IN PORK CHOPS WILD RICE CARROTS GARLIC BISCUIT	22 BEEF STROGANOFF BUTTERED NOODLES PEAS BREAD STICK	23 BAKED SEASONED CHICKEN MASHED POTATOES GRAVY CARROTS DINNER ROLL	24 PIZZA CASSEROLE GREEN BEANS BREAD STICK	25 SALMON BABY REDS ASPARAGUS DINNER ROLL
28 LASAGNA ROASTED BRUSSEL SPROUTS GARLIC BREAD	29 CHICKEN CORDON BLEU RICE PILAF BROCCOLI GARLIC BISCUIT	30 HOME STYLE MEAT LOAF MASHED POTATOES GRAVY RUTABAGA BLEND DINNER ROLL		ALL MEALS COME WITH FRUIT AND DESSERT

JUNE 15TH



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders

Whether it be physical, sexual, emotional, or material:

REPORT ELDER & VULNERABLE ADULT ABUSE

to the Aging and Disability Resource Center of Pierce
County at (715) 273-6780.

The caller's name can remain anonymous and is
protected by law.

ADRC OF PIERCE COUNTY

MEMORY MATTERS

By

Amy Luther Dementia Care Specialist , ADRC of Pierce County

Dementia Friendly Sunday is June 13, 2021! This is an annual event organized by the St. Croix Valley Dementia Friendly Communities Coalition (SCVDFCC). Our goal is to increase awareness of dementia and involve faith communities in maintaining member participation and active involvement despite the potential challenges that living with dementia can present. We also strive to support caregivers so they can remain engaged and feel supported as time goes on. Faith communities that participate in Dementia Friendly Sunday often work with our coalition to share a message about dementia awareness, make efforts to use familiar readings, music or develop ways of better supporting members that may be affected by dementia.

In preparation for this annual event, we acknowledged that faith communities are currently providing services in a variety of ways from in-person to virtual gatherings. To aid in sharing our message of inclusion, support, and service, we decided to develop a video to be shared with congregations in St. Croix and Pierce County. This production will demonstrate the ways in which a dementia-friendly faith community can support those living with dementia and their caregivers throughout their journey. We also will share this video via our St. Croix Valley Dementia Friendly Communities Facebook page and our You Tube channel.

<https://www.facebook.com/stcroixvalleydementiafriendlycommunities>

Please contact me for more info: amy.luther@co.pierce.wi.us or 715 273-6780

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>.

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:

Charlotte & Gary Rogness, Hager City

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.

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 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.

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

Wisconsin Emergency Rental Assistance Program

By the GWAAR Legal Services Team

The Wisconsin Emergency Rental Assistance Program is a program to assist eligible renters impacted by the COVID-19 pandemic who need help with their rent, utilities, and/or other housing stability. Eligible households may receive up to 12 months of assistance to help with current and/or overdue utility bills, rent, and/or other services that help them remain in their homes.

Who is Eligible?

A household may qualify if at least one or more individuals in the home meet all of the following criteria:

1. Qualifies for unemployment or has experienced a reduction in household income, experienced major costs, or experienced financial struggles due to COVID-19;
2. Demonstrates a risk of being evicted or losing your home; and,
3. Has a household income at or below 80 percent of the county median.

Note: The counties of Brown, Dane, Milwaukee, and Waukesha, as well as the cities of Madison and Milwaukee, are operating their own emergency rental assistance programs and are not participating in the Wisconsin Emergency Rental Assistance program.

Senior Farmers' Market Vouchers



The Senior Farmers' Market vouchers, for those who are 60 years of age or older, will be available again this summer!! HOWEVER, we have not been informed as to when the ADRC office will receive them. As soon as we have that information, we will post it in the ADRC Newsletter.

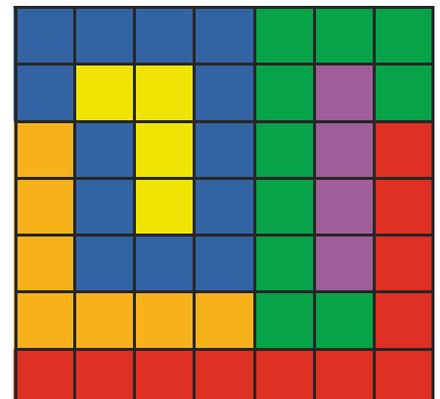
Income Guidelines

- 1 person: \$1,986 per month or less
- 2 persons: \$2,686 per month or less
- 3 persons: \$3,386 per month or less
- 4 persons: \$4,086 per month or less
- 5 persons: \$4,786 per month or less
- 6 persons: \$5,486 per month or less

Answer to Trivia on page 2:

1. June 21st, 2021
2. Rose is the color for June

Answer to puzzle on the last page.



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 June 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):

- Information & Assistance/Options Counseling
- Disability Benefit Specialist
- Elder Benefit Specialist
- Home Delivered Meals/Senior Dining Services
- Home Modifications for Handicapped

- Elderly & Adults At Risk of Abuse
- Support Groups
- Hearing, Dental & Vision Services
- Medical Transportation

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
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Your gift is deductible to the extent provided by law

ADRC OF PIERCE COUNTY

Virtual Dementia Education Programs

Serving Northwest Wisconsin - June 2021



Better Brain Fridays

Friday, June 4th, 10:00 - 11:30 am

Assistive Technology and Ensuring Connections

Friday, June 18th, 1:00 - 2:30 pm

Sleep and Better Brain Health

Lisa Wells, www.adrcevents.org

715-839-4735

Boost Your Brain and Memory

Mondays, June 7th - July 19th, Noon - 1:00 pm

Trisha Witham, www.adrcconnections.org

715-537-6225

Chippewa Valley Memory Café

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

Lisa Wells/Carla Berscheit, www.adrcevents.org

715-839-4735

Powerful Tools for Caregivers

Thursdays, June 10th - July 15th, 9:30 - 11:00 am

Alisa Lammers, www.adrcconnections.org/registrations

888-538-3031

Dementia Live Virtual Experience

Tuesday, June 15th, 4:00 - 5:00 pm

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

715-944-8091

Ask a Dementia Care Specialist

Monday, June 21st, 10:00 - 11:30 am

Lisa Wells/Carla Berscheit, www.adrcevents.org

715-839-4735

Dementia Friends Information Session

Monday, June 21st, 5:00 - 6:00 pm

Carrie Myers, cmyers@burnettcounty.org

877-486-2372

Dementia 101

Tuesday, June 22nd, 4:00 - 5:00 pm

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

715-944-8091



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:



June 14 marks the beginning of the library's Summer Reading Program, Tails and Tales. This reading and activities program is for all ages. You can participate and track your progress online by using our online platform, Beanstack, or there will be paper logs available at the library.

June 17 from 5-7 p.m. Together Thursday (part of the Summer Fun Series) featuring the music of Chris and Ari Silver. Music starts at 5:30. Farmers' Market vendors will be set up, and E3 Summer Fun Series will have food trucks on hand.

June 19 from 10-11 a.m. Join us in East End Park for an adults only hour of creativity at Art in the Park.

June 24 at 6:30 p.m. Community Book Club at Summit Park. Please contact the library for the book title and assistance acquiring a copy.

The library anticipates opening the doors for fuller access to the building sometime in June. Please call 715-273-3209 or visit our website at ellsworthlibrary.org for updates on library services and/or program details.



You know you are a senior when:

- Jokes on aging aren't funny anymore.
- When you are watching the History Channel and you think it's the news.
- When you refer to people in their 50's as being "younger folks".
- When drinking responsibly means, "don't spill any".
- When your grandson says, "Look at the old time car", and it's just like the one you had in high school!

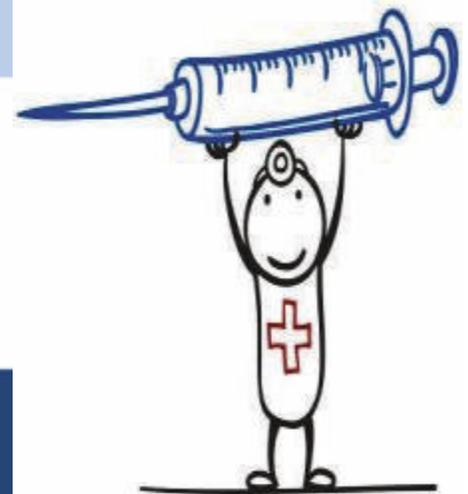
Do you know someone who is homebound and struggling to access a COVID-19 vaccine?

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



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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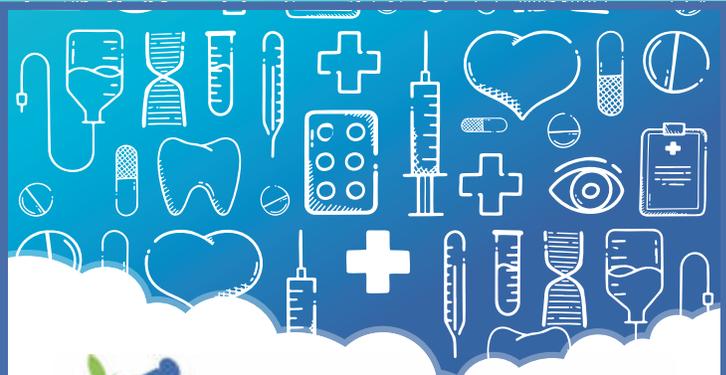
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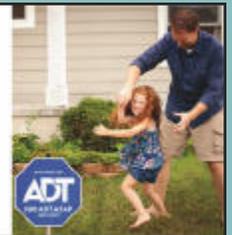
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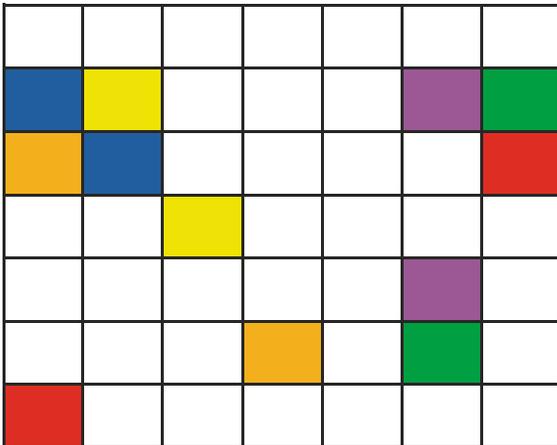
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Every year in the United States, people suffer from heat-induced illnesses especially senior adults and children. Please drink lots of water to avoid heat-related illness. For fun, flavor your water with oranges, cucumbers, lemon slices or whatever fruit or vegetable sounds appealing to you. Eating foods high in water content can also help. Yummy foods such as zucchini, cucumbers, watermelon and cantelope are high in water content. Enjoy!



June 20th



**First Day of
 Summer**