



**Aging & Disability Resource Center of Pierce County**

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

**September 2021**  
**NEWS**

## **Driving Retirement**

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence and self-sufficiency. But it is important to consider what happens when declining vision, medication side-effects or a degenerative condition means your loved one is no longer safe to drive. Transitioning from driver to non-driver is a difficult decision. Planning ahead can alleviate some anxiety.

Just like people plan for retirement when they leave the workforce, Driving Retirement is planning for a time when driving is no longer safe. It is a proactive move that gives a person control over how to live life outside the driver's seat and avoids having to take away their keys.

Discussing driving retirement with the person you are (or will be) caring for while the person still drives will make the transition from driver to rider easier. Consider the following points as you help your loved one map out a driving retirement.

Start by learning what transportation options are available by talking to friends, health care providers and the ADRC of Pierce County. Find details about how to utilize them.

Make a list of the person's transportation needs and alternative ways to meet those needs. In addition to public transportation options they might be able to order things through the mail, use a delivery service, walk, bike or ask family or friends for rides. Include family members and friends in the conversation as you develop the plan and don't forget to include social activities.

Once the transportation plan is in place, encourage your loved one to start trying out new transportation methods right away. Go with them as they ride the bus, help them make an online order or walk with them to a nearby store. This will help to reduce stress and increase confidence.

The next step is to determine when it is time to stop driving. The following are some warning signs of unsafe driving.

- Abrupt lane changes, braking or accelerating**
- Confusion at exits or turns**
- Delayed responses to unexpected situations**
- Lack of attention to traffic signs or pedestrians**
- Increased agitation or irritation while driving**
- Vehicle crashes or near misses**

There is usually not a specific day when you know it is time to stop driving. Decisions should be based on driving behavior over a period of time, not just a single incident. Because timing can be unclear, have agreed upon measures in place – a driving contract, regular review by family, completion of a driving assessment, or a discussion with a physician – to help determine the balance between a person's desire to drive with the need for safety.

When it is time to put the driving retirement plan into action be positive and optimistic. Review the transportation plan and make adjustments as needed. Even when change is unwanted, people have the ability to adapt and thrive. Plan to visit them frequently and be sure that transportation is available to meet their social needs as well.

Get the conversation started about planning a driving retirement to prevent a more difficult scenario in the future. Utilize the Driving Retirement Brochure & Workbook and other resources found at the ADRC of Pierce County at 715-273-6780 or online at [gwaar.org/transportation](http://gwaar.org/transportation) to help you find the balance between maintaining independence and ensuring safety, for you, your family and your community.

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

Congregate meals served Monday thru Friday

As the ninth month of the year, September marks the beginning of Autumn in the northern hemisphere and the start of Spring in the southern. September marks transitions between seasons. Hold on! Wait! What happened to summer? Wow! Ok, breathe! Oh, do you smell the fall in the air? September is associated with new beginnings, playing host to the start of the school year, reappearance of football season, the emergence of the harvest moon and more. Take a moment to reflect on holidays, special dates and history dates in September.

September 2nd, 1945 National VJ Day. Officials announced the surrender of Japan to the Allies on August 15, 1945. The official signing of surrender took place on September 2nd, 1945, officially ending World War II. Just an FYI: my father came home in 1945 from the war. Thank you dad, thank you to all of our women and men who served.

Monday, September 6, 2021 is Labor Day. The first Monday in September, Labor Day is a tribute to American workers and their social and economic contribution to society. It recognizes and shows respect for organized labor and the individual rights of workers.

Friday, September 10th, 2021 is World Suicide Prevention Day. International Association for Suicide Prevention, also known as IASP is delighted to announce, after World-wide consultation, the new theme for World Suicide Prevention Day 2021-2023 is "Creating Hope Through Action". World Suicide Prevention Day (WSPD) was first launched in 2003 on the 10th of September by IASP with the endorsement of the World Health Organization (WHO). The 10th of September each year has been designated as a way of focusing attention on the problems of suicide worldwide.

Saturday, September 11th, 2021 is called Patriot Day or 9/11. On September 11th, 2001 terrorists attacked the World Trade Center in New York and the Pentagon in Virginia. The 9/11 memorial is a tribute of remembrance, honoring the 2,977 people killed in the terror attacks. At the World Trade Center site, at the Pentagon, as well as the six people who lost their lives in the World Trade Center building on February 26, 1993, I ask all of us to please take 11 minutes of silence on Saturday, September 11, 2021.

Fun dates in September, 2021:

9/12 Grandparents Day. Show your appreciation and love.

9/21 International Day of Peace, I'm all for that! It's also World Gratitude Day...yes, please!

9/22 Start of Fall! Autumnal Equinox

Take time to enjoy the colors of September, fall into a pile of leaves, make apple/cinnamon cider, carve a pumpkin, just take the time to enjoy so many things Fall offers.

Some things you may want to or may not want to know : Christmas Day is 142 Days away. Oh, Ouch! I'm going to put myself in the corner for saying that!

There is an angel amongst us! I'm positive some of you have met, talked and seen this angel. I'll give you a hint....She has come to your home, she carries a bucket or two, she shares her lovely fragrances of soothing magic, she's like the saying, "Calgon, take me away!" Give up? Do you know who I speak of? Carol Meyer, The Foot Care Clinic Specialist! See, I know you knew her. This angel will make you feel like you can walk on water with refreshed feet. Please call Tammy at the Prescott Senior Center 715-262-5195, leave your name, number and date you would like Carol to come to your house for foot care. Carol will contact you via phone call to set up the appointment. Start your day on the right foot!

Congregate meals started July 19th. Unfortunately we have to practice the 6 feet apart with the tables, sanitize our hands, wash our hands, cover our mouths etc. I know this year for congregates has been different due to things have changed for all of us. We are now stocked with condiments and to go containers! So what you don't have room for, you may take the food on your plate home with you. Please join us for lunch Monday-Friday @ 11:30am in the Watertower Apartment building in the Senior Dining Room. To register for our congregates, meals on Wheels or Grab-N-Go lunch, call the ADRC at 715-273-6780 Everyone is welcome, we all need a nutritious meal.

Bingo started last month, August 6th, 2021. It is the 1st Friday at 1pm every month. It's fun, there are prizes of all sorts and it's free! Come join the fun! Robin Angers is the new bingo caller! Thank you and congratulations Robin!

Happy birthday to: Hilde Bethel-9/1 who is celebrating her birthday with her husband and the lord. Thoughts of you often! Ed Klabuhn—9/16. Ed moved but I want to wish you a happy birthday from the Senior Center. We miss you! Billie Jo Hoikka—9/12 Billie Jo always wears the most colorful dresses, looking sharp! Billie Jo is busy with her grandchildren—Happy birthday and keep looking awesome!

Autumn Trivia: What makes leaves change to either red or purple? Answer on page 7

FYI: The largest corn maze in the world is in Dixon, California. It is 53 acres, it's 100% guaranteed you will get lost. Customers lost for hours have called 911 to be rescued.

Let us appreciate friends and family. Let us be respectful, kind and forgiving. Remember that our journey is too short. Let's make it worth the experience. Peace begins with a smile.

# 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.

**Congregate meals served Wednesday at Broz Bar and Grill from 11am-1pm for a suggested donation of \$5.00 per meal**

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

September begins my favorite season - Autumn. Take time to enjoy the beauty that begins to reveal itself as the colors of autumn start to appear.

The pool players and Euchre players would like to invite anyone interested to come join them for some fun. Both emphasize that it is a low stress game just for fun. If anyone else is interested in other small groups 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.

Events for the month are :

- Monday September 6th, 2021 is Labor Day and the Senior Center will be closed.
- Pool Players meet every Monday, Wednesday and Friday 1-3pm
- Euchre Card Players meet the 2nd Thursday September 9th and the 4th Thursday September 23rd at 1pm -
- A foot care is scheduled for Thursday September 9th beginning at 11am. Please call and schedule a time. -
- We are excited to announce that Tuesday, September 14th at 11am will restart our Tuesday club. The Ellsworth Public Library will be providing the programming and the Ellsworth Senior Center will be providing a meal following the program.
- September Birthday Party at Senior Center Wednesday September 29th at 1:30pm. Gloria Nelson will be sharing some of her stories from her 23 years as Ellsworth Senior Center Director.

We have a very special celebration coming up in October! Mark your calendars for Thursday, October 14th, 2021 at 4:30-7pm as we will be celebrating the Ellsworth Senior Center 50th Anniversary.

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.

We have 6 September birthdays in our Senior Center: Jim Pearson September 2nd, Henri Jansa September 12th, Marlys Thomas September 20th, Shirley Stockwell September 26th, Jan Kearns September 27th, and Jane Nelson September 29th.

“You are never too old to set another goal or to dream a new dream.” C.S. Lewis 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

Meals served Tuesdays & Thursdays

As we skip into September things are heading a little backwards with many places requiring masks again as the cases of Covid-19 are rising. Please, Please everyone do what you can to stop this! Continue to wash your hands, stay home if you are not feeling well, etc, etc and PLEASE get vaccinated, if not for yourself, then for friends, neighbors and your community. We just started being able to get together for meals and fun things like bus trips to casinos, River City Days, Pierce County Fair, State Fair, let's not go Backwards! Do Your Part!

As I write this, I'm Thanking God for a wet week-end. It was some much-needed rain and praying for more rain as I rush (but not too fast) to put out more grape jelly for my hungry orioles. By the time you read this they may be gone for the season but the humming birds will still be busy. As fall approaches take time to smell the flowers before they are gone.

Hope you were able to enjoy some summer fun. We are thankful for being able to attend the Taste of Red Wing (part of R.C. Days) for supper a couple of evenings etc. and for THE MEMORY'S concert during the Pierce County Fair, and me for Sisters Day at the State Fair. Time with my sisters is always special.

Come have a meal with us here at the Bay City Village Hall on Tuesday and Thursday. Call Susan at 715-647-2588 at least a day before you want to come so she can order enough meals for all. Any one 60+ is welcome. We eat at noon (coffee is on sooner) then after eating play some euchre and there is usually a puzzle in progress.

The B.C. Jolly Seniors will meet at 11:30 AM on Sept 28th. We are always looking for new members, but it's not required to eat with us.

September Birthdays are:

Joan Odden	7 <sup>th</sup>
Marshal Holt	17 <sup>th</sup>

“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

Congregate meals served Mondays & Wednesdays

Plum City serves meals for those who are 60+ and looking for a good meal. at 715-647-2588 to reserve a meal. If you have to leave a message, Susan will call you to confirm.

Social hour with coffee & puzzles begins at 11:30.

Business meetings will resume on the third Monday of the month at 11:30 am with lunch to follow.

Happy birthday to those who have birthdays in September: Jean McDonough-7th & Francis Coulson-11th.

## 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 will be closed on Monday, September 6th in observance of Labor Day. There are no home delivered lunches on Monday. Lunches will resume on Tuesday the 7th.

The River Falls Senior Center is open for lunches. Come and enjoy a meal with seniors for \$5.00. Lunch is served Monday thru Friday starting at 11:30.

Euchre is played on Wednesdays at 1:00 PM and Five hundred on Friday at 1:00PM.

Nail care will be held at Wellhaven on Thursday, September 9th and Thursday, November 30th . Cost of \$20.00. Please call 715-425-9932 for an appointment.

The Executive Meeting will be held on Tuesday, September 7th at 9:30 AM at Wellhaven.

Wellhaven will be hosting a summer picnic on Thursday, September 2nd at 4:30PM. Entertainment with J C Rock. Free will offering at table. Open to all seniors in the community. Come and spend some enjoyable time with seniors.

We wish to extend birthday wishes to our seniors having September birthdays.

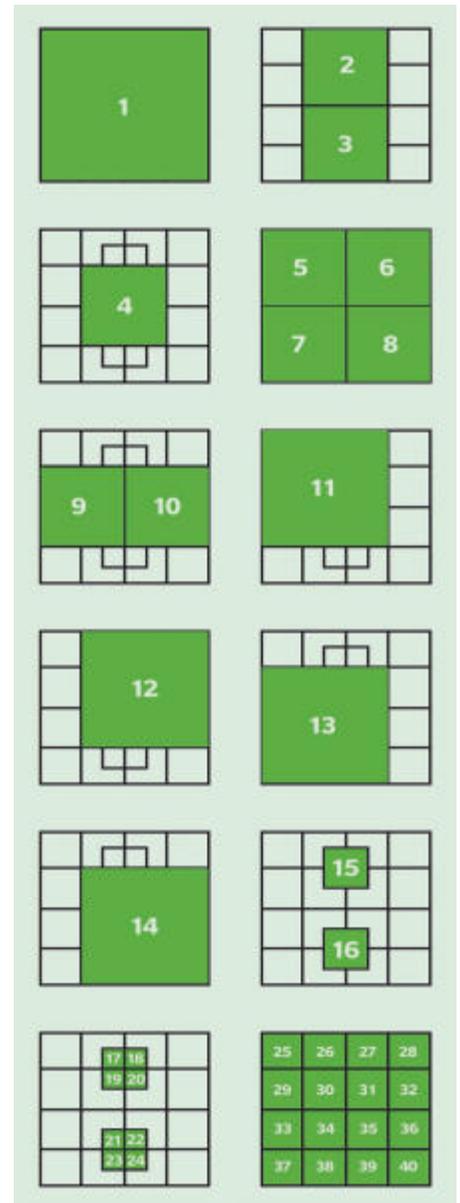
Ellen Rider – 5th      Lee Nelson – 13th      Mary Yonan – 13th  
Starla Deiss – 13th      Mark Schmitt – 14th      Linda Giardina – 20th  
Kathy Vorwald – 22nd      Judy Frey – 28th

The General Meeting is scheduled for September 28th at 1PM followed with Bingo.

The trip to Branson is scheduled for October 11 – 16th and is filling fast. Some things scheduled are the Hughes Brothers, the Duttons, a ride on the Branson Belle, a trip to Silver Dollar City and more. Cost of \$699.00. To save your seat or more information please call Marie at 715-307-1250.

If you need help with anything give me a call – 715-425-9932. I will try to answer any questions you might have.

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.



Answer to riddle on the last page: Left because you cannot see the door.

# ADRC OF PIERCE COUNTY

# SCAM

If you receive a survey from "Alliance" it is most likely a scam. The survey is political in nature and the headline is "Critical Issues Survey, Pierce County". It also asks for money. Chances are any mail requesting money is a scam. Toss it in the trash.

## DONATION DESIGNATION FORM

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

In Memory of: \_\_\_\_\_ or In Honor of: \_\_\_\_\_

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

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

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

Please send receipt to –

Name & Address: \_\_\_\_\_

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

Your gift is deductible to the extent provided by law

*Thank you for your donation:*

*Carolyn Johnson, River Falls*

*Catherine Martin, Prescott*

*Jan Kearns, Ellsworth, in memory of Verneal Johnson*

*Howard Nelson, River Falls*

## 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*

*Jan Kearns, Ellsworth*

*Marlene & Arland Aamodt, Spring Valley*

*Dorothy Frederick, River Falls*

# PIERCE COUNTY SEPTEMBER MENU

PIERCE COUNTY SENIOR DINING PROGRAM ELLSWORTH (HOME DELIVERED MEALS ONLY) —715-273-5873 / PRES-COTT (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 ROAST BEEF GRAVY MASHED POTATOES ZUCCHINI BREAD PUDDING	2 STUFFED PEPPER 1 CUP CHICKEN NOODLE SOUP CARROTS PEARS	3 SALMON LOAF MASHED POTATOES STEWED TOMATOES PEACHES
6  <b>INDEPENDENCE DAY NO MEALS SERVED</b>	7 KIELBASA SAUERKRAUT MASHED POTATOES GREEN BEANS MIXED FRUIT	8 TURKEY DRESSING & GRAVY ROASTED ROOT VEGGIES MANDARIN ORANGES	9 MEATLOAF BAKED BEANS ROASTED BRUSSEL SPROUTS PINEAPPLE	10 SPAGHETTI W/ MEAT SAUCE 7 LAYER SALAD BREAD STICK RICE PUDDING
13 SPINACH & TOMATO QUICHE TRI TATER CARROTS MIXED FRUIT	14 PORK CHOP MASHED POTATOES GRAVY CREAMED CORN APPLESAUCE	15 ½ TUNA SALAD SANDWICH CUP OF CLAM CHOWDER 3 BEAN SALAD PEACHES	16 LASAGNA ROMAINE CAESAR SALAD BREAD STICK BANANA	17 CHEESEBURGER W/ TOMATO SLICE BROCOLI & CHEDDAR PASTA TATER TOTS JELLO
20 HERBED CHICKEN BAKED POTATO SOUR CREAM SQUASH DINNER ROLL PEARS	21 HAMBURGER CHOW MEIN BROCCOLI EGG ROLL ANGEL FOOD CAKE W/BERRIES	22 RIBLETS BABY REDS CORN FRESH FRUIT	23 SALAD BAR: HAM, TOMATOES, EGG, CHEESE, PEAS BREAD STICK MANDARIN OR- ANGES	24 CHICKEN SALAD ON WHOLE GRAIN BREAD 3 BEAN SALAD FRUIT PIE
27 SALISUBRY STEAK MASHED POTATOES & GRAVY BROCCOLI PINEAPPLE	28 CHICKEN CARBONARA CARROTS BREAD STICK FRESH FRUIT	29 HAM AU GRATINS CREAMED PEAS APRICOTS	30 SLOPPY JOE CORN TATER TOTS LEMON BAR	

## 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](http://www.co.pierce.wi.us), Click on Departments, Nutrition Programs (under the ADRC title). Once you are on the ADRC web page, click on the "Menu" tab on the left side of the page. Then scroll down and click the menu tab in the middle of the page. 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!

# RIVER FALLS SEPTEMBER MENU

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

MEAL SITE DONATION OF \$5.00 is SUGGESTED.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Answer to trivia on page 2:</b> Sugar is trapped in the leaves causing the red and purple colors.</p>		<p>1 POT ROAST MASHED POTATOES GRAVY CARROTS DINNER ROLL</p>	<p>2 HONEY GLAZED HAM AU GRATINS PEAS DINNER ROLL</p>	<p>3 LEMON BAKED COD BAKED POTATO GREEN BEANS DINNER ROLL</p>
<p>6 <b>NO MEALS ON WHEELS LABOR DAY HOLIDAY</b></p>	<p>7 TATER TOT CASSEROLE 5 WAY BLEND GARLIC BISCUIT</p>	<p>8 OVEN ROASTED TURKEY MASHED POTATOES GRAVY GREEN BEAN CASSEROLE DINNER ROLL CRANBERRIES</p>	<p>9 MARINATED PORK LOIN BABY REDS CARROTS DINNER ROLL</p>	<p>10 SEAFOOD ALFREDO CALIFORNIA BLEND BREAD STICK</p>
<p>13 BEEF CHOW MEIN CASSEROLE STIR FRY VEGGIES EGG ROLLS</p>	<p>14 HAM LOAF AU GRATINS PEAS GARLIC BISCUIT</p>	<p>15 OVEN FRIED CHICKEN MASHED POTATOES GRAVY CALIFORNIA BLEND DINNER ROLL</p>	<p>16 SPAGHETTI &amp; MEAT SAUCE SQUASH GARLIC BREAD</p>	<p>17 CRISPY FISH W/ LEMON AU GRATINS ROASTED BRUSSEL SPROUTS DINNER ROLL</p>
<p>20 BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND BREADSTICK</p>	<p>21 CHICKEN CORDON BLEU AU GRATINS PEAS GARLIC BISCUIT</p>	<p>22 MEATLOAF MASHED POTATOES GRAVY CORN DINNER ROLL</p>	<p>23 PINEAPPLE HAM SWEET POTATOES PEAS DINNER ROLL</p>	<p>24 SALMON BABY REDS ASPARAGUS DINNER ROLL</p>
<p>27 CHICKEN FETTUCCINI BROCCOLI BREAD STICK</p>	<p>28 BONE IN PORK CHOP WILD RICE CARROTS DINNER ROLL</p>	<p>29 SALSIBURY STEAK MASHED POTATOES GRAVY RUTABAGA BLEND CINNER ROLL</p>	<p>30 SMOTHERED CHICKEN BABY REDS CALIFORNIA BLEND GARLIC BISCUIT</p>	<p><b>ALL MEALS COME WITH FRUIT AND DESSERT</b></p>

## 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.

# SNEAKERS SEPTEMBER MENU

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

Tuesday	Wednesday	Thursday	Friday
	1 ROAST BEEF MASHED POTATOES ROOT VEGGIES	2 SWEDISH MEATBALLS EGG NOODLES BROCCOLI & CAULIFLOWER	3 BEER BATTER FISH AU GRATINS MIXED VEGGIES
7 TACOS BEANS STEWED TOMATOES & ZUCCHINI	8 ROAST PORK MASHED POTATOES GREEN BEANS	9 BBQ DRUMSTICKS WAFFLE FRIES 3 BEAN SALAD	10 CLASSIC FISH HERBED POTATOES MIXED VEGGIES
14 CHEESY BEEF CASSEROLE SPINACH	15 ROAST TURKEY STUFFING SQUASH	16 TERIYAKI PORK RICE ASIAN VEGGIES	17 BEER BATTER FISH BAKED POTATOES MIXED VEGGIES
21 HAM EGG BAKE TATER TOTS MIXED VEGGIES	22 HAM SWEET POTATOES CAPRI BLEND VEGGIES	23 TATER TOT HOT DISH	24 GRILLED CHICKEN THIGHS AMERICAN FRIES MIXED VEGGIES
28 PIZZA PASTA CASSEROLE ITALIAN VEGGIES	29 ROAST CHICKEN STUFFING PEAS & CARROTS	30 HAMBURGERS HASH BROWNS BRUSSEL SPROUTS	

## BROZ BAR 455 East Wall Street, Ellsworth WI 54011

Lunch Special is a Hot Beef Dinner with Mashed Potatoes & Gravy over Bread  
& a Side of Corn

Served on Wednesdays only from 11-1

You are eligible for this meal for a suggested donation of \$5.00 if you are:

Aged 60 or older

Any spouse who attends the dining center with their spouse who is aged 60 or older.

Guests under the age of 60 are welcome and are required to pay the full cost of the meal to Broz Bar.

**JOIN US FOR FELLOWSHIP, FOOD AND FUN!**

For more information contact the ADRC of Pierce County at 715-273-6780



# ADRC OF PIERCE COUNTY

## \*ONLINE/CALL-IN\*\* CAREGIVER SUPPORT GROUPS

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

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

2<sup>nd</sup> Thursday each month 10:00-11:30 am  
4<sup>th</sup> 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>*May attend Virtually. Call for more information.</p>	<p><i>First National Bank Lower Level 1151 Canton St. Prescott</i></p> <p><i>1<sup>st</sup> &amp; 3<sup>rd</sup> Fridays 10-11:30 a.m.</i></p>	<p><i>St. John's Lutheran Church 5520 Church Av. Spring Valley</i></p> <p><i>2<sup>nd</sup> &amp; 4<sup>th</sup> 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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**For more information or to register, please contact  
Amy Luther at 715 273-6780 or email: [amy.luther@co.pierce.wi.us](mailto:amy.luther@co.pierce.wi.us)**

***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 1<sup>st</sup> Street, Plum City

Hours: Thursdays: 10:00 am – 2:00 pm

except 2<sup>nd</sup> 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: 2<sup>nd</sup> & 4<sup>th</sup> 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,  
Elmwood

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

2<sup>nd</sup> Saturday: 10:00 am to 12:00 pm

No longer open on 4<sup>th</sup> Saturday

Telephone: (715) 425-6880

Elmwood Food Pantry: 108 S. Main St.,

Hours: 1<sup>st</sup> Tuesday: 3:00 pm to 6:00 pm

3<sup>rd</sup> Tuesday: 9:00 am to 11:00 am

4<sup>th</sup> 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.



West Central Wisconsin Community  
Action Agency, Inc.

Strong, Secure Families—Sustainable Communities

West CAP  
525 2nd Street  
P.O. Box 308  
Glenwood City, WI 54013

Phone: (715) 265-4271  
Fax: (715) 265-7031  
Email: westcap@wcap.org

www.westcap.org

To apply for Energy Assistance dial:  
715-265-4271 press 0 for receptionist



# 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 cer-

tain 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, 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.

## Free Community Breakfast

2<sup>nd</sup> 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.

# ADRC OF PIERCE COUNTY

## Senior Farmers' Market Voucher Program

A Program To Help You Obtain Fresh Produce This Summer

The Senior Farmers' Market vouchers are now available. Eligible seniors will receive \$25.00 in Farmers' Market vouchers to be used to purchase fresh fruits, vegetables and herbs from your local farmers market or road-side produce stands. Farmers who can accept these vouchers will have a sign posted informing you that they accept Farmers' Market vouchers. There is only one packet per qualifying household.



To be eligible for the vouchers, you must be 60 years of age or older, a Pierce County resident and your annual income is less than:

- 1 person: \$1,986 per month or less
- 2 persons: \$2,686 per month or less

A simple application is all that is required in order to receive the vouchers. If you are interested in receiving the vouchers, please stop at the ADRC office (located on the lower level of the Pierce County Office Building) or call the ADRC office at (715) 273-6780 and ask that an application be mailed to you.

## Virtual Dementia Education Programs Serving Northwest Wisconsin - September 2021



### Program Descriptions:

#### Dementia Friends Wisconsin

DFW is for anyone interested in making a positive difference in the lives of people living with dementia.

#### Powerful Tools for Caregivers

A 6-week (once a week) educational workshop for people who are taking care of a family member or friend designed to support the family caregiver and improve his or her well-being.

#### Boost Your Brain and Memory Class

A unique program that takes on a holistic approach to improving brain health in older adults. Participants will learn new habits to maintain cognitive health while also practicing new skills for better memory performance.

#### Savvy Caregiver Class

Proven curriculum grounded in research, this educational series is designed to teach strategies and practical real-world skills that helps to reduce stress, both in the caregiver and person living with dementia.

#### Dementia 101

A power point presentation packed with information on what dementia is and how it affects those living with it; provides suggestions and tips for ways to communicate with a person living with dementia to enhance interactions and minimize anxiety.

#### Ask a Dementia Care Specialist

An opportunity to ask questions from a Dementia Care Specialist and hear from other caregivers on dementia-related concerns.

### Programs:

#### Dementia Friends Information Session

Friday, September 10th, Noon - 1:00 pm  
Lisa Wells, [www.adrcevents.org](http://www.adrcevents.org).....715-839-4734

#### Powerful Tools for Caregivers Class

Mondays, September 13th - October 18th, 1:00 - 3:00 pm  
Carrie Myers, [cmyers@burnettcounty.org](mailto:cmyers@burnettcounty.org) .....877-485-2372

#### Boost Your Brain and Memory Class

Tuesdays, September 14th - November 2nd, 3:00 - 4:00 pm  
Carrie Myers, [cmyers@burnettcounty.org](mailto:cmyers@burnettcounty.org).....877-485-2372

#### Savvy Caregiver Class

Wednesdays, September 22nd - October 27th  
9:00 - 11:00 am  
Lisa Wells, [www.adrcevents.org](http://www.adrcevents.org).....715-839-4734

#### Dementia 101

Thursday, September 16th, Noon - 1:00 pm  
Trisha Witham, [www.adrcconnections.org](http://www.adrcconnections.org)..... 715-537-6225

#### Ask a Dementia Care Specialist

Monday, September 20th, 10:00 - 11:30 am  
Lisa Wells and Carla Berscheit, [www.adrcevents.org](http://www.adrcevents.org)  
.....715-839-4735

Wednesday, September 22nd, 12:30 - 1:30 pm  
[Kimberly.bauer@sccwi.gov](mailto:Kimberly.bauer@sccwi.gov)

Coordinated by the Dementia Care Specialists Serving:  
Barron, Burnett, Chippewa, Douglas, Dunn, Eau Claire, Iron, Pepin,  
Polk, St. Croix, and Washburn counties

# 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 1<sup>st</sup> Street, Plum City

Please call WestCAP for the September 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."

### Ellsworth Library/Senior Center Activities:



Fall at the library means Library Card Sign-up Month! Bring a friend or young person who doesn't have a library card down to EPL and show them all the worlds that can open with just a little piece of plastic. All you need is a photo ID with a current address or a photo ID along with a piece of mail showing your current address. If either of these is a stumbling block for you to obtain a library card, let us know and we'll assist you.

Sep. 6 - The library is closed in observance of Labor Day so plan ahead and check out something new to read or listen to because it is also Read a Book Day!

Sep. 9 at 10:30 a.m. - Morning Book Club meets at the Ellsworth Senior Center. Please contact the library for the book title and assistance acquiring a copy.

Sep. 14 at 11 a.m. - Tuesday Club at the Ellsworth Senior Center: Century Farm with poet Jessi Peterson. A meal will be provided following the program courtesy of Ellsworth Senior Center and Friends of the Ellsworth Public Library.

Sep. 23 at 6:30 p.m. - Community Book Club at Summit Park. Please contact the library for the book title and assistance acquiring a copy of the book.

September 30 from 5- 7 p.m. - EPL hosts the final Thursday of the Ellsworth Summer Fun Series. Music will begin at 5:30 pm. Watch for details about who will be performing. Farmers' Market vendors will be set up, and E3 Summer Fun Series will have food trucks on hand.

Also, watch for details on a Fall Virtual Harvest series being planned by EPL and other area libraries.

# ADRC OF PIERCE COUNTY

## 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 for supportive, friendly conversation and refreshments in a comfortable and confidential setting.

We meet monthly in the following locations:

**MEN'S GROUP-River Falls 1<sup>st</sup> Wednesday each month 1:00 -2:30 am at Ezekiel Lutheran Church, Room 100, 202 S. 2<sup>nd</sup> Street**

**River Falls-2<sup>nd</sup> Friday each month 9:30-11:00 am at St. Bridget's Catholic Church, West View Room, 211 E. Division Street (corner of 2<sup>nd</sup> Avenue and Division Street)**

If you have any questions, or would like to learn more about the services and support available to persons living with dementia and their caregivers, please contact:

Amy Luther, Dementia Care Specialist 715 273-6780 amy.luther@co.pierce.wi.us  
ADRC of Pierce County, 412 W. Kinne St., Ellsworth, WI 54011



## MEMORY MATTERS

By

Amy Luther Dementia Care Specialist , ADRC of Pierce County

“Take Care of Yourself” is a simple little phrase that we here all the time, but it seems that often looking out for yourself is even harder than providing care to someone else. Often a caregiver may perceive it as a selfish pursuit, a waste of valuable time, or a luxury that they can't afford. However, it is a necessary and beneficial tool in the multi-faceted approach that a caregiver must utilize to continue along their journey with a loved one living with dementia.

There are a variety of supports available that can help to ease the challenges of caregiving:

- Respite services-allow a break from duties by bringing a care provider into the home, by attending a day program where social activities/snacks, etc. are provided, or even having a few days off while care is provided in a facility that offers a short-term respite stay in a safe environment. Among Friends, a social respite day program in River Falls is planning their re- opening in October. Please watch for more details!
- Caregiver Support Groups- allow a care partner a chance to share successes, challenges, laughter and perhaps tears with others in a similar circumstance. It also provides an opportunity to hear that as a caregiver you are doing the best that you can in a very challenging circumstance and that is OK! NEW: Men's Caregiver Group in River Falls at Ezekiel Lutheran Church, 202 S. 2 nd Street at 1:00 pm on the first Wednesday each month.
- DICE (Describe, Investigate, Create, Evaluate) is an approach to help caregivers learn new techniques that may aid in dealing with behavioral & psychological symptoms of dementia, this can be offered in a 1:1 setting, or in a group. I will be partnering with St. Croix County in October to offer this as a group class. Please watch for more details coming soon!
- Community Resources-are available in several other formats such as Memory Café (a social gathering for those living with dementia and their care partners), educational conferences, 24-hour helplines, and online information through the Alzheimer's Association or other similar organizations. Staff at the ADRC of Pierce County can help you get in touch with resources based on your specific needs-we are just a phone call away!  
715 273-6780.

# ADRC OF PIERCE COUNTY

## What Should I Do If I Fall?

From: Today's Caregiver

Source: *US National Institutes of Health*

A sudden fall can be startling and frightening. If you fall, stay as calm as possible.

### Right After a Fall

- Take several deep breaths to try to relax.
- Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- Decide if you're hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.

### Getting Up From a Fall

- If you think you can get up safely without help, roll over onto your side.
- Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor.
- From this kneeling position, slowly rise and turn your body to sit in the chair.
- If you're hurt or can't get up, ask someone for help or call 911. If you're alone, try to get into a comfortable position and wait for help to arrive.

## Home Repair Financing available USDA Rural Development

As we approach the dog days of summer (is it a Beagle or a Bulldog, what's your breed of choice?), now is the time to make necessary home repairs to get your home ready for the winter season.

The last quarter of Rural Development's funding cycle is upon us and there remain \$455,000 in loan funds and \$444,000 in grant funds that has been allocated to Wisconsin residents. Based on maximum loan and grant amounts per one individual, we could assist at least with another 23 loans and 60 grants by September 30th. That's possibly some 83 homeowners that could be helped with home repairs!

The Home Repair Loan and Grant Program can provide up to \$7,500 in grant assistance for elderly households and \$20,000 in loan assistance to very low income households.

Other highlights include:

20 year loan term (the payment on a \$20,000 loan is \$92/month)

1% fixed interest rate

A lien is not taken against the property and equity is not required for loans under \$7,500.

Maintenance items to prepare for the winter season which can be financed with the Home Repair Loan and Grant Program include, but are not limited to:

Furnace – average lifespan 15-30 years

Sump Pump – average lifespan 10 years

Roof

Gutters

Insulation and caulking

Windows and doors

Hot water heater – average lifespan 8-12 years

Steps/handrail

How about that dog kennel? Well, we can't go that far!

The delivery of the Single-Family Housing Direct Loan and Grant Programs in Wisconsin has been centralized. Please direct all inquiries and applications to [sfapplication@usda.gov](mailto:sfapplication@usda.gov) or call 715-345-7611.



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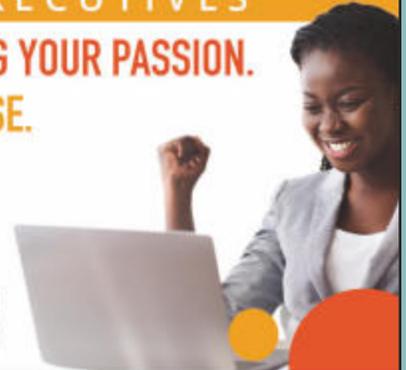
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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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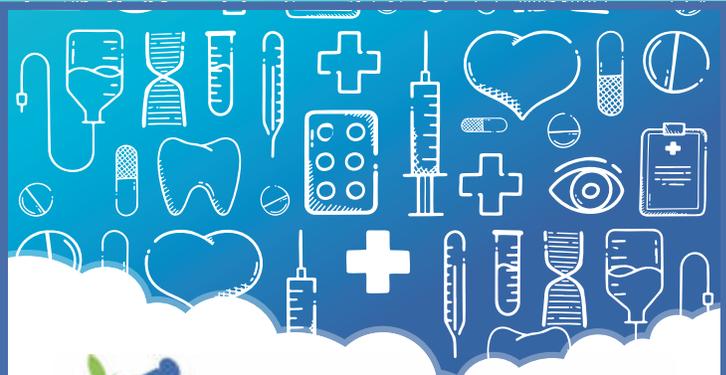
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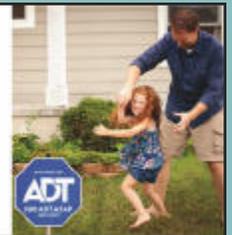
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**Aging and Disability Resource Center of Pierce County**  
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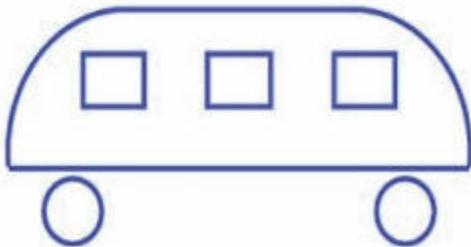
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**Brain teasers: Answers on page 4**

Which way is the bus traveling: right or left?



Q1: If you were running a race and you passed the person in 2nd place, what place would you be in now?

Q2: Imagine if you were in a sinking rowboat surrounded by sharks. How would you survive?

Quickly—Can you count the Fs in this sentence?

“Finished files are the result of years of scientific study combined with the experience of years.”

How many did you find?

Solution: Most people say three. Why? We often don't correctly process the word “OF” for two reasons. First, the letter F usually makes the “f” sound, like in “fox”. However, in the word “of”, it makes a “v” sound. Second, you have probably read the word “of” so many times in your life that you process it as one unit, overlooking the second letter/ sound. Answer: 6

How many squares can you find?

