



Aging & Disability Resource Center of Pierce County
715-273-6780 or Toll Free 1-877-273-0804

December 2021
NEWS

Reducing Holiday Stress

It's time for the holidays once again; decorating, shopping, parties, family gatherings, presents, greeting cards...and the list goes on and on. While many people look forward to the hustle and bustle of the season, others see the holidays as a time of stress, chaos and sadness.

People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family for fear the changes in physical health, behavior and personality may make others uncomfortable.

If you are experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal, and you are not alone. There are ways to reduce stress during the holiday season. Please take a moment to contemplate what you can do to better manage your life during this busy season.

Adjust your expectations. You don't have to do everything you've done in the past. Talk with your loved ones and choose a few traditions to carry out.

Ask for help. Involve other family members or friends in your holiday preparations. Not only does this reduce your stress, but it provides you and your loved one with socialization. Write down what needs to be done so you can ask for something specific when people offer to help.

Prepare family and friends before getting together. Update family and friends on how your loved one has changed and what they can expect during their visit. Offer suggestions on how best to communicate.

Suggest gift ideas. Give friends and family ideas of useful gifts they can give such as cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wish list, too! Gift certificates for dining, laundry or cleaning services are great ideas for busy caregivers.

Keep the needs of your loved one in mind. For those with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Many stroke survivors have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. An afternoon of looking at old slides or photos and reminiscing might be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.

Be good to yourself. Make it a priority to care for yourself. Getting away with friends for lunch, a movie or a concert might be just what you need. Or perhaps some time by yourself to read, write in a journal or enjoy a bubble bath is how you recharge. Determine what rejuvenates you and take the time to do it.

Don't let the hustle and bustle of the holidays add anxiety to your life! Find ways to simplify and enjoy a stress-free holiday season filled with love, joy and good memories! For more information about caregiving and resource that can help, contact the ADRC of Pierce County at 715-273-6780. Happy Holidays!

Jane Mahoney, Older Americans Act Consultant, GWAAR

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

It's the most wonderful time of the year! Right? Oh, the shopping, the cooking, the relatives, decorating, writing Christmas cards, volunteer for a charity.....the list never ends when you're an elf! Awww....December means Christmas is coming soon! December: Tis the season to be jolly and show love and compassion. December awareness days and months include a host of important causes and health awareness. Kicking off the month is World Aids Day, December 1st. Human Rights Day is December 10th. The month plays host to Worldwide Food Service Safety month and Safe Toys and Gifts month. Show your love; support your cause! If you had a wish for Christmas, what would it be? I will share with you later in this newsletter my Christmas wish. Please read on.....

Hanukkah 2021 will begin the evening at sundown, Sunday, November 28th and continues through Monday, December 6th at sundown. Why does Hanukkah last for 8 days? There was only enough untainted olive oil to keep the menorah's candles burning for a single day, the flames continued flickering for 8 nights, leaving time to find a fresh supply. In order to rededicate the temple, the Maccabees had to light a menorah that would burn within the temple at all times. Miraculously, the oil burned for 8 days. Happy Hanukkah!

Christmas Eve is Friday, December 24th, 2021. This is the evening or entire day before Christmas Day, the festival commemorating the birth of Jesus. Since tradition holds that Jesus was born at night, midnight mass is celebrated on Christmas Eve, traditionally at midnight. Make lasting memories with family, go caroling, make Reindeer food, attend Church services, hang your stockings, bake cookies for Santa, host a game night, exchange one small gift, make hot cocoa....use your imagination!

Christmas Day is Saturday, December 25th, 2021. Specifically, the meaning of Christmas comes in the remembrance and celebration of God's presence in our world through Jesus, God made flesh. How do we celebrate? Attend church services, volunteer at a shelter, share a meal with family and friends, exchange gifts and of course waiting for Santa Claus to arrive! Make and take a care package of fruits, sweets and nutritious foods to a loved one, a neighbor or someone who lives alone.

Answer to the Christmas wish from me: The blessings of Peace, the beauty of hope, the spirit of love, the comfort of faith. May this be your gifts this Christmas. Merry Christmas!

Closings: Thursday, December 23rd, Friday, December 24th and Friday, December 31st the Prescott Nutrition Site will be closed. No meals will be delivered and no Grab-N-Go meals will be available to pick up. Mark your calendars!

Friday, December 31st is New Year's Eve! Whoa! The year end is near! The purpose of New Year's Eve is to bid farewell to the year that ends and to welcome the New Year. New Year's Eve is celebrated at evening parties, where people dance, eat, drink and watch or light fireworks. Some Christians attend a watchlight service. The celebrations generally go on past midnight into New Year's Day, the 1st. Of January. Happy New Year to you! Play healthy and safe. See you next year....2022!

Every Monday, Wednesday and Friday the great Richard Simmons is inviting everyone to join him for a low impact workout exercise. Sweatin to the Oldies is held at the Water Tower Apartment Building in the Senior Dining Room at 9:00am. Come join us, leave feeling so energized, like the Energizer Bunny!

The 1st Friday of each month at 1pm in the Water Tower apartments Senior Dining room there are prizes to be won! It's free, it's fun, it's Bingo! Let's play! There are some useful prizes to be had! Bring a friend, family member, your neighbor or your children! Everyone is welcome! Good Luck!

December birthdays: Roger Anderson 12/10, Roger and Sally Anderson delivered meals on wheels for Prescott for 6 years. We sure miss you both! Steelie Newoman 12/30. Steelie we hope you are doing well. Thoughts of you often! So let us all wish them a happy birthday! Celebrate life every day! A few words from me: I wish each and everyone of you a Merry Christmas and a Happy New Year too! I cherish the greatest of all that you all are in my life. You all make me a better person! Thank you!

ELLSWORTH SENIOR CENTER HAPPENINGS

By Janelle Braund, Director
312 W. Main St., Ellsworth, WI 54011
715-273-5873

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

Tis the season to be jolly...fa la la la la la la la...December brings out the Christmas spirit in most of us. Remember the real reason for the season. In the hustle and bustle of the holidays, take time to be present in the moment and make time for yourself!

SENIOR CENTER NEWS

If you are still interested in being a member of the senior center, the October 2021 through September 2022 year membership fee of \$15 per person can be mailed to the above address or drop by our center during our hours of operation.

The Senior Center will be closed on Thursday, December 23rd for Christmas. 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, a puzzle to put together at home, or a DVD to watch at home. Come check out the new DVD selection recently donated.

Events for the month are :

- Pool Players meet every Monday and Friday 1-3pm
- Euchre Card Players meet on Tuesdays this month due to the holidays. They will meet on the 2nd Tuesday December 14th and the 4th Tuesday December 28th at 1pm.
- A foot care is scheduled for Thursday December 30th beginning at 11am. Please call and schedule a time.
- On Tuesday, December 14th at 11am we will be having a light and festive program at our Discovering Together Tuesday. A light lunch will be provided following the program. Come join in on the festivities!
- We have decided to change up our Birthday Party name to a more descriptive title—Celebrating Seniors Gathering. It will continue to be held the last Wednesday of the month and “YES” we will still have cake and ice cream! Celebrating Seniors Gathering will be at the Senior Center Wednesday, December 29th at 1:30pm. Harland and Jane Schultz will be providing Christmas music for our enjoyment.

We have 13 December birthdays in our Senior Center: 5th Karen Meyer, 7th Wendy Schommer, 9th Lana Glass, 9th Karen Endicott, 9th Denise Blaisdell, 11th Karol Kenall, 17th Lillian Doll, 22nd Gordy Nelson, 23rd Linden Johnson, 25th Jennifer Maday, 27th Arnie Sarastrom, 28th Jeanne Duffing, and 30th Linda Stroud.

Christmas....Give a smile to a stranger who seems to be having a tough day. Give patience to someone who is dancing on your last nerve. Give forgiveness to someone who may never have the courage to ask. Give time to someone who asks for nothing more. Give kindness to someone who seems to deserve it least. And remember to share these same gifts with yourself. You are worth it!

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

The travelers are back, the husband and I, from a 6-day wonderful bus trip to Branson and I'd better get this article done, only one day till turn in so, Lets all dance into December! Make it a good month to dance into as we all remember the Reason for the Season of CHRISTmas!

Here are some Ellsworth School concerts you might like: December 6th Middle school 6th & 7th Grade Band & Choir concert at 6 PM---December 10th Elementary 4th grade Musical 2 PM—December 17th Elementary 1st and 2nd Grade Concert 2 PM and December 20th High School Choir Concert at 7 PM.

If you don't live in Ellsworth and think you'd like to attend a kid's concert, call your local school to find times and places.

As I write this our days are starting to get cooler so as you read this it may feel like Christmas. So how are you doing in getting prepared? Have you started your shopping, (I'm almost done), your baking, those Christmas cards, the trimming, etc. As you go about your busy holiday preparations take some time for yourself, it's important and even more important time to think about the Reason for the Season and as we heard at one of the shows, we saw in Branson it's so important to teach the children why we have “Christ”mas at all. Maybe if we taught them to love and be kind to each other we'd live in a better world! What a wonderful dream!

The BC Jolly Seniors had our annual outing for dinner at Mike's Bay Town. The service and food were very good and we all enjoyed it especially our member who loves onion rings, which we all enjoyed.

We are still in happy mode here because we are able to come together for our Tuesday and Thursday meals at the Bay City Village Hall. Meals are at noon and the coffee is on sooner. Anyone 60+ is welcome, all you have to do is call Susan at 715-647-2588 at least one day before you want to come so she can order enough meals. After lunch we play euchre for anyone who wants to play and there is usually a puzzle in progress. We will be having our annual Christmas Party with Bingo, for prizes and treats which we all bring to share. Date will be decided at our November meeting which we haven't had yet, as I write this.

The B.C. Jolly Seniors hold their meetings on the last Tuesday of the month at 11:30 AM. We always welcome new members but you don't have to join to eat with us. Next meeting will be December 28th.

December Birthdays are:

Kim Lunde 5th

Be Kind! “Keep the AWE in Your Life!!”

ADRC OF PIERCE COUNTY

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 December: Bernard Fredrickson 12/8, Terry Pelzel 12/21.

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

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

Best Wishes to all our seniors having a birthday in December:

Judy Peskar – 4th

Joan Gram – 4th

Lorraine Micheal – 5th

Ann Dusek-Norgrem – 8th

Brenda Bishop – 22nd

Jo Ayres – 31st

Mary Boles – 31st

The Senior Center will be closed on Thursday and Friday, December 23rd and 24th, for the Christmas Holiday. There will be no meal delivery. Be sure to have canned goods on hand. We will also be closed on Friday, December 31st, New Years Eve.

Toenail care will be held at THE LUTHERN HOME on Thursday, December 9th and Thursday, December 23rd. Cost of \$20.00. Please call 715-425-9932 for an appointment.

The Executive Meeting will be held on Monday, December 13th at 5PM.

Marie has a Nashville Show Trip planned for March 20 – 26, 2022. Includes lodging for 4 consecutive nights in the Nashville area, 10 meals, the Grand Ole Opry Show, and the Nashville Nightlife Dinner Theater, plus much more. Cost of \$805.00. Give Marie a call if you are interested, 715-307-1250.

As of this writing the center remains closed for all activities.

I wish everyone a safe, healthy and happy Christmas and New Year.

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.

ADRC OF PIERCE COUNTY

SNEAKERS PUB & EATERY DECEMBER LUNCH MEAL

Tuesday	Wednesday	Thursday	Friday
	1 ROAST PORK MASHED POTATOES GREEN BEANS	2 TATER TOT HOTDISH	3 BEEF WELLINGTON HERBED POTATOES BRUSSEL SPROUTS
7 PORK & BLACK BEAN CASSEROLE TOMATOES & ZUCCHINI	8 BAKED CHICKEN BREAST STUFFING PEAS & CARROTS	9 CABBAGE ROLLS VEGGIE SALAD	10 CHICKEN ALFREDO PASTA SPINACH
14 HAMBURGERS BAKED BEANS PEA SALAD	15 ROAST TURKEY STUFFING SQUASH	16 BAKED CHICKEN THIGHS SCALLOPED POTATOES 3 BEAN SALAD	17 BEER BATTERED FISH BAKED POTATOES MIXED VEGGIES
21 SWEDISH MEATBALLS EGG NOODLES PEAS	22 HAM SWEET POTATOES ASPARAGUS	23 CHRISTMAS EVE HOLIDAY NO MEAL	24 CHRISTMAS EVE NO MEAL
28 HAM EGG BAKE TATER TOTS SWEET CORN & PEPPERS	29 ROAST BEEF MASHED POTATOES ROOT VEGGIES	30 MEAT RAVIOLI ITALIAN VEGGIES	31 NEW YEARS EVE NO SENIOR MEAL

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

TAKE OUT ENTRÉE W/SOUP COLESLAW & DESSERT \$10.50

SENIOR DESSERT MAY BE FRUIT, A COOKIE OR A BAR DEPENDING ON THE DAY, BASED ON NUTRITIONIST'S REQUIREMENTS.

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

SPRING.VALLEY.SSP@GMAIL.COM

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):

Disability Benefit Specialist

Elder Benefit Specialist

Home Delivered Meals/Senior Dining 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

Ellsworth, WI 54011

Your gift is deductible to the extent provided by law

PIERCE COUNTY DECEMBER MENU

PIERCE COUNTY SENIOR DINING PROGRAM ELLSWORTH (HOME DELIVERED MEALS ONLY) PLEASE CALL THE ADRG OFFICE—715-273-6780 / 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 HOTI DOG W/CHILI & BEANS ON BUN SPRING SALAD PUMPKIN BAR	2 PORK CHOP MUSHROOM GRAVY MASHED POTATOES CREAMED CORN PINEAPPLE	3 BBQ CHICKEN PARSLEY POTATOES ROASTED BRUSSEL SPROUTS BANANA
6 HAMBURGER & BEAN HOTDISH PEAS DINNER ROLL MANDARIN ORANGES	7 TUNA CASSEROLE CAESAR SALAD DINNER ROLL PEACHES	8 SPAGHETTI W/ MEATBALLS ZUCCHINI BREADSTICK CHEESECAKE	9 CHICKEN ALA KING BISCUITS ROMAINE & TOMATO SALAD MIXED FRUIT	10 MEATLOAF BAKED POTATO SOUR CREAM CARROTS PEARS
13 SAUSAGE EGG BAKE, ORANGE PEPPER, CHEESE & ONION FRENCH TOAST STIX RICE PUDDING	14 SLOPPY JOES TATER TOTS PEA & CHEESE SALAD PUMPKIN PIE	15 TURKEY CRUNCH CALIFORNIA BLEND VEGGIES CRANBERRY DINNER ROLL PINEAPPLE	16 BEER BATTERED FISH TRIANGLES ON BUN CHEESY POTATOES 3 BEAN SALAD JELLO	17 HAM AU GRATINS GREEN BEANS MANDARIN ORANGES
20 BEEF STROGANOFF MASHED POTATOES CARROTS BANANA	21 LASAGNA BREAD STICK ROMAINE CAESAR SALAD PEACHES	22 BROASTED CHICKEN POTATO SALAD COLE SLAW CHRISTMAS COOKIE	23 CHRISTMAS HOLIDAY CELEBRATED NO MEALS SERVED	24 CHRISTMAS HOLIDAY CELEBRATED NO MEALS SERVED
27 HERBED CHICKEN RICE PILAF SQUASH TAPIOCA PUDDING	28 KIELBASA PEPPERS & ONIONS BABY REDS 3 BEAN SALAD MIXED FRUIT	29 ROAST BEEF MASHED POTATOES GRAVY BROCCOLI APPLESAUCE	30 CHICKEN CHOW MEIN EGG ROLL LETTUCE SALAD 7 LAYER BAR	31 NEW YEAR'S EVE HOLIDAY NO MEALS SERVED



RIVER FALLS DECEMBER MENU

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

MEAL SITE DONATION OF \$5.00 is SUGGESTED.

Monday	Tuesday	Wednesday	Thursday	Friday
	ALL MEALS COME WITH FRUIT AND DESSERT	1 POT ROAST MASHED POTATOES ROASTED BRUSSEL SPROUTS	2 BONE IN PORK CHOP WILD RICE GREEN BEANS DINNER ROLL	3 CRISPY FISH AUG GRATINS ASPARAGUS DINNER ROLL
6 BEEF STROGANOFF BUTTERED NOODLES PEAS BREAD STICK	7 TATER TOT HOTDISH CARROTS GARLIC BISCUIT	8 OVEN ROASTED TURKEY MASHED POTATOES GRAVY GREEN BEAN CASSEROLE DINNER ROLL	9 LASAGNA SQUASH GARLIC BREAD	10 LEMON BAKED COD BAKED POTATO BROCCOLI DINNER ROLL
13 BEEF CHOW MEIN STIR FRY VEGGIES EGG ROLL	14 HONEY GLAZED HAM SWEET POTATOES PEAS DINNER ROLL	15 BAKED CHICKEN MASHED POTATOES GRAVY CARROTS DINNER ROLL	16 BBQ RIBLET AU GRATINS GREEN BEANS GARLIC BISCUIT	17 GARLIC SHRIMP BABY REDS ROASTED BRUSSEL SPROUTS DINNER ROLL
20 HAM & VEGGIE EGG BAKE BISCUITS & GRAVY BACON	21 CHICKEN CORDON BLEU WILD RICE CARROTS GARLIC BISCUIT	22 MEATLOAF MASHED POTATOES GRAVY CALIFORNIA BLEND DINNER ROLL	NO MEALS ON WHEELS CHRISTMAS HOLIDAY	NO MEALS ON WHEELS CHRISTMAS EVE
27 SPAGHETTI & MEAT SAUCE SQUAH GARLIC BREAD	28 SMOTHERED PORK LOIN WILD RICE BROCCOLI BREAD STICK	29 SALISBURY STEAK MASHED POTATOES GRAVY CAULIFLOWER DINNER ROLL	30 SMOTHERED CHICKEN BAKED POTATO CARROTS GARLIC BISCUIT	31 NO MEALS ON WHEELS NEW YEAR'S HOLIDAY

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

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ADRC OF PIERCE COUNTY

INCLEMENT WEATHER POLICY FOR SENIOR DINING PROGRAM

Meals on Wheels closings will be shown on Fox 9 TV and the ADRC Facebook page. If schools are not in session and you suspect meals might be cancelled, please watch Fox 9 and the ADRC Facebook page for closing information.

When the Ellsworth School District closes schools OR has a 2 hour late start, all senior dining sites AND home delivered meals in Pierce County will be closed for that day. This includes Plum City, Bay City, Prescott and Ellsworth. When the Ellsworth School District is closed or has a late start due to bad weather, you will NOT be called and notified of the meal cancellation. Please watch the news for school cancellations or call the ADRC if you are unsure if your meal site will be open or your meal will be delivered.

For Plum City and Bay City participants, if the Plum City School District is closed or 2 hours late, the Plum City and Bay City meal sites will be closed for the day! There will also be NO home delivered meals delivered in those areas. You will NOT be called and notified of the meal cancellation. Please watch the news for school cancellations or call the ADRC if you are unsure if your meal site will be open or your meal will be delivered.

For Spring Valley participants, if the Spring Valley School District is closed or 2 hours late, the Sneakers meal site will be closed for the day! There will also be NO home delivered meals delivered in that area. You will NOT be called and notified of the meal cancellation. Please watch the news for school cancellations or call the ADRC if you are unsure if your meal site will be open or your meal will be delivered.

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

For River Falls participants: If the River Falls School District is closed, Meals on Wheels will not be delivered.

If you are unsure about your senior dining site being closed please call your Site Manager or the Aging & Disability Resource Center of Pierce County at (715) 273-6780. If the schools are not closed, but we feel that it is unsafe to send our volunteers out to deliver the home-delivered meals, each home-delivered meal participant will be contacted about not receiving a meal for that day.

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

Avoid Coronavirus Scams By the GWAAR Legal Services Team

The Federal Trade Commission (FTC) recently released consumer advice on avoiding scams related to COVID-19 and vaccines.

COVID-19 vaccines are free. If anyone charges you for help signing up or the shot itself, it's a scam.

- You can't buy the COVID-19 vaccine anywhere. It's only available at federal and state-approved locations.
- Always talk with your doctor or healthcare professional before you try any product claiming to treat, prevent, or cure COVID-19.
- Don't post your vaccination card to your social media account. Someone could use the information for identity theft.
- Right now, there are no official plans to create a national vaccine verification app, certificate, or passport.
- If someone asks you for personal information or money to get a national vaccine certificate or passport, that's a scam.
- Contact your state government about its vaccine verification plans and requirements.
- Check with airlines, cruise lines, and event venues about their vaccine verification or negative testing requirements.
- When you're looking for pandemic-related help, start with sites like [coronavirus.gov](https://www.coronavirus.gov) and [usa.gov/coronavirus](https://www.usa.gov/coronavirus).

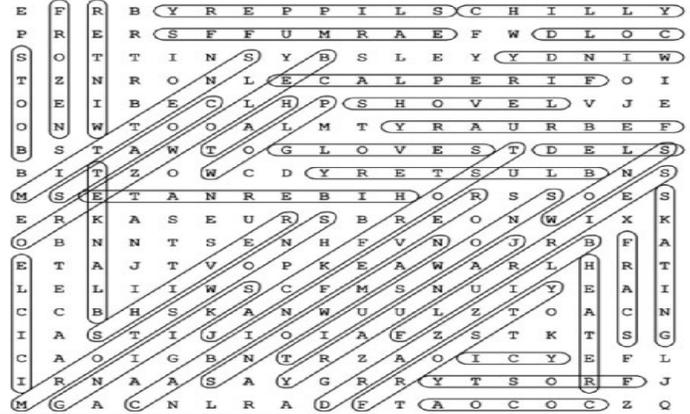
From the Federal Trade Commission (FTC): <https://www.ftc.gov/coronavirus/scams-consumer-advice>.

ADRC OF PIERCE COUNTY

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.

Reportable abuse under Wisconsin law can be physical, sexual, material or emotional.

Winter Wonderland



Memory Café'

Coffee, Conversation, Community

 <p>*May attend Virtually. Call for more information.</p>	<p>First National Bank <i>Lower Level</i> 1151 Canton St. <i>Prescott</i></p> <p>1st & 3rd Fridays 10-11:30 a.m.</p>	<p>St. John's Lutheran Church 5520 Church Av. Spring Valley</p> <p>2nd & 4th Tuesdays 10-11:30 a.m.</p>	<p>Wellhaven Senior Living 119 Union St. River Falls Last Tuesday</p> <p>10 - 11:30 a.m.</p> <p>*This group is not meeting at this time.</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

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.

Sponsored by: The Gathering Place, Prescott; Spring Valley Seniors Staying Put; and the ADRC of Pierce County. Please pre-register with Amy Luther, Dementia Care Specialist 715-273-6780 or email amy.luther@co.pierce.wi.us ; or call Prescott 715-262-4676 or Spring Valley 715-778-5800.

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

The Food Pantries may be closed on Dec., 23, 24 & 31st due to the holidays.

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,
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
Telephone: (715)639-2307
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

Elmwood Food Pantry: 108 S. Main St.,
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

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.

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.

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.

COMMUNITY CARES



EAT RIGHT WHEN MONEY IS TIGHT!

By: Maureen Wilson,
FoodShare Specialist

Have you ever found yourself choosing between buying groceries and paying for medicine at the end of the month? Or maybe

you've found yourself skipping fruits and vegetables and opting for cheaper, less nutritious foods so you have money to pay your utility bill? We believe these are choices no one should have to make. And that's why we'd

like to make sure you are familiar with a benefit you may be eligible for called FoodShare. It's a monthly benefit deposited on a debit-like card, the QUEST Card, to help with buying food. This can free up money for bills, medications and other necessities. It's a completely free benefit to those who are eligible. Eligibility is based on income and certain expenses; many people who are working or receiving Social Security are eligible. Plus, claiming FoodShare benefits helps your local community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers. Claiming benefits you are eligible for is a great way to stretch your grocery budget while supporting your local community! .Applying is fast, easy, and confidential. Feeding Wisconsin has a team of FoodShare Outreach Specialists who would be happy to assist you with the process. Your local FoodShare Specialist is Maureen Wilson, 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

No Surprises Act Overview By the GWAAR Legal Services Team

A new law that goes into effect next year will protect consumers from being charged high out-of-pocket medical costs through surprise billing and balance billing. This law, called the No Surprises Act, applies to employer-sponsored and commercial health insurance plans, including Marketplace plans. It will not apply to people with coverage through programs such as Medicare, Medicaid, Indian Health Services, Veterans Affairs Health Care, or TRICARE. These programs already have similar consumer protections.

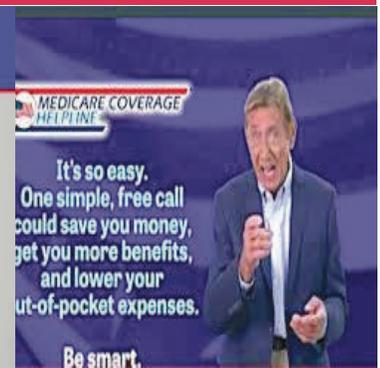
Surprise medical bills and balance billing affects many Americans. Surprise billing happens when people do not know that they are receiving medical care from providers outside of their health insurance network. This is common in emergency situations when people are taken to the nearest emergency room, even if it is not in their health plan's network. Surprise billing also happens in non-emergency situations. For example, a patient may choose an in-network hospital and not realize that one of their providers, like an anesthesiologist or radiologist, is out-of-network. Balance billing occurs when a provider charges a patient whatever amount is of their bill is left over after the patient's insurance pays.

The No Surprises Act:

- Bans surprise billing for emergency services, regardless of where the services are provided. Emergency services must be billed as if they are in-network, without any prior authorization requirements.
- Limits out-of-network coinsurance and deductible amounts for emergency services, non-emergency services provided in in-network facilities, and air ambulance services. A patient's out-of-pocket costs for these services cannot be any higher than they would be if the patient received them from in-network providers.
- Bans out-of-network charges for ancillary care in all circumstances. Ancillary care refers to medical services that support the work of a primary provider, like an anesthesiologist or assistant surgeon.
- Bans other out-of-network charges without advance notice. Health care providers and facilities will be required to provide patients with a one-page notice explaining that patient consent is required to receive out-of-network care before the provider can bill at the higher out-of-network rate.

These consumer protections go into effect on January 1, 2022.

ADRC OF PIERCE COUNTY



Feeling Bombarded by Celebrity Commercials? *Here are a few things to know before you call...*

Ingrid Kunder, Wisconsin Senior Medicare Patrol Project Manager

If you watch television, you have probably seen the commercials for Medicare insurance. Some of these commercials feature famous athletes delivering “important information if you are on Medicare”. Other commercials might make you feel like you are missing out on all sorts of benefits that you are entitled to. Are you nodding your head right now because you've seen these types of commercials?

These types of commercials are intensifying due to Medicare’s Open Enrollment Period which is October 15 – December 7, 2021. This is the time of year that Medicare health and drug plans can make changes each year – things like cost, coverage, and what providers and pharmacies are in their networks. October 15 – December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. Television commercials will try to entice you with additional benefits or make you feel like you are missing out. Be careful and do your homework to make sure that you understand what benefits and plans are available to you where you live. Here are a few important things to know before you make the decision to call the number on the TV screen:

- While the commercials use the word Medicare, the red, white, and blue colors and images of a Medicare card, the telephone numbers that are displayed on these commercials are NOT Medicare, but rather a licensed insurance agent or broker. The fine print on the bottom of the TV screen, which is almost impossible to read, states that these plans are not affiliated with any government program or agency.
- The benefits that are mentioned (eyeglasses, hearing aids, rides to appointments, etc.) are benefits that MAY be offered with certain Medicare Advantage plans. Medicare Advantage plans vary greatly from state to state, and even county to county, so it is important to do your homework. In some cases, there are additional costs associated with these benefits or eligibility guidelines that must be met to qualify. It is not a “one size fits all” type of option.
- Some commercials mention that you may qualify for up to \$144 added back to your Social Security check every month. Be careful as there are conditions that apply to this statement. This rebate is something that you may be eligible for IF you purchase a Medicare Advantage plan AND live in a certain area of the country. It is important that you understand if you live in an eligible area of the country or zip code.
- The commercials may also state that you may qualify for a zero-dollar premium or mention available benefits at no additional cost. Again, there is fine print for these types of situations that you need to be aware of. Zero-dollar premium plans may also have co-payments and coinsurance that can apply. And again, these types of plans may not be available where you live.

What’s the bottom line? By responding to the TV commercials, you may end up with a Medicare Advantage plan that is not available in your area, does not include your preferred health care provider, or has costs that you were not anticipating. And since the new plan doesn’t go into effect until January 1, 2022, you may not find out these things until it’s too late.

So, what can you do to make sure that you understand all your options?

Do your homework and become an informed consumer. Make sure that you understand the differences between Medicare Part A, B, C, and D and other plans available such as Medigap. Yes, it can be complicated, but there are available resources across the state of Wisconsin that provide unbiased information, at no cost to you.

Important Resources for Wisconsin Medicare Beneficiaries:

Benefit Specialists at local Aging and Disability Resource Centers (ADRCs) and aging units in every county and tribe offer benefits counseling. For contact information, visit <https://www.dhs.wisconsin.gov/benefit-specialists/index.htm> or call 608-266-2536.

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 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:



December 9 at 10:30 a.m. - Morning Book Club: Eleanor Oliphant is Completely Fine by Gail Honeyman (Location: Ellsworth Senior Center)

December 14 at 11 a.m. - Discovering Together Tuesday: Holiday Social
Join us for music, games, snacks, and conversation during a winter holiday social! It seems we are all still craving social opportunities, and this one is meant to spark joy and spend time with friends, old and new. Meet in the senior center for the program and stay afterward for refreshments sponsored by the senior center and Friends of the Library.

December 16 at 6:30 p.m. - Community Book Club: Looking for Salvation at the Dairy Queen by Susan Gregg Gilmore (Location: TBD)

The library will be closed December 23-25 and December 30-January 1 for the holidays.

The library building is currently open to the public. Please wear a mask while indoors for the protection of our community. For updates on library services and/or program details, please call 715-273-3209 or visit our website at ellsworthlibrary.org.

ADRC OF PIERCE COUNTY

MEMORY MATTERS

By

Amy Luther Dementia Care Specialist , ADRC of Pierce County

Happy Holidays! I hope that this time of year brings cheer and contentment to each of you. As we wrap-up another year of unexpected challenges and uncertainty, I encourage each of you to reflect on the strength and resilience you've shown while looking forward to the fresh perspective that the new year will create.

This month I'm sharing some ideas on modifying celebrations, as needed, when someone is living with dementia. Here are a few tips for holiday gatherings:

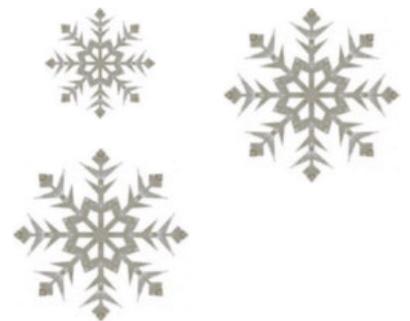
- Keep things simple, informal and relaxed-focus on appreciation of time together.
- Make time for smiles, hugs, laughter and maybe some music? A sing-along of holiday favorites? a game of charades? Review of old photo albums?
- Serve foods that are easy to eat and familiar-appetizers, sandwiches, a buffet of family favorites? Have each guest bring something and perhaps reminisce about the significance or special reason for their contribution.
- Practice patience-minimize rushing to serve or clean-up. Share the work and enjoy each other's company.

Another very important consideration is providing care and support for the caregiver! It may be difficult for a caregiver to ask for help, but encouraging that person to provide a "Reverse Gift List" might be a new, helpful, and fun idea for family, friends and/or neighbors. Jane Mahoney, the former Older American's Act Consultant at GWAAR (Greater WI Agency on Aging Resources), suggests that this list could be prepared by the caregiver and given to others. It indicates tasks/ projects that someone that they designate (someone they feel comfortable having help them with a certain task) could help with "gifts" such as preparing a meal, shopping for groceries, mowing the lawn, or staying with their loved one so they could go to a movie with a friend, etc. The ideas could be limitless and could be provided throughout the year, each month, or even weekly. Often knowing exactly how you can help is not only a gift to the caregiver, but also a gift to the giver!



What do snowmen eat for breakfast?
Snowflakes!

Did you hear that one of Santa's reindeer
now works for Procter and Gamble?
It's true....Comet cleans sinks!



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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:

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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.

Continued from page 12

Contact Medicare directly by calling (800-633-4227) or visiting <https://www.medicare.gov/>.

The Medigap Helpline (800-242-1060) is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling for all Wisconsin Medicare beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, long term care insurance and related topics.

The Wisconsin Medigap Part D and Prescription Drug Helpline (855-677-2783) is a toll-free helpline that answers questions from Wisconsin residents age 60 and over about Medicare Part D and other prescription drug coverage options.

The Disability Drug Benefits Helpline (800-926-4862) is a toll-free helpline operated by Disability Rights Wisconsin that helps people who have Medicare due to a disability with questions about prescription drug coverage.

Office for the Deaf and Hard of Hearing (video phone: 262-347-3045) provides outreach and individual counseling in American Sign Language.

[Wisconsin Judicare, Inc. \(800-472-1638\) provides outreach and benefits counseling to Native American Medicare beneficiaries.](#)

The Wisconsin Senior Medicare Patrol (888-818-2611) is a toll-free helpline for Medicare beneficiaries and their families to call to report suspected Medicare fraud, errors, and abuse.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, abuse, and errors; DETECT potential fraud, abuse, and errors; and to REPORT your concerns. SMP helps educate and empower Medicare beneficiaries in the fight against health care fraud. SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. SMP can also provide information and educational presentations, virtually and in-person, when it is safe for everyone.

The Wisconsin SMP is located at the Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR). The Wisconsin SMP can be reached toll-free at (888) 818-2611, by email at smp-wi@gwaar.org, or online at <https://gwaar.org/senior-medicare-patrol>.



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Email: smp-wi@gwaar.org

gwaar.org/senior-medicare-patrol

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



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