



**FREE**

Information for older adults, adults with disabilities, their families, and caregivers.

# CHOICES

SERVING LANGLADE, LINCOLN, MARATHON, AND WOOD COUNTIES

APRIL 2024



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[WWW.ADRC-CW.ORG](http://WWW.ADRC-CW.ORG) 888-486-9545

## ADRC-CW MISSION:

The Aging and Disability Resource Center of Central Wisconsin promotes choice and independence through personalized education, advocacy, and access to services that prevent, delay, and lessen the impacts of aging and disabilities in the lives of adults.





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[www.lakelandcareinc.com](http://www.lakelandcareinc.com)

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## SUBSCRIPTION INFORMATION

The newsletter can be mailed to you for a small fee of \$12.00 annually. Subscriptions for our four-county service area run January to December and can be mailed to any location. Please mail your name, address and payment to our Wausau Office:

ADRC-CW - Monthly Newsletter  
2600 Stewart Ave., Suite 25  
Wausau WI, 54401

## SENIOR NUTRITION PROGRAM

Contact us to learn more: 888-486-9545 or <https://www.adrc-cw.org/services/meals-for-seniors/>

**Senior Dining and Cafe 60:** Persons age 60 or older, their spouse/partner, adults with disabilities living with a participating older adult. Enjoy a nutritious meal for a reasonable cost and an opportunity to socialize. Nutrition education provided.

Senior Dining participation requires a reservation by noon one business day prior.

**Meals on Wheels:** Nutritious meals delivered with a well-check. Eligible persons are:

1. age 60 or older; a spouse/partner (living in the same home); or adults with a disabilities living in the home with an older adult who is receiving Meals on Wheels, and
2. confined to their home because of illness or disability, and/or
3. unable to prepare their own meals.

Staff complete individual assessments to discuss eligibility. Hot meals delivered weekdays dependent upon route availability. Frozen meals are available based on needs. Meals on Wheels deliveries are scheduled. If you are unable to be home for your scheduled delivery, contact the ADRC-CW by noon one business day prior to the scheduled delivery.

Suggested contribution:

**Senior Dining:** \$4.50 per meal, **Cafe 60:** \$5.00 per meal, **Meals on Wheels:** \$5.00 per meal.

*No eligible person is denied service due to ability to contribute. Our full per-meal cost is \$13.25 for Senior Dining and \$11.66 for Meals on Wheels. Some of the Nutrition Program costs are covered by local, state and federal grant dollars, however customer contributions make a significant difference to our program.*

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Wausau Buyers' Guide

715-842-4424

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715-536-7121

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**Serving Langlade, Lincoln, Marathon, and Wood Counties**

Phone 888-486-9545 Email: [adrc@adrc-cw.org](mailto:adrc@adrc-cw.org) Website: [www.adrc-cw.org](http://www.adrc-cw.org)

**WE PROVIDE WELCOMING, TRUSTWORTHY, RESPECTFUL, COLLABORATIVE, AND EMPOWERING SERVICES, PROGRAMS, AND OPPORTUNITIES.**

# ADRC-CW Programs

Call 888-486-9545 for information on any ADRC-CW program

## Topic Tuesdays

Every 3rd Tuesday of the month, learn about dementia with Dementia Basics. For individuals, family members, caregivers, and anyone else interested in learning more about dementia. Every 4th Tuesday of the month, learn about brain health with Brain Health Basics. For anyone interested in learning more about taking care of the brain.



## Powerful Tools for Caregivers

A six-week class to help family caregivers take care of themselves. In this weekly interactive class, learn to reduce stress, improve confidence, communication, and locate helpful resources. This class is not intended for professional caregivers.



## Stepping On

A seven-week class to help adults reduce falls and stay active. In this interactive weekly class, learn about balance and strength exercises, safety at home, and ways to be strong and steady wherever you go.



## Medicare Basics

Learn the basics of Medicare for those new to Medicare or those enrolling soon. Medicare parts A-D, along with supplement policies, and other prescription drug coverage are explained. Classes held monthly and open to all regional customers. A Medicare Basics session is free, but registration is required.



## Memory Cafe

This social activity is for individuals with mild or moderate dementia AND a family member or friend who assists them. The Cafe is held every other month with varying activities and locations around the Wausau area.



## Support Groups

As you provide care for a loved one, it is important for you to also care for yourself. Your role in caregiving will be much more enjoyable if you have someone to talk to and share with.



**Caregiver Support Group:** The ADRC-CW support group for caregivers include both in-person and virtual participation options. The group will meet the 4th Monday of the month at 10:30am



**Alzheimer's and Dementia Caregiver Support Group:** Alzheimer's Association sponsored caregiver support group in partnership with the ADRC-CW. This is a safe place for family and friends who are caring for someone living with Alzheimer's or another dementia. Two group options: Second Tuesday of each month: 9:00-10:30 am at St. Andrew Lutheran Church in Rib Mountain. A second group is held the 4th Tuesday of each month from 9:00- 10:30 am at Covenant Community Presbyterian Church in Weston.

**Monday D.I.S.H (Dementia Informed Super Heros):** This virtual support group in the evening is intended for those working caregivers who are supporting a loved one living with dementia. The group meets on the Monday of each month from 7:00- 8:00 pm



# Ask a Benefit Specialist

## Answers to Your Public and Private Benefit Questions

Dear Benefit Specialist,  
I currently receive Supplemental Security Income (SSI) and do not know what I need to report to Social Security to maintain my benefits. Can you please offer some insight?

Signed,

*Concerned about Reporting*

*Dear Concerned,*

I appreciate the proactiveness about your reporting responsibilities. There are many changes that need to be reported to Social Security because they may affect eligibility. As a SSI beneficiary, it is important that Social Security gets you the right benefit amount each month. Changes that aren't reported in a timely manner could result in being underpaid or overpaid. According to the SSA.GOV website, the SSI program may apply a penalty that will reduce the benefit amount if you fail to report a change or report the change later than 10 days after the end of the month.

Here are some of the changes that need to be reported:

- Name
- Phone number
- Mailing/home address
- Employment status
- Wage/hours (Adhere to wage reporting requirements)
- Resources
- Marital Status
- Citizenship/legal status
- Admission and discharge from an institution (hospital, prison, halfway house, nursing home, etc.)
- Household status (birth, death, marital status, number of household members, when a person moves in or out of the home)
- Receipt of arrest warrant or report a flight to avoid prosecution
- Eligibility for other benefits or payments
- Absence from the U.S for 30 consecutive days or more
- School attendance (under 22)
- Improvement in your medical condition

Please refer to SSA's publication "What you need to know when you get Supplemental Security Income" for a complete list of reporting requirements. You can report changes online, by calling toll free, dropping off or mailing in documents to your local Social Security Office. SSI recipients who work should inquire about SSI telephone Wage Reporting Service and/or the free SSA Mobile Wage Reporting App for timely reporting.

Sincerely,

*Benefit Specialist*



**Toll-free Helpline:**  
**888-818-2611**  
Email: [smp-wi@gvaar.org](mailto:smp-wi@gvaar.org)  
**[www.smpwi.org](http://www.smpwi.org)**  
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SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

# Ask a Resource Specialist

## Answers to your Home Modifications and Life Alert Options



Caregivers provide so as they care for their family member or loved one. Powerful Tools is about how caregivers can care for themselves too. This [6 week workshop](#) is about and for the family caregiver.

[Antigo](#): Weds, April 10 - May 15  
from 1:00 - 2:45 pm: Senior  
Center of Langlade County

[Wausau](#): Thurs, April 18- May  
23, from 4:00- 5:45 pm:  
ADRC-CW Wausau

Free. Contributions welcome  
Registration required.

**888-486-9545**

**[www.adrc-cw.org](http://www.adrc-cw.org)**



Dear Resource Specialist,

My mother recently moved in with me and my husband and we are wondering what we should do in our home to make it safer for our elderly mother. She was previously living on her own, but was having falls and was unable to get in her bath tub. Are there any suggestions that you would have for our family?  
Signed,

*Concerned Daughter*

Dear Concerned Daughter,

It is wonderful to hear that you are able to allow your mother to move in with you. There are a lot of resources to help with this transition. There are many stores and agencies that are able to provide you with adaptive equipment to make your home safer. One of the common items that families use in their bathrooms for safety is a tub bench or shower chair. Another good idea would be to install grab bars. In our Resource Directory you will find local options for you to acquire these items. The ADRC-CW offices located in Antigo, Marshfield and Wisconsin Rapids also have adaptive equipment in our loan closets when available, such as canes, wheelchairs and walkers. In addition many families need help finding someone to install a ramp to make their home more wheelchair accessible. In our directory you will also find agencies that are able to assist with this. Another popular concern for families is having some sort of personal emergency response system. Some families chose to sign up for Life Alert or Lifeline. Other common options would be setting up a camera system in your home, alarm system or having your loved one carry their cell phone on them if they are able to use this effectively in a crisis.

Sincerely,

*ADRC-CW Resource Specialist  
Felicia Gardner*

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# Senior Dining Program

**Reservations are required.** To reserve a meal at any of these dining sites call 888-486-9545 before noon one business day before you plan to attend.

## Senior dining activities

April 3: April Birthdays and Anniversaries  
April 17: Earth Day Celebration

## Langlade County Senior Dining

*Antigo Community Church*  
723 Deleglise Street, Antigo  
Serving Mon Tue Thu Fri 11:30 am

*Elcho Community Center*  
N11234 Dorr Street, Elcho  
Serving Mon Wed and Thu 11:30 am

*St. Mary's Church*  
N9155 Hwy 55, Pickerel  
Serving Mon and Wed 11:30 am

*Senior Center of Langlade County*  
623 Edison Street, Antigo  
Serving Wed 11:30 am

## Lincoln County Senior Dining

*Gleason Lions Club*  
N5179 Bradley Street  
Gleason, WI 54435  
Serving 3rd Wed of the month 12:00 pm

*Jenny Towers:*  
711 E 1st Street  
Serving Mon – Fri 11:30 am

*Tomahawk Senior Center*  
113 S Tomahawk Avenue  
Serving Mon – Fri 11:30 am

## Marathon County Senior Dining

Call to learn more about Cafe 60, 888-486-9545

*The Wild Steer*  
217900 State Hwy 97  
Stratford, WI 54484  
715-321-3400  
Serving Mon thru Fri 6:00 am to 1:00 pm

*Hmong American Center Dining Site Menu*  
1109 N 6th St, Wausau  
715-842-8390

Serving Thu 4:30 pm  
April 4: Chicken and Tofu  
April 11: Boiled Fish with Herbs  
April 18: Chicken Kapone  
April 25: Boiled Ground Pork and Young Bamboo

## Wood County Senior Dining

*2nd Street Community Center*  
211 E 2nd Street  
Serving Mon – Fri 11:30 am

*Cedar Rail Apartments*  
601 S Cedar Avenue  
Serving Mon – Fri 11:30 am

*Centralia Center*  
220 3rd Avenue South  
Serving Mon – Fri 11:30 am  
Frequent Diner Prize the last day of the month  
Funny Friday Share your funny jokes or stories

*Nekoosa Community Center*  
416 Crestview Lane, Nekoosa  
Serving Mon and Wed 12:00 pm



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Please call by noon one business day prior to reserve or to cancel a Senior Dining Meal or Meals on Wheels delivery. 888-486-9545

## April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Swiss Steak Parsley Buttered Potatoes Carrots Whole Wheat Bread Pineapple Upside Down Cake	<b>2</b> Roast Beef Mashed Potatoes Gravy Squash Oat Bread Fresh Fruit Mix	<b>3</b> Cranberry Chicken Breast Baby Red Potatoes Coleslaw Sliced Peaches Brownie  <b>April Birthdays and Anniversaries</b>	<b>4</b> Kielbasa & Kraut Twice Baked Mashed Potatoes WI Blend Vegetable Wheat Dinner Roll Raspberry Sherbet Jell-O	<b>5</b> Chili w/ Macaroni Crackers String Cheese Mixed Greens Salad Dressing Berries Vanilla Yogurt
<b>8</b> Seasoned Chicken Breast Broccoli Mediterranean Salad Whole Wheat Bread Vanilla Yogurt & Berries	<b>9</b> Chef Salad: Greens, Tomatoes, Diced Turkey, Hard Boiled Egg, Cheese, Dressing Fresh Roll Minestrone Soup Crackers Cookie	<b>10</b> Spaghetti & Meat Sauce Italian Blend Vegetables Garlic Breadstick Diced Pears Rhubarb Cake	<b>11</b> Lemon Pepper Fish Baked Potato Sour Cream Carrots Rye Bread Creamy Fruit Salad	<b>12</b> Beef Stroganoff Mashed Potatoes Sweet & Sour Cabbage Whole Wheat Bread Strawberries
<b>15</b> Crab Pasta Salad over Mixed Greens Tomato Wedges Dinner Roll Peaches Lemon Bar	<b>16</b> Hamburger On a Bun Grilled Onions Ketchup German Potato Salad Baked Beans Mixed Fruit	<b>17</b> Chicken Breast Mushroom & Bacon Sauce Mashed Potatoes Cali Blend Vegetables Biscuit Banana  <b>Earth Day</b>	<b>18</b> Pulled Pork On a Roll Parsley Buttered Red Potatoes Creamy Coleslaw Cinnamon Applesauce	<b>19</b> Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Mandarin Oranges Carrot Cake
<b>22</b> Boneless BBQ Pork Rib Wheat Hoagie Au Gratin Potatoes Whole Kernel Corn Mini Muffin Cinn Applesauce	<b>23</b> Baked Rosemary Chicken Baked Sweet Potato Cauliflower Oat Bran Bread Mixed Fruit	<b>24</b> Salmon Diced Seasoned Potatoes Creamed Peas Rye Bread Grapes	<b>25</b> Salisbury Steak Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Honey Bee Ambrosia	<b>26</b> Monterey Chicken with Veggies Broccoli Brown Rice Pineapple Blueberry Coffee Cake
<b>29</b> Seasoned Baked Chicken Twice Baked Mashed Potatoes Diced Beets Whole Wheat Bread Peaches & Vanilla Pudding	<b>30</b> Meatloaf Mashed Potatoes Dill Carrots Raisin Bread Spice Cake	<b>Milk served with each meal. Menus subject to change.</b> <b>Suggested contribution:</b> Senior Dining: \$4.50 per meal Meals on Wheels: \$5.00 per meal  No eligible person is denied service due to ability to contribute. Your contribution makes a significant difference to our program.		

# Autism Acceptance Month

Lisa Sattler, ADRC-CW Resource Specialist

Autism may seem like a condition you've been hearing about more and more. That is because since the year 2000, the number of people diagnosed with autism has been consistently increasing. In fact, one in every 36 children are diagnosed with autism. Autism is considered a spectrum disorder, meaning it affects individuals in different ways and to varying degrees. April marks the beginning of Autism Acceptance Month. A month to embrace acceptance and inclusion to a condition that affects so many. Autism Awareness Month aims at creating a world where people with autism receive the support they need, when they need it.

## Wondering how you can be an advocate in autism awareness?

1. Consider educating yourself about what autism is so you can interact more effectively

with individuals with the condition. Keep an open mind and focus on what these individuals can do rather than what they may struggle with.

2. Get involved with local groups and events that promote autism awareness. The Autism Society of Central Wisconsin is a great resource for advocacy and support for individuals living with autism.

3. Be an advocate and positive role model for those living with autism. Ensure individuals living with special needs feel welcomed and valued in all settings. Individuals with autism can be as successful as anyone else with the right support.

While there is no cure for autism, becoming more aware and inclusive to individuals living with this condition can have a huge impact on their quality of life. For more information about autism advocacy, local events and general information visit [autismgreaterwi.org](http://autismgreaterwi.org).

Together, we can create a world inclusive to people of all abilities.

Source: <https://autismsociety.org/>



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JANET M. LATTYAK, ATTORNEY  
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Election season is upon us and it is important to know polling places are required to be accessible to older adults and adults with disabilities.

According to the Voting Accessibility for Elderly and Handicapped Act Of 1984, polling places must be physically accessible to people with disabilities for federal elections.

Polling places are required by law to supply voting aids for disabled and elderly voters. Requirements go beyond wheelchair ramps and automatic doors. Providing telecommunication devices for the deaf (TDDs) or teletypewriters (TTYs) for individuals with difficulty hearing, lower voting stations accessible by wheelchairs, and a drop off or loading area near the entrance to the polling place are also considered required accessibility tools.

As of 2015, a polling official may allow a voter with a physical disability or over the age of 70 to move to the front of the line. The voter will need to request the accommodation as it may not be offered.

If a polling location is unable to accommodate

accessibility requirements, an alternate means of casting a ballot on the day of the election must be provided.

Wisconsin's upcoming election dates include:

- April 2, Spring Election and Presidential Preference Vote
- August, 13 Partisan Primary
- November 5, General Election

Wisconsin is hosting the Republican National Convention in Milwaukee July 15-18 at the Fiserv Forum. The Democratic National Convention is hosted by our neighbor to the south, Chicago August 19-22 at the United Center. These conventions will host the delegates who will announce the party nominations for the next presidential election.

The ADRC-CW encourages all of its customers to exercise their right to vote.

*Source: The Voting Accessibility for the Elderly and Handicapped Act P.L. 98-435, 42 U.S.C. §§ 1973ee-1973ee-6*

## Ageing Advocacy Day 2024 Tuesday May 14, 2024 Madison, WI



Join the Wisconsin Aging Advocacy Network (WAAN)  
for the 8th Annual Aging Advocacy Day.

Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin.

No experience necessary.

WAAN provides training at the Best Western Premier Park Hotel that morning. Attendees will meet with legislators/key staff members at the Wisconsin State Capitol in the afternoon.

Registration required.

Learn more by visiting: <https://gwaar.org/aging-advocacy-day-2024>

# Programs for You: Spring 2024

## Healthy Living with Diabetes

A 6 week course that meets once a week to cover different topics to teach ways to manage diabetes and to take charge of your life and get back to the things that matter to you.

Hosted by the Langlade County Health Department and the Senior Center of Langlade County

### Who?

This class is a tool for someone who has type 2 diabetes, is prediabetic, or lives with/cares for someone who has diabetes.

### Where?

The class will be held at the Senior Center of Langlade County at 623 Edison St, Antigo.

### When?

Every Wednesday from 9:00-11:30 am starting on April 17 through May 22, 2024.

There is no cost for the class but donations are suggested.

For more information or to sign up, please contact the Langlade County Health Department at 715-627-6250 or email: [health@co.langlade.wi.us](mailto:health@co.langlade.wi.us)

## Stepping On

Take a 7 week workshop to avoid a dangerous and costly fall and so you can continue to do the things you love to do.

Offered by the Aging and Disability Resource Center of Central Wisconsin and local partners.

Hear from the guest presenters such as a Physical Therapist, Pharmacist, and others.

Free but contributions appreciated.

### Wausau

Thursdays, April 18- May 30

1:00 pm -3:00 pm

The Landing, Wausau

### Wausau

Tuesdays, April 30- June 11

9:30 am - 11:30 am

SAFER Fire Department

### Spencer

Mondays, May 6- June 24

(No class on Monday, May 27)

9:30 am - 11:30 am

St John's Lutheran Church

### Wisconsin Rapids

Fridays, April 5- May 17

9:30 am - 11:30 am

South Wood County YMCA



**SteppingOn**

Better your Balance: Spring 2024

**Pre-registration is required.**

**888-486-9545**



# Celebrating Volunteers

## Peggy Kurth, Volunteer Coordinator

### Global Volunteer Month Celebrates The Power Of People

Global Volunteer Month is a time to celebrate volunteers as well as inspire volunteerism around the globe. Volunteers, you are the heartbeat of strengthening communities, and we're celebrating you all month long.

The Aging and Disability Resource Center of Central Wisconsin's (ADRC-CW) volunteers are at the heart of what we do. Without their enthusiasm and support, we couldn't provide the level of services for older adults and adults with disabilities that we do. Everything we do at the ADRC-CW is impacted by our dedicated volunteers who: package and deliver Meals on Wheels, serve at Senior Dining Sites, assist with Memory Cafe's, facilitate Stepping On classes and provide necessary office assistance.

In 2023 our 353 volunteers contributed an incredible 23,402 hours of service at the ADRC-CW in our communities. According to Mike Rhea, Executive Director at the ADRC-CW, "We are overwhelmed with gratitude for the remarkable dedication and selfless commitment to our organization's mission from our volunteers, board members and advisory members. Their unwavering support to the ADRC-CW has truly made a profound impact on the lives of those we serve."

"Thank you for your incredible service, for being the backbone of our organization and for embodying the spirit of volunteerism."

### More Ways to Celebrate Volunteers

In addition to Global Volunteer Month, National Volunteer Week and Good Deeds Day provide more ways to celebrate volunteers. This year, National Volunteer Week takes place Sunday, April 21 through Saturday, April 27. Established in 1974, National Volunteer Week has grown each year as a time to honor the impact of all those who do good in our communities and inspire others to make a difference and improve the world.

Join Good Deeds Day on Sunday, April 14. This annual, international day of volunteering was created in 2007 as a way to unite people from around the world in doing good deeds for others and the planet.

### Together, Volunteers Are a Force That Transforms the World

Volunteerism empowers individuals to find their purpose, to take their passion and turn it into meaningful change. When each of us, in our own way, answers the call to make a difference, we make progress in solving our most persistent problems, and create stronger communities and a more just society. Volunteering puts into practice the simple idea that every single person can do something good.

### How to Get Involved?

Contact the ADRC-CW to learn more about volunteer opportunities, by calling 888-486-9545 or going to our website at <https://www.adrc-cw.org/volunteering/>.

Check out local community websites:

United Way of Marathon County:  
<https://www.unitedwaymc.org/>

United Way of South Wood and Adams Counties:  
<https://www.uwsvac.org/>

Marshfield Area United Way:  
<https://www.volunteermarshfield.org/>

Volunteer Match:  
<https://www.volunteermatch.org/search>



# Aging Advocacy Opportunities

## Wisconsin Senior Advocates (WSA)

Wisconsin Senior Advocates (WSA) is a coalition of older adults that wish to have input on policies and procedures affecting the older adult population in the State.

Activities and Goals:

1. Member of the Wisconsin Aging Advocacy Network (WAAN). Participate in WAAN activities including Aging Advocacy Day at the Capitol.
2. Keeps informed of issues at the Local, State and Federal levels.
3. Advocates on issues at all levels that impact the senior community- providing information to elected officials including phone calls, office visits, budget testimony and more.
4. Works with older adults on how to advocate for themselves and their needs.

For more information or to get involved, contact:

- Esther Olson: Email: [olson3207@gmail.com](mailto:olson3207@gmail.com)
- Stephanie Sue Stein: [ssstein@gmail.com](mailto:ssstein@gmail.com)
- Dain Maddox: [dainmaddox@gmail.com](mailto:dainmaddox@gmail.com)
- Jim Schmidlkoper: [aged\\_cheddar@yahoo.com](mailto:aged_cheddar@yahoo.com)

## Aging Advocacy Day is Tuesday May 14, 2024.

Citizens from around the state will gather in Madison on Tuesday, May 14 for training, to meet with other constituents from their Senate and Assembly district, and for office visits with their legislators. Following the training, attendees will join others from their state Senate and Assembly district to provide information and share personal stories with legislators to help them understand how specific policy issues and proposals impact individuals, families, and older constituents.

#WIAgingAdvocacyDay

#WIAAD24

Learn more about getting involved by visiting the Greater Wisconsin Agency on Aging Resources at [gwaar.org](http://gwaar.org)

Reprinted from [GWAAR.org](http://GWAAR.org)

*“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.”*

-Helen Keller



Learn more about volunteering with us.

888-486-9545

[www.adrc-cw.org](http://www.adrc-cw.org)



# Thank You

Tina Borchardt and Marshfield area 4-H Cloverbuds created Valentine's Cards for Meals on Wheels customers receiving meals in the greater Marshfield and Southwest Marathon areas.

Prairie River Middle School 5th Grade Class creating Valentine's Cards and gifts bags for Meals on Wheels customers receiving meals in the Merrill area.





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