



**FREE**

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

# Choices

**October  
2024**

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

## **In this issue:**

Ask a Benefit Specialist

Ask a Resource Specialist

The Power of Protein

Memory Cafés - All You Need to Know

Know Your Voting Rights



[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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**Your Needs.  
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 Your Best Life.**

Lakeland Care is your local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.

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




DHS Approval 3/16/20



234220

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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 Café 60:** For 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:

- age 60 or older; a spouse/partner (living in the same home); or adults with disabilities living in the home with an older adult who is receiving Meals on Wheels, **and**
- confined to their home because of illness or disability, **and/or**
- 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, Café 60: \$5.00 per meal, Meals on Wheels: \$5.00 per meal.

No eligible person is denied service due to inability 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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**Merrill Foto News**

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**Marshfield Buyers' Guide**

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

Toll free: 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.**

All programs are **free**  
Registration is required  
**888-486-9545**  
Contributions are welcome

## Support Groups

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 meets on the **4th Monday** of each month at 10:30 am

### Monday D.I.S.H.

(Dementia Informed Super Heroes): This virtual support group is intended for those working caregivers who are supporting a parent, spouse or other loved one living with dementia. The group meets on the **1st Monday** of each month from 7-8pm

### Alzheimer's & Dementia Caregiver Support Group:

Alzheimer's Association sponsored caregiver support group in partnership with the ADRC-CW is a safe place for family and friends caring for someone living with Alzheimer's or another dementia. Two options to meet:

**2nd Tuesday** of each month:  
9-10:30 am at St. Andrew Lutheran Church in Rib Mountain or

**4th Tuesday** of each month from  
9-10:30 am at Covenant Community Presbyterian Church in Weston

## ADRC-CW Programs

### Topic Tuesdays

#### Dementia Basics:

Every **3rd Tuesday** of the month  
For individuals, family members, caregivers, and anyone else interested in learning more about dementia.

#### Brain Health Basics:

Every **4th Tuesday** of the month  
For anyone interested in learning more about taking care of the brain.

### Medicare Basics

Learn the basics of Medicare for those new to Medicare or those enrolling soon. Medicare parts A-D are explained. Classes held monthly and open to all regional customers.

### Memory Café

This social activity is for individuals with mild or moderate dementia AND a family member or friend who assists them. The Café is held every other month with varying activities & locations.

### Stepping On

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

### Powerful Tools for Caregivers

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

# Ask a Benefit Specialist

## Answers to your public and private benefit questions

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### **Dear Benefit Specialist:**

I am currently on a Medicare Advantage plan and state benefits, like food assistance and healthcare assistance, through the state of Florida. I plan to move to the state of Wisconsin within the next month, and I want to make sure my benefits carry over. What do you recommend?

Sincerely,  
Soon to be Wisconsin Resident

### **Dear Soon to be Wisconsin Resident,**

This is a common question and I'm glad you are planning ahead! For starters, provide Medicare and your local Social Security Administration with your new address, so they can transfer your case to the appropriate office. Medicare Advantage plans set the in- and out-of-network providers, thus restricting where you can receive services. Before you move, it would be beneficial to reach out to your current plan to check whether or not your new provider in Wisconsin will be in your plan's service area. Don't panic if they are not in the service area because you have a special enrollment period to find a plan that is in network with your new provider or, if you choose, switch back to Original Medicare.

Depending on when you told your current plan that you're moving or

have moved, they give you time to enroll into a plan that works for you and your new location. For example, if you told your plan before you move, your chance to switch plans begins the month before you move and continues for two full months after you move. If you tell your plan after you move, your chance to switch plans begins the month you tell your plan, plus two more full months. Therefore, you have plenty of time to find the best plan that fits your needs and to avoid any lapse in coverage.

Regarding your benefits through the state of Florida, and ensuring that everything carries over smoothly, I recommend the following steps:

- Close your benefits in Florida by contacting the Public Benefit and Service agency for the state of Florida
- Obtain proof that benefits ended
- Enroll in the state of Wisconsin

If you aren't sure where to start, and want to learn about what benefits are available and how to apply for them with the state of Wisconsin, it may be beneficial to reach out to your local Aging and Disability Resource Center to get more information.

Sincerely,  
Your Local ADRC-CW Benefit Specialist

# Ask a Resource Specialist

Answers to your housing, transportation, long-term care questions

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## **Dear Resource Specialist:**

My mother is in her late 90s, and my family is pushing me to put her in a nursing home. She does need help with showering, house work, and meals. Is a nursing home our only option?

Sincerely,  
Exhausted Daughter Looking for Help

## **Dear Exhausted Daughter:**

I would be happy to answer your question. The short answer is NO! A nursing home is not the only choice. When we look at levels of care, we can compare the options to a staircase - a nursing home is going to be at the top of that staircase, and there are a few steps you could consider looking into prior to jumping up to the next step.

**In-home care:** The first step might be hiring in-home care providers to help with things like housework and even personal care, like bathing. You might also consider home-delivered meals and a personal emergency response system (example of this would be a Life Alert button). The ADRC-CW Resource Directory is a great place to find information on these options. People can remain at this “step” as long as it is safe and financially feasible. Keep in mind, however, that in-home care can quickly become increasingly expensive as the need progresses for additional care.

## **Residential Care Apartment Complex (RCAC):**

In an RCAC, individuals have to be relatively independent. The facility is licensed to provide 28 hours of service per week to each resident.

## **Community Based Residential Facility (CBRF):**

CBRFs have staff 24 hours and do not typically have a limitation on hours of service.

Individuals in a CBRF may have a high level of personal care needs, such as assistance with walking, using the bathroom, bathing, dressing, etc.

## **Skilled nursing facility/nursing home:**

A nursing home is able to provide medical care, as well as personal care. They have registered nurses on staff, as well as oversight by a medical director. An individual may require a nursing home, if they have medical needs that cannot be met at a lower level of care.

Ultimately, every person and situation is unique. If you are unsure of where your loved one’s needs might best be met, their primary care provider is a great place to start. The ADRC-CW is also happy to discuss options, information, and potential financial assistance programs.

Sincerely,  
Your Local ADRC-CW Resource Specialist

# Senior Dining

888-486-9545

**October 2:** October Birthdays  
**October 9:** Tailgate Football Party  
**October 16:** Cranberry Fest  
**October 24:** All ADRC-CW nutrition sites closed  
**October 30:** Halloween Celebration

## Langlade County

### **Antigo Community Church**

723 Deleglise Street  
Antigo, WI 54409  
Serving Mon Tue Thu Fri 11:30 am

### **Elcho Community Center**

N11234 Dorr Street  
Elcho, WI 54428  
Serving Mon Wed and Thu 11:30 am  
Bingo with the Community Center: Wed at noon

### **St. Mary's Church**

N9155 Hwy 55  
Pickerel, WI 54465  
Serving Mon and Wed 11:30 am  
Bingo with the church: 2nd Monday at 12:30

### **Senior Center of Langlade County**

623 Edison Street  
Antigo, WI 54409  
Serving Wed 11:30 am  
Bingo with the Senior Center: Wed at 1:00

## Lincoln County

### **Gleason Lions Club**

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

### **Jenny Towers Apartments**

711 E 1st Street  
Merrill, WI 54452  
Serving Mon – Fri 11:30 am

### **Tomahawk Senior Center**

113 S Tomahawk Avenue  
Tomahawk, WI 54487  
Serving Mon – Fri 11:30 am  
Bingo with the Senior Center:  
Thursdays at 12:30

## Marathon County

### **Mama K's Diner - Café 60 Formerly The Wild Steer**

214910 State Hwy 97  
Stratford, WI 54484  
715-321-3400

Serving Mon - Fri 6:00 am - 1:00 pm



## **Hmong American Center**

1109 N 6th St, Wausau 54403

**10/3:** Ground Pork Stir Fry w/Cabbage

**10/10:** Chicken and Tofu

**10/17:** Boiled Fish with Herbs

**10/24:** Chicken Kapone w/Fresh green onion, cilantro, sliced cabbage, lime wedge

**10/31:** Boiled Ground Pork and Young Bamboo

## Wood County

### **2nd Street Community Center**

211 E 2nd St  
Marshfield, WI 54449  
Serving Mon – Fri 11:30 am

### **Centralia Center**

220 3rd Avenue South  
Wisconsin Rapids, WI 54495  
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, WI 54457  
Serving Mon and Wed 12:00 pm

**Reservations are required by  
noon one business day prior.**

ADRC-CW offices hours  
Monday-Friday – 8AM-4PM



# October 2024

**888-486-9545**

Please call by noon one business day prior to reserve or to cancel a Senior Dining Meal or Meals on Wheels delivery. ADRC-CW offices hours: Monday-Friday 8am-4pm

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Chicken Breast Mushroom & Bacon Sauce Mashed Potatoes California Blend Vegetables Biscuit Banana	<b>2</b> Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Mandarin Oranges Carrot Cake <b>October Birthdays</b>	<b>3</b> Hamburger On a Bun Grilled Onions Ketchup German Potato Salad Baked Beans Mixed Fruit	<b>4</b> Chicken Alfredo over Linguini Broccoli Sweet & Sour Cole aw Garlic Breadstick Berries
<b>7</b> Meatloaf Mashed Potatoes Gravy Seasoned Stewed Tomatoes Whole Wheat Bread Applesauce	<b>8</b> Split Pea Soup Crackers Chicken Salad w/ Craisins on Croissant with Lettuce Leaf Mandarin Oranges Peach Upside Down Cake	<b>9</b> Brat on a Bun Grilled Onions Ketchup Potato Salad Baked Beans Grape Salad <b>Tailgate Football Party</b>	<b>10</b> Lasagna Whole Kernel Corn Mixed Greens w/ Dressing Garlic Breadstick Fruit Jell-O Dessert	<b>11</b> Lemon & Pepper Fish Tartar Sauce Baby Red Potatoes Dill Carrots Rye Bread Banana
<b>14</b> Chili w/ Macaroni Crackers String Cheese Dark Greens Salad w/ Dressing Apple Cranberry Yogurt Salad	<b>15</b> Beef Stroganoff Egg Noodles Broccoli Pineapple Spice Cake	<b>16</b> Oven Baked Rosemary Chicken Baked Sweet Potato Diced Beets Cornbread Cranberry Bar <b>Cranberry Fest</b>	<b>17</b> Salmon Patty Au Gratin Potatoes Creamed Peas Whole Wheat Bread Beetnik Cake	<b>18</b> BBQ Pork Rib Whole Wheat Hoagie German Potato Salad Coleslaw Diced Peaches Butterscotch Pudding
<b>21</b> Chicken Florentine Penne Pasta Cauliflower Mandarin Oranges Fruit Pie Square	<b>22</b> Lemon & Herb Chicken Baby Reds Carrots Biscuit Diced Pears	<b>23</b> Beef Vegetable Stew Biscuit Whole Kernel Corn Dark Greens Salad w/ Dressing Cookie	<b>24</b> <b>All ADRC-CW Nutrition Services Closed Today</b>	<b>25</b> Cabbage Roll Casserole Country Trio Veggie Whole Wheat Bread Pineapple Fudgy Black Bean Brownies
<b>28</b> Italian Rigatoni Casserole Green Beans Dark Greens Salad w/ Dressing Garlic Breadstick Gingerbread Cake	<b>29</b> Seasoned Baked Fish Parsley Buttered Potatoes Tartar Sauce Carrots Rye Bread Banana	<b>30</b> Swedish Meatballs Mashed Potatoes Diced Squash Multi Grain Bread Pineapple Chocolate Cake <b>Halloween Celebration</b>	<b>31</b> Seasoned Baked Chicken Mashed Potatoes Gravy Pacific Veggie Blend Whole Wheat Bread Strawberries & Yogurt	

# The Power of Protein

Daria Savchenkova, UW Stout Dietetic Intern and Ronda James RD, CD ADRC-CW

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As we age, our bodies may need fewer calories, but the need for nutrient-dense foods, especially those rich in protein, increases. Making protein a priority in your food and beverage choices contributes to a happier and more independent life. Here's why.

## The Many Roles of Protein

### Muscle Maintenance and Strength

As we age, the natural process of muscle loss (sarcopenia) occurs. Skeletal muscles depend on protein for preserving muscle mass, strength, and function. Adequate protein intake can help counteract the effects of muscle loss, promote independence, and reduce frailty.

**Immune Support** The effectiveness of our immune system declines with age, making older adults more susceptible to infections. Since immune cells and antibodies are made of protein, sufficient protein intake is key to supporting our immune system.

### Wound Healing and Tissue Repair

The healing process slows as we age, and protein intake is crucial for prompt wound healing and tissue repair. While recovering from surgery or healing wounds/ injuries, protein is vital in tissue regeneration and allows for faster recovery and regaining strength.

**Bone Health** Protein, just like calcium, plays a role in maintaining strong and healthy bones. It aids in the absorption of calcium and other essential minerals necessary for bone density. Adequate amount of protein in the diet helps reduce the risk of fractures and osteoporosis.

**Brain Function** Protein is essential for maintaining brain function. Proper protein intake may contribute to better cognitive health and potentially reduce the risk of age-related cognitive decline.

### How Much Protein?

The general recommendation for adults is 0.8 grams of protein per kilogram of body weight per day. Studies suggest seniors may benefit from slightly more protein, around 1.0 gram of protein per kilogram of body weight. This accounts for age-related muscle loss and supports the maintenance of muscle mass, bone health, immune function, and overall vitality.

# The Power of Protein continued

**Distribute protein** intake throughout the day. Instead of relying on one or two protein-heavy meals, aim for protein with all meals and snacks. This slows digestion, promotes sustained energy throughout the day, and supports continuous muscle maintenance.

Please, remember that your individual protein needs can vary based on factors such as injuries, health conditions, wounds, infections, and level of physical activity. Discuss specific health concerns or your dietary plan with your doctor or a registered dietitian.

## Did You Know?

Pairing protein with carbohydrates in your meals isn't just about enhancing flavor—it's a practical combination that optimizes how your body uses protein.

In practical terms, this could mean pairing grilled chicken with quinoa, adding beans to a whole-grain wrap, or enjoying yogurt with fruit. These combinations not only create satisfying meals but also provide a well-rounded nutritional profile!



## Protein-rich meal plan:

Include a variety of protein sources in meals for a spectrum of essential amino acids and other nutrients. Consider this protein-rich meal plan:

- **Breakfast:** Scrambled eggs (2 large) with spinach and tomatoes. **12 g protein**
- **Lunch:** Grilled chicken (3 oz) salad with mixed greens, chickpeas (½ cup), and a sprinkle of feta cheese (1 oz). **32 g protein**
- **Dinner:** Baked salmon (3 oz) with quinoa (1 cup) and roasted vegetables. **30 g protein**

Also choose protein-rich snacks to keep your energy levels stable all day. Give these snacks a try:

- **Mid-Morning Snack:** Greek yogurt (1 cup) with a handful of berries. **15 g protein**
- **Afternoon Snack:** Cheese (1 oz) and whole-grain crackers (6). **10 g protein**
- **Evening Snack:** A small handful of almonds (¼ cup) or other nuts. **6 g protein**

# Memory Cafés - All You Need to Know

**What is a Memory Café?** A Memory Café is a no-cost social activity for people living with mild to moderate dementia and their care partner. It is a way for people to meet and socialize with others who are traveling the same journey. It is not an opportunity for respite or to “drop off” your loved one. Although a Memory Café is not intended to be an activity for groups from an assisted living or other care facility, a family member can bring a loved one who might be residing in such a facility. General information about local resources are also available at Memory Cafés.

## What to expect at a Memory Café?

Guests will be greeted and welcomed to a positive and relaxed atmosphere, where individuals living with dementia and their care partners will have the opportunity to enjoy snacks and refreshments, as well as

participate in a variety of activities. Memory Cafés can provide social opportunities with similar others who are also experiencing memory loss and caregiving at a time when their social worlds often shrink.

## How to find a local Memory Café?

There are hundreds of Memory Cafés in the U.S. You can find one in your area by searching the directory at <https://www.memorycafedirectory.com/>

Currently, Memory Cafés exist in Wausau, Marshfield, Wisconsin Rapids, as well as at a brand new location in Merrill, the T.B. Scott Free Library.

Sources

<https://www.adrc-cw.org/event/wausau-area-memory-cafe-4-2/>  
<https://www.memorycafedirectory.com/what-is-a-memory-cafe/>

**SENIORS, Caregivers, and  
Concerned Families...**



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**715-359-8833**

**JANET M. LATTYAK, ATTORNEY**

**“LEGAL SERVICES FOR AGING ON YOUR TERMS”**

59814

## T.B. Scott Announces first Memory Café

Tuesday, November 19, 2024,  
10:30 am - 12:00 pm

T.B. Scott Library  
Community Room

106 W 1st St,  
Merrill, WI 54452

For more information or  
to register call 715-536-7191

# Volunteers needed in Marshfield

Deliver Meals on Wheels and make a difference with those that need you the most! Deliver a hot, nutritious meal to older, homebound adults.

**Volunteer**  
make a difference



→ **Routes available**

Monday-Friday  
10:30am-noon

→ **Adopt a Route**

Bring together a group from work or friends and rotate delivery among your group.

## Contact us

**888-486-9545**

**www.adrc-cw.org**



**Toll-free Helpline:**  
**888-818-2611**

Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)

**www.smpwi.org**

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**HOURS: Monday-Friday 8 a.m. to 4:30 p.m.**

# Know Your Voting Rights

## How to vote:

By law, a voter must show their photo ID. To obtain a free photo ID, contact the Department of Motor Vehicles at 844-588-1069 or go to this website <https://wisconsin.gov/Pages/dmv/license-drvs/how-to-apply/petition-process.aspx>

Special Voting Deputies (SVD) help administer absentee ballots. Residents of care facilities served by SVDs do not have to provide photo ID as the SVD will verify the voter's name and address.

## Absentee Voting

You must apply for an absentee ballot after you are a registered voter. You can apply in person at the clerk's office or in writing sent by mail, fax, email or you can go to [myvote.wi.gov](http://myvote.wi.gov) to apply.

Absentee ballot voting must be completed by **8pm on election day**. There are two ways to cast your absentee ballot.

**In person:** Contact the municipal clerk for the city, village, or town where the voter lives to find dates for in-person absentee voting.

**By mail:** Your absentee ballot should be sent to the municipal clerk's office and received no later than 5pm the Thursday before election day.

## Voter Rights

- Every voter has the right to vote privately and independently.
- Every voter has the right to access the polling place or request curbside voting if they are unable to enter the building.
- Every voter has the right to an accessible voting machine and assistance marking their ballot by a person of their choice or a poll worker. (Cannot be an employer or union representative).
- Every voter has the right to ask for reasonable accommodations including a magnifying glass, a chair, a signature guide, or assistance stating name and address.

**Disability Rights Wisconsin Voter Hotline** - contact for questions or file a complaint  
888-347-8683  
[info@disabilityvote.org](mailto:info@disabilityvote.org)



## Getting to the Polls

Plan transportation ahead of time to ensure you cast your vote. Arrange a ride with your family member, friend, care partner, residential provider, or through the Municipal Clerk's office.

**GENERAL ELECTION DAY  
NOVEMBER 5TH**



Source: <https://disabilityvote.org/2023/residential-service-providers-resources-for-voters-with-disabilities-2023/>

# October Spotlight

We sincerely appreciate your time, donations, care, concern and all you do for the ADRC-CW and the people we serve. Yours in service and gratitude.



Linda Gehrig	Jim Rasmussen
Avis Schroer	Peg Wasrud
Marilyn and Chuck Peters	4-U Adult DayCare
Terry Genz	Dave Gibbs
Our House Assisted Living	Dick Englebright
Tana Kubis	Jean Anhalt
Anonymous	John Wilzewske
Connie Osborne	Anonymous
Jim and Mary Benak	Community Benefit Program at Aspirus Health

## All Things Fall

O H G V P E W O H J J Y S L F R B P O O A Q P A H  
C M D T K O C V T D B R E Z D O B U C Z R B N A Q  
T B A T P K R M Y F E A E Q O L R M T L W A R R X  
O P K G F G D C Y R V P V D T Y S P V T L V N D V  
B Y L O W C Y K H E P Q J O I Q Y K U T E O X G U  
E Z C C O L O R S K N A H T R C F I M S Z R R T E  
R N E E W O L L A H F B A P Q P L N T H B P N T Y  
E A P P L E P I C K I N G A E N L C D F G O I U S  
R V Y B U U N Z G C W J A C K O L A N T E R N O T  
G J B Q F V X R R L W Z D H A A Z A I X V L I Q P

APPLEPICKING  
HALLOWEEN  
LEAVES  
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CIDER  
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PORCH  
STROLL

BUTTERNUT  
HARVEST  
ORANGE  
OCTOBER



## **Rennes Health & Rehab Center**

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- Home Safety Evaluation
- Outpatient or Inpatient Rehab
- Physical, Occupational & Speech Therapy
- One-to-One Patient-to-Therapist Treatment
- State-of-the-Art Rehab Equipment & Therapy Gyms



***For more information or a tour, please contact us:***

**715.393.0400**

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**715.420.0728**

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