



FREE

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

Choices

**February
2025**

Senior Independence Month

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

In this issue:

Ask a Benefit Specialist

Ask a Resource Specialist

Heart Health in America

Why Vaccines are Important

Winter Walking Tips

Durable Medical Equipment

February Spotlight



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.



**Compassionately
Advocating for the Care
They Deserve.**



HABUSH

PERSONAL INJURY ATTORNEYS

National reputation. Hometown service.

If you suspect your loved one has suffered from nursing home neglect, our team of attorneys and professionals are committed to standing up on their behalf.

(715) 842-4444 | www.habush.com

Contact us today for a free legal consultation.

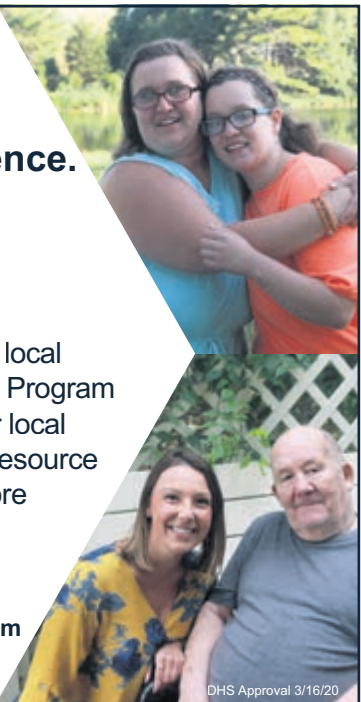
Table of Contents

- 4 ADRC-CW Information
- 5 ADRC-CW Programs
- 6 Ask a Benefit Specialist
- 7 Ask a Resource Specialist
- 8 ADRC-CW Senior Nutrition
- 9 Senior Nutrition Menu
- 10 Heart Health in America
- 11 Why Vaccines are Important for Your Health
- 12 Winter Walking Tips
- 13 Donation Designation Form
- 14 Durable Medical Equipment
- 15 February Spotlight

**Your Needs.
Your Independence.
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



DHS Approval 3/16/20



234220



Making an Impact Through Quality Care

Assisted Living
Lead an engaging lifestyle supported by a perfect balance of personal care services.
1204 W. McMillan Street, Marshfield, WI

Memory Support
All the comforts of home with an innovative programming to ignite your inner spark.
1606 N. St. Joseph Avenue, Marshfield, WI





STONEY RIVER
ASSISTED LIVING • MEMORY SUPPORT

(715) 207-6423 | stoneyrivermarshfieldwi.com | 



Start your journey to joyful living

Private assisted-living apartments
Friendly staff & residents · 24/7 nurses
Home-cooked meals · Fun events & activities

Schedule a personal tour: 715-536-5575





BELL TOWER RESIDENCE
Assisted living & memory support

1500 O'Day St in Merrill — BellTowerResidence.org

3-09520

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 Avenue, 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: Nutritious meal, socialization, and education. Eligibility: • Age 60 or older, • A spouse of an individual who is age 60 or older, • Person with disabilities living with a participating older adult, • or Person with disabilities who is under age 60 and resides at Jenny Towers, Merrill. Senior dining requires a reservation by noon one business day prior.

Meals on Wheels: Nutritious meals delivered with a well-check.

Eligibility: Person 1) age 60 or older; 2) generally unable to leave their home due to accident, illness, disability, frailty, or isolation; AND 3) unable to prepare meals.

Also eligible: • A spouse of an eligible person (as described above) • Person with disabilities who is under age 60 and resides with an eligible older person.

Staff complete individual assessments to discuss eligibility. Hot meals delivered weekdays dependent upon route availability. Frozen meals may be 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, Café 60, Meals on Wheels: \$6.00 per meal.

No eligible person is denied service due to ability to contribute. Full meal cost Meals on Wheels \$12.67 and Senior Dining/Cafe 60 \$14.86. Your contribution makes a significant difference to our program.

PUBLISHER

Patrick J. Wood

GENERAL MANAGERS

Dave Wood

dwood@mmlocal.com

Tim Schreiber

tschreiber@mmlocal.com

PRINTER

Christensen Printing & Publishing LLC

ADVERTISING

INFORMATION

Wausau Buyers' Guide

715-842-4424

Merrill Foto News

715-536-7121

Marshfield Buyers' Guide

715-384-4440



Aging & Disability Resource Center of Central Wisconsin newsletter is published monthly by Multi Media Channels, LLC, 970 Furman Drive, Waupaca, WI 54981.

© Copyright Multi Media Channels LLC 2024. All Rights Reserved. No part of this publication or any of its contents may be reproduced, copied, modified, or adapted without the prior written consent of Multi Media Channels LLC.

Serving Langlade, Lincoln, Marathon, and Wood Counties

Toll free: 888-486-9545 Email: adrc@adrc-cw.org Website: 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 the **4th Monday** of each month. Call for group details near you.

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

*Rotates throughout the region. Visit www.adrc-cw.org/classes/topictuesdays/ for location details

Dementia Basics: Every **3rd Tuesday** of the month. For anyone 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 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 monthly 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

Dear Benefit Specialist:

I am looking for help with my taxes this year. I used to go to an accountant, but now can no longer afford the services they provide. I am 55, so I am not sure if I qualify for any assistance. Do you have any recommendations?

Sincerely,
Taxes are Taxing

Dear Taxes are Taxing:

I am so glad you reached out to the ADRC-CW. Tax information is available courtesy of the AARP Foundation Tax-Aide. It provides tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. You don't need to be an AARP member to use the service during February and March 2025. Services are by appointment only. Call to make an appointment. You will receive a return call - please make sure to answer your phone.

You can make an appointment in any location that offers tax preparation services; you do not have to live in the city/county where your taxes are prepared. The following is contact information for each of the services throughout our region.

Sincerely,
Your Local ADRC-CW Benefit Specialist

Antigo:

Call 715-627-6580 for an appointment after January 20

Wausau

Call 715-298-5734 for an appointment starting January 21

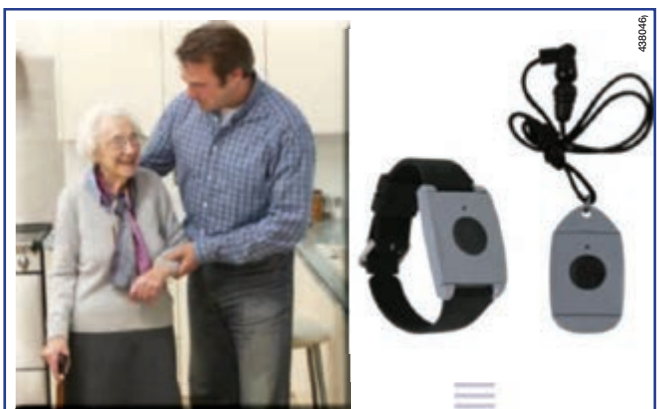
Wisconsin Rapids:

Call 715-422-2778 for an appointment starting January 20

Marshfield

Call 2-1-1 or 1-877-947-2211 for an appointment starting February 10

AARP Foundation
Tax-Aide



FIRST CALL
Medical Monitoring

*Independent living without leaving the comfort of your home. That is what we provide.
Call us today to have your 24/7 personal emergency response system installed in your home.*

CLARK ELECTRIC APPLIANCE & SATELLITE

1209 W. Dall-Berg Rd. • Greenwood, WI 54437
866-279-6544 • 715-267-6544

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

Ask a Resource Specialist

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

Dear Resource Specialist:

My siblings and I are starting to worry about our parents. They are getting older and live alone in the same house that we grew up in. They're still fairly independent, but we think it might be time to start planning for the future. We're not sure where to start or what resources are available for the elderly in our area. Is there anything you can do to help us get started?

Sincerely,
Concerned Kiddos

Dear Concerned Kiddos:

I'm so glad you and your siblings have reached out to us. Having this conversation now, before there's an urgent situation, is so important. Knowing what your parents want for their future and having a plan in place is extremely beneficial, and the ADRC-CW would be happy to help! There are so many different elements to these conversations and each family's situation is unique. Scheduling an appointment to meet with a Resource Specialist to discuss options is the best way to get the most individualized information and support. However, it can be difficult to start talking with your parents about this topic so that an appointment can be set up.

I would recommend starting by having a conversation with your siblings

and parents. Give your parents the opportunity to share what they want for themselves and their future. The vision that you and your siblings have may not be what your parents want for themselves. Once the lines of communication have been opened, you can call the ADRC-CW to speak with a Resource Specialist and schedule an appointment for options counseling.

Here is a general list of resources/services that may be discussed during an options counseling appointment:

- In-Home Caregiver Agencies
- Home Delivered Meals/Senior Dining Meals
- Transportation
- Lifeline/Medical Alert
- Long-Term Care Programs through Medicaid
- Different types of Housing/Assisted Living Facilities
- ADRC-CW Programs

Come prepared with your questions, and we will do our best to answer them. We are here to help!

Sincerely,
Your local ADRC-CW Resource Specialist

Senior Nutrition

888-486-9545

February 5: Superbowl

February 12: Valentine's Celebration

February 19: Mardi Gras

Langlade County

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

Bingo with the Community Center:

Wed at noon

St. Mary's Church

N9155 Hwy 55, Pickerel

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

Serving Wed 11:30 am

Bingo with the Senior Center: Wed at 1:00

Lincoln County

Gleason Lions Club

N5179 Bradley Street, Gleason

Serving 3rd Wed of the month 12:00 pm

Jenny Towers Apartments

711 E 1st Street, Merrill

Serving Mon – Fri 11:30 am

Tomahawk Senior Center

113 S Tomahawk Avenue, Tomahawk

Serving Mon – Fri 11:30 am

Bingo with the Senior Center:

Thursdays at 12:30

Marathon County

Mama K's Diner - Café 60

214910 State Hwy 97, Stratford

715-321-3400

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

Vino Latte - Café 60

3309 Terrace Court, Wausau | 715-849-9787

Serving Mon-Fri 6am-7pm | Sat 8am-2pm

Hmong American Center

1109 N 6th St, Wausau 54403

Serving Thursdays at 4:30 pm

2/6: Boiled Ground Pork and Young Bamboo

2/13: Chicken Larb w/ Green Lettuce Leaf

2/20: Ground Pork Stir-fry w/ ginger, green onions, lemongrass

2/27: Chicken Copia w/ Fresh cilantro, green onions, lime wedge

Senior Dining Meals Served with Green Tea and Soy Milk

Wood County

2nd Street Community Center

211 E 2nd St, Marshfield

Serving Mon – Fri 11:30 am



Centralia Center

220 3rd Avenue South, Wisconsin Rapids

Serving Mon – Fri 11:30 am

Frequent Diner Prize - 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

Reservations are required by noon one business day prior.

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

February Nutrition Menu 2025

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
3 Salisbury Steak Mashed Potatoes Gravy Broccoli Multi-grain Bread Vanilla Yogurt & Berries	4 Chicken Breast w/ Mushroom & Bacon Sauce Brown & Wild Rice Blend Brussels Sprouts Apple Slices Banana Cake	5 Sloppy Joe On a Bun Roasted Potatoes Baked Beans Grape Salad Superbowl February Birthdays	6 Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Pineapple Carrot Cake	7 Kielbasa w/ Sauerkraut Twice Baked Mashed Potatoes Peas Rye Bread Apricots
10 Lasagna Whole Kernel Corn Green Beans Garlic Breadstick Fruit Jell-O Dessert	11 Chili w/ Macaroni Crackers String Cheese Dark Greens Salad w/ Dressing Apple Cranberry Yogurt Salad	12 Lemon & Pepper Fish Tartar Sauce Baked Potato Sour Cream Dill Carrots Rye Bread Banana Valentine's Celebration	13 Ham & Scalloped Potatoes Peas Pineapple Multi-grain Bread Chocolate Pudding	14 Meatloaf Mashed Potatoes Gravy Seasoned Stewed Tomatoes Whole Wheat Bread Applesauce
17 Split Pea Soup Crackers Chicken Salad w/ Craisins on Croissant Lettuce Leaf Mandarin Oranges Peach Upside Down Cake	18 Beef Stroganoff Egg Noodles Broccoli Pineapple Raisin Spice Cake	19 Oven Baked Rosemary Chicken Baked Sweet Potato Diced Beets Cornbread Grapes Mardi Gras	20 Salmon Au Gratin Potatoes Creamed Peas Whole Wheat Bread Beetnik Cake	21 Swiss Steak Twice Baked Mashed Potatoes 3-Bean Salad Rye Bread Ambrosia Fruit Salad
24 Chicken Florentine Penne Pasta Cauliflower Mandarin Oranges Fruit Pie Square	25 BBQ Pork Rib Whole Wheat Hoagie German Potato Salad Coleslaw Diced Peaches Butterscotch Pudding	26 Cabbage Roll Casserole Country Trio Veggie Whole Wheat Bread Pineapple Fudgy Black Bean Brownies	27 Beef Vegetable Stew Biscuit Whole Kernel Corn Dark Greens Salad Dressing pkt Cookie	28 Lemon & Herb Chicken Baby Reds Carrots Biscuit Diced Pears



Milk served with each meal. Menus subject to change. Suggested contribution: Senior Dining, Cafe 60 and Meals on Wheels \$6.00 per meal. No eligible person is denied service due to ability to contribute. Your contribution makes a significant difference to our program.

Heart Health in America

Molly Morris, Nutrition Supervisor

In the month of February, you can feel the love and romance in the air. With the days getting noticeably longer and the sun adding energy to our heart's desire; it's an invigorating time that encourages us all to show those we care about some love and attention. February also marks American Heart Month as a time to raise awareness about heart disease, prevention methods and the importance of heart self-care. 1 in 5 deaths in the United States were attributed to heart disease in 2022 (CDC, 2022). With those statistics, I think it is fair to say that at some point in our lives, we will all be touched by heart disease in one way or another.

What can be done, you ask? First, it's important to know and understand your risk factors. Having high blood pressure, high cholesterol, and smoking are key risk factors for heart disease. Also, persons living with diabetes, obesity, poor mental health, and those who over-consume alcohol fall into a higher-risk category of developing heart disease.

Let's fight back, for hearts sake! Avoiding alcohol and smoking while taking all medications as prescribed is great, but is there anything else we can do to support heart health?

Absolutely! Eating a well balanced diet and remaining physically active are our very first lines of defense against heart disease.

What a heart healthy diet includes:

- A variety of fruits and vegetables
- Healthy sources of protein like: legumes, nuts, fish and seafood, low-fat dairy products, lean/unprocessed meats and poultry
- Whole grains
- Liquid vegetable oils like: canola, corn, olive, soybean and sunflower oils
- Foods that have little to no salt

What foods does a heart healthy diet limit or avoid:

- Salt/Sodium
- Sugars
- Alcohol
- Processed meats and other processed foods

This February, while you're thinking up all the fun ways to acknowledge that special someone in your life, don't forget to make your own heart a priority. After all, your heart ticks for you all year long! Pairing a few healthy diet changes with a mix of physical movements, sprinkling in healthy choices like avoiding alcohol and smoking, while following your doctor's direction, is the perfect recipe for a healthy heart! Not just in this month of hearts, but all year round!

Why Vaccines are Important for Your Health

Shanna Kalepp, ADRC-CW Intern

As we get older, it is important we keep our immune systems healthy. The immune system plays a crucial role in protecting the body from infections and diseases, and this function becomes even more important as we age. In older adults, the immune system naturally weakens over time, which makes it harder to fight off illnesses and recover from infections. This happens because the body's ability to produce new immune cells decreases, and the existing cells may not work as efficiently as they used to. The thymus, an organ that helps make some of the cells involved in the immune system, shrinks as you age. With the thymus shrinking, less cells are produced so there is a reduction in your body's response to vaccines and to fight infections. The immune system also faces increased inflammation, which can weaken its ability to protect your body as well. This decline can make older adults more vulnerable to illnesses and infections, so it's important to consider your health and immune systems.

A healthy immune system in older adults helps to reduce the risk of chronic conditions, infections like pneumonia or flu, and even cancer.

Vaccines help by conditioning our body to fight off sickness and create a stronger immune system if we get sick in the future. For older adults, infections can lead to serious health problems, including hospitalization and even death. Staying

up to date with vaccinations can be life-saving. In addition to protecting your own health, vaccines also reduce the spread of diseases to others, contributing to the overall well-being of the community.

According to the Centers for Disease Control and Prevention (CDC) "Staying up to date on your vaccines is one of the best things you can do to protect your health." There are several key vaccinations that are highly recommended by the CDC for older adults to help protect against serious health risks. The recommendations change by age and health conditions so talk with your health care provider about what is right for you.

- Flu vaccine: Every Year
- RSV (Respiratory syncytial virus): 1 dose for those age 60+
- Pneumococcal vaccine: 1 or 2 doses
- Shingles vaccine (adults age 50+): 2 doses
- Tdap (Tetanus, Diphtheria and Pertussis): Every 10 years
- COVID-19: At least one dose (two doses for those age 65+)
- Other vaccinations as recommended by your health care provider

Vaccines are important when it comes to maintaining your health and wellbeing as we age. Together we can stay healthy and fight off sicknesses by staying vaccinated!

Winter Walking Tips

Yolanda Deloach, RN, BSN, ADRC-CW Volunteer

Winter has arrived! In the Midwest, that means cold, snow...and the increased risk of falling. Slippery sidewalks, icy patches, and snow-covered obstacles mean hospital emergency rooms see an increase in fall-related injuries during the winter.

According to the Centers for Disease Control (CDC), in 2021, falls caused over 38,000 deaths in those age 65 and older, making it the leading cause of injury death in that age group. In my years of hospice nursing, I saw many folks begin their end-of-life journey due to a fall. If you are experiencing a fall, land on your buttocks, back or side. Keep your chin tucked down to help prevent hitting your head. Avoid bracing yourself with your arms, which can cause wrist, elbow or shoulder injuries.

By following these precautions, hopefully, you can enjoy watching the snowflakes fly and have a fall-free, safe winter.

Resources:

<https://www.cdc.gov/falls/about/index.html>

<https://advance.muschealth.org/library/2024/june/foosh-injury>

Here are some suggestions to help stay upright this winter season:

- **Take caution** on wet, dark surfaces. Not all slippery areas will be clearly visible.
- **Walk like a penguin.** Penguins are experts at walking on slippery surfaces. Take slow, small steps while pointing your toes slightly outward. Keep your center of gravity over one leg at a time. In other words, waddle.
- **Wear gloves** to help avoid putting your hands in your pockets. While it may be tempting to shove your hands into warm pockets, holding your hands out will help maintain balance.
- **Getting in and out of your vehicle** can be tricky in winter. Hang on to the steering wheel or door to help maintain balance as you test the surface.
- **Try grippers or cleats** that slip on over your shoes. These help provide traction and may give you more confidence while outdoors.
- **Indoors can be more hazardous** in winter as well. Wet floors from melting snow and boots lying around add more risk of tripping or slipping. Keep floors dry and entryways clutter-free.
- **Trust your instincts.** Stay inside if you feel the weather is too challenging.



Volunteers are the heart of our work!

Join our incredible volunteer community!

BENEFITS OF VOLUNTEERING

- Improve your physical and mental health
- Increase your sense of purpose and connection
- Expand your social network
- Support your community
- Nurture new and existing relationships



www.adrc-cw.org

888-486-9545



Save the Date

Alzheimer's Advocacy Day

Tuesday, March 4, 2025

Best Western Premier Park Hotel
22 S. Carroll Street, Madison, WI

I would like to help the ADRC-CW continue its work with older adults, individuals with disabilities, caregivers, and their families.

Please make checks payable to:
ADRC-CW
2600 Stewart Avenue Ste. 25
Wausau, WI 54401

Donation Designation Form

In MEMORY / HONOR (circle one) of: _____

Please notify _____ Phone: _____

Address _____

I want my donation to go to the following programs:

_____ Caregiver Support _____ Healthy Living _____ Meals on Wheels

Congregate Dining Site _____

Would you like an acknowledgement in this newsletter ___ Yes ___ No

Please send receipt to: _____



Durable Medical Equipment

Have you ever found yourself needing to borrow a piece of durable medical equipment, such as crutches, a walker, or even a wheelchair, for a short amount of time? Well, there are options available in our service region to include Tomahawk, Antigo, Wisconsin Rapids, Marshfield, or Wausau. Additionally, the Health Equipment Lending Program (HELP) at the Good News Project in Wausau is expanding to include a Mobile HELP truck. They hope to have this program up and running sometime in February.

What is the Mobile HELP Truck? It is a vehicle that brings cleaned and sanitized medical equipment, reserved in advance, to individuals who live outside of the Wausau area. It can also be used to drop off equipment from previous loans or to donate gently used equipment. The vehicle will park at a central location in each designated town for one hour, two times each month.

Where will the Mobile HELP Truck stop? At this time, locations include Antigo, Athens, Birnamwood, Edgar, Hatley, Marathon, Merrill, Mosinee, Rhinelander, Stratford and Tomahawk. There will be a six-month schedule created and available online for individuals to check when the HELP truck will be in the area.

How does the program work? Anyone needing to borrow equipment needs to call the Good News Project home office (715) 843-5985 to check availability and complete a contract over the phone. The requested equipment will be loaded onto the truck the day that it will stop in your community. Individuals arrive at the central location where the truck is parked that day, during a one-hour window, to pick up the equipment. If the equipment is large or heavy, the Good News Project asks that the borrower bring someone with them to help load up the equipment they reserved.

Equipment pick up location
(if needed sooner)

Good News Project - Wausau
1106 N 5th Street
Monday-Friday 9 am - 4 pm.

If you would like to learn more about other lending programs in your area, please contact the Aging and Disability Resource Center of Central WI (ADRC-CW) and speak to a Resource Specialist at 888-486-9545.

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



LATTYAK ELDER LAW LLC

715-359-8833

JANET M. LATTYAK, ATTORNEY
“LEGAL SERVICES FOR AGING ON YOUR TERMS”

52814

February Spotlight

Women's group at St. Mary's
Sister Kris

Darlene Kmiec

Jerry Jackson

Carol Ann Korte

Sharon Buchberger

4 On The Floor

Kristin Kubisiak

Sally Flanagan

Avis Schroer

Carleen Kriz

The Silo Jumpers

John Wilzewske

Kathy Moran



O'Tannenbaum Tour in Merrill for a donation for Meals on Wheels

Staff from the Lincoln Co. Health Department with the Casual for a Cause program donation to Meals on Wheels

The Happy Ukes ukulele group



Available for eligible...

- Families
- Adults
- Seniors
- Persons with Disabilities

Monthly rent is based on 30% of income with a maximum rent payment of \$575

For more info or a tour,

CALL 715-387-0528 ext. 308

NOW RENTING.....

- ✓ 1-Bedroom Apartment
- ✓ Applications Processed Immediately
- ✓ 24 HR Security ✓ On-Site Laundry
- ✓ Kitchen Appliances Included
- ✓ TV & Internet at Reduced Rate
- ✓ Affordable Lunch Program
- ✓ Steps Away From Downtown

The CDA is pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the Nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, disability, color, religion, gender, sexual orientation, or national origin.



Affordable, Independent Living Apartments

438045

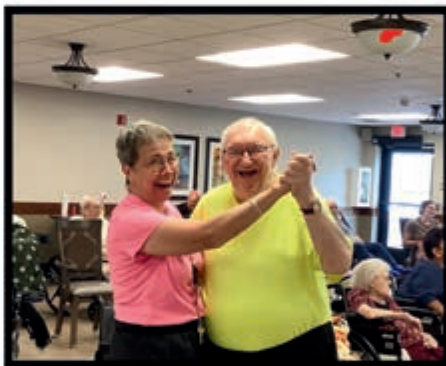


Rennes Group

Assisted Living, Memory Care,
Rehab & Skilled Nursing Services

Est. 1973

EXTRAORDINARY LIVES DESERVE EXCEPTIONAL CARE



Age doesn't define rules for the life we lead. It doesn't set a deadline for learning, engagement or experiences. At Rennes Group, age simply represents the extraordinary lives we're honored to care for every day.

We're guided by a promise to our residents, a commitment to deliver exceptional care focused upon dignity, respect and compassion that creates meaningful experiences and memories. We believe lifelong learning, new experiences and community engagement enhances our residents' lives.

We believe they deserve nothing less than exceptional.

Our community partnerships with local businesses delivers upon this promise through community engagement and life enrichment. After all, our stories are still being written, and we're happy to help fill the pages.

www.rennesgroup.com

CONTACT US

Rennes Health & Rehab Center-Weston & Rhinelander
Renaissance by Rennes - Weston & WI Rapids

In 1973, the Rennes' began a company that shifted how seniors were cared for as their needs changed. Still run by family, Rennes believes we all have the desire to feel respected. We are your trusted partners in the continuum of care for senior living and are committed to the Rennes difference.

CONNECT
WITH US

