

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

Choices

**April
2025**

National Volunteer
Appreciation Month

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

In this issue:

Ask a Benefit
Specialist

Ask a Resource
Specialist

The Question
of Why?

Volunteer
Appreciation

April Spotlight

**Volunteers are the
heart of our work!**



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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They Deserve.**



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(715) 207-6423 | stoneyrivermarshfieldwi.com

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
1100 Lake View Drive Ste. 600
Wausau, WI 54403

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.

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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 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/topic-tuesdays/ 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 BenSpec:

I received a letter in the mail last week from my Medicare Part D prescription coverage provider, which said that they are no longer in my service area and my coverage will be ending. What do I do now?

Sincerely,
No Longer Covered

Dear No Longer Covered:

Since your Part D prescription coverage is no longer in your service area, you will qualify for a Special Enrollment Period (SEP). This allows you to find a new plan that works for you then enroll. Enrolling in a new plan automatically disenrolls you from the previous plan if you are still enrolled in it. You have two months after you lose your coverage to select a new Part D plan.

To look for a Part D plan, you'll want to start by comparing plans in your area by using the "plan finder" on Medicare.gov. Additionally, you can find plans by talking to a local insurance agent or calling Medicare.gov. It's important that when selecting a new plan, to make sure it meets your needs. The plan with the lowest premium may not be the best coverage for you and your medical needs.

In order to find a plan that best fits your needs make sure that any prescriptions you take are covered.

You can do this in many different ways:

- Use the "plan finder" tool on Medicare.gov
- Check the insurance plans drug formulary on their website
- Request it by mail
- Call your insurance company directly

When comparing plans, you will also want to review costs and make sure the plan is in the network of your pharmacy/doctor. If you travel out of state for a portion of the year, you will want to make sure that the plan will cover you when you're there.

Once you select a plan, you can enroll. An easy way to enroll is through Medicare.gov. You can also go to their website or call the plan directly.

Sincerely,
Your local ADRC-CW Benefit Specialist



Ask a Resource Specialist

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

Dear Resource Specialist:

My mother is a recent widow and has been struggling to adjust since my father died and would benefit from socializing in the community. Are you able to give some ideas on what opportunities are available?

Thank you,
A Concerned Daughter

Dear Concerned Daughter:

Thank you for reaching out to the ADRC! Here in Wisconsin Rapids many individuals come to the Centralia Center which is the ADRC-CW's main nutrition site for seniors. It also houses the Lowell Center, a department of the City of Wisconsin Rapids, which is also a nice environment for those 50 and older who

want to get exercise in a group setting, play bingo, be active in music groups, play cards, play pool, or even go on outings in the community.

<http://www.lowell-center.org/>

220 Third Ave S, Wisconsin Rapids WI 54495

715-421-1051

Open: Monday-Friday 8am-4pm

Another option for your mother might be to join an area support group to help with the loss of her husband. Our ADRC-CW Resource Directory has a list of a few options for Grief Support Groups that she could connect with:

- **Aspirus Comfort Care & Hospice Services-Grief Support**

(715-847-2703)

- **Compassus Grief Support**

(Options in Marshfield 715-301-7270, or in Merrill or Wausau)

If you are interested in learning more about socialization opportunities, please call our office **888-486-9545** and ask to speak with a Resource Specialist.

Sincerely,
Your Local ADRC-CW Resource Specialist

Our Marshfield office is moving!

New Location:

2nd Street Community Center

211 East 2nd Street Ste 123

starting April 21

Need an appointment?

Call **888-486-9545**

Senior Nutrition

888-486-9545

April 2: April Birthdays

April 16: Easter Meal

Langlade County

Antigo Community Church

723 Deeglise 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 – Thurs 11:30 am

Bingo with the Senior Center:

Thursdays at 12:30

Marathon County

Mama K's BBQ - 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

4/3: Ground Pork Stir Fry w/Cabbage

4/10: Chicken and Tofu

4/17: Boiled Fish with Herbs

4/24: Chicken Kapone w/Fresh green onion, cilantro, sliced cabbage & 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

April 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
	1 Oven Baked Rosemary Chicken Baked Sweet Potato Diced Beets Cornbread Grapes	2 Beef Stroganoff Egg Noodles Broccoli Pineapple Raisin Spice Cake April Birthdays	3 BBQ Pork Rib Whole Wheat Hoagie German Potato Salad Coleslaw Diced Peaches Butterscotch Pudding	4 Seasoned Baked Fish Tartar Sauce Au Gratin Potatoes Peas Whole Wheat Bread Beetnik Cake
7 Kielbasa & Kraut Twice Baked Mashed Potatoes WI Blend Vegetable Whole Wheat Dinner Roll Raspberry Sherbet Jell-O	8 Hamburger On a Bun Grilled Onions Ketchup German Potato Salad Baked Beans Mixed Fruit	9 Cranberry Chicken Breast Baby Red Potatoes Coleslaw Sliced Peaches Brownie	10 Roast Beef Mashed Potatoes Gravy Squash Oat Bread Fresh Fruit Mix	11 Crab Pasta Salad over Mixed Greens Tomato Slices Dinner Roll Peaches Lemon Bar
14 Monterey Chicken with Veggies & Sauce Broccoli Brown Rice Pineapple Blueberry Coffee Cake	15 Beef Stroganoff Mashed Potatoes Sweet & Sour Cabbage Whole Wheat Bread Strawberries	16 Sliced Ham Au Gratin Potatoes Asparagus Bread Easter Fruit Dessert Easter Meal	17 Chef Salad with Mixed Spring Greens, Tomatoes, Diced Turkey, Hard Boiled Egg, Shredded Cheese, Dressing Fresh Roll Tuscan Bean & Sausage Soup & Crackers Cookie	18 Lemon Pepper Fish Baked Potato Sour Cream 1pkt Carrots Rye Bread Creamy Fruit Salad
21 Swiss Steak Parsley Buttered Potatoes Carrots Whole Wheat Bread Pineapple Upside Down Cake	22 Chicken Breast Mushroom & Bacon Sauce Mashed Potatoes California Blend Vegetables Biscuit Banana	23 Chili w/ Macaroni Crackers 1pkt String Cheese Mixed Greens Salad Dressing Berries Vanilla Yogurt	24 Pulled Pork On a Roll Parsley Buttered Red Potatoes Pea Cheese & Onion Salad Apricots	25 Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Mandarin Oranges White Cake w/ Berries
28 Baked Seasoned Fish Tartar Sauce Diced Seasoned Potatoes Creamed Peas Rye Bread Grapes	29 Boneless BBQ Pork Rib Whole Wheat Hoagie Au Gratin Potatoes Whole Kernel Corn Cinnamon Applesauce	30 Salisbury Steak Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Honey Bee Ambrosia		



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.

The Question of Why?

Peggy Kurth, Volunteer Coordinator, ADRC-CW

This year, we started “Volunteer Feature Friday” which highlights one of our volunteers on a weekly basis. Each Friday, a volunteer from across our region is featured internally so that all staff can get to know our wonderful volunteers. When volunteers permit us to share with the public, we feature them on our website, social media, and of course here in Choices.

During a time in which we are bombarded with stories of negativity, it is refreshing to meet and learn about people in our communities who are contributing in a positive way. We have heard from individuals who have been volunteering for 10, 15 and 20 years, and from some who are new and just starting out.

Every day, volunteers are making a real difference in the community. Without the work of volunteers, we at the ADRC-CW would not be able to provide many of our services. Volunteers work toward helping older adults and adults with disabilities maintain their independence for as long as possible. This happens in a variety of ways, with each volunteer bringing their own set of skills, experiences, and time.

Volunteers help serve lunch at Senior Dining Sites, package food into individual trays for Meals on Wheels, and deliver those meals to homebound seniors. They help to educate older adults and adults with disabilities on fall prevention and learn how to cope while being a caregiver. They also help with office tasks, data entry, assembling folders, and help provide a welcoming environment for people living with dementia, as well as their caregivers.

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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



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234220

DHS Approval 3/16/20

Here are a few of our volunteers sharing **why** they volunteer:

Leroy Gorski from Wausau explained, “I started volunteering because 10 years ago my father had knee replacement, and the ADRC gave him different supplies to borrow while he was recovering. I thought that was amazing of them so when I came back to return the items we had borrowed, I asked if there was any need for volunteers. That very next week, I started delivering Meals on Wheels.”

John Sweeney, Jr., from Wisconsin Rapids helps serve lunch, delivers Meals on Wheels, and serves on our Nutrition Advisory Committee. He shared, “I feel that it is an honor to be of service to this program, and I enjoy being helpful. I enjoy the conversations that I have with the Meals on Wheels participants, and I enjoy working with the other volunteers.”

In Elcho, **Julie Van Handel** volunteers because, “I like helping people and serving the customers.” Julie has made a lot of friends over the years, and volunteering is her way to give to the people in her community.

David Zalewski delivers Meals on Wheels in Antigo. He explained why he volunteers, “I have always believed in community service. I am convinced our communities are strongest when volunteerism is prevalent. My wife died in 2021, and I needed more to do to fill the void.”

In Wausau, **Lynda Reis** volunteers at a Memory Cafe. She shared, “I initially became involved because my church was one of the sites of the Memory Cafe. I enjoyed the participants and saw the joy that it brought to them. I have some personal experience with dementia and can see the benefits that this activity offers. It is a very rewarding way to give.”

Kris Ziegler delivers Meals on Wheels in Merrill 5 days a week. She enjoys looking out for the customers on her route and gets to know them very well. Our customers have a great trust in Kris.

These are just a few of our volunteer stories, but there are many more. If you are interested in becoming a volunteer with the ADRC of Central Wisconsin, visit www.adrc-cw.org or contact us at **888-486-9545**.

SENIORS, Caregivers, and Concerned Families...



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Thank You



Leroy Gorski
10 years
Wausau



John Sweeney Jr.
10, 5, & 1 years
Wood County



Julie Van Handel
9 years
Elcho



Volunteers!



David Zalewski
3 years
Antigo



Lynda Reis
3 years
Wausau



Kris Ziegler
15+ years
Merrill





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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).

440656

April Spotlight



Six beautiful handmade lap quilts were graciously donated to our Wisconsin Rapids Meals on Wheels customers by Diane Lobner.



**Chuck Peters
Marilyn Knoll
Jerry Jackson
The Silo Jumpers
Peg Wasrud
Jim Rasmussen
Jim Dunn
Carleen Kriz
Diane Lobner
Ruth Fox
Avis Schroer**

**Valerie & Bob Raisch in Memory
of Rodney & Sharon Kolz**

A very generous anonymous donation of both monetary and various items was given to the Centralia dining site

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
1100 Lake View Drive Ste 600, Wausau, WI 54403
Call to inquire about paying electronically.
888-486-9545

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: _____





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After all, our stories are still being written, and we're happy to help fill the pages.

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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.

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