

JACKSON COUNTY Sixty Forward



*"Not just for Seniors" ...
A resource for seniors, families and caregivers.*

**VOL. 11 - ISSUE: 1
JANUARY 23, 2023**

Welcome Megan Olson



Hello, I'm Megan Olson. I've worked for Jackson County as an Economic Support Specialist for four and a-half years prior to taking over as the Aging and Disability Resource Center Disability Benefit Specialist. I look forward to continuing to help people in Jackson County within my new position. In my free time, I like to spend time in the kitchen, where I create new concoctions or follow long-standing family recipes.

Jackson County seniors take in the Rotary Lights



Jackson County Seniors enjoyed a trip to La Crosse to view the Rotary lights in December. Watch for more bus trips planned in 2023!

Snowshoeing for Seniors – A Perfect Way to Stay Active This Winter

Submitted by Dawn Jacobson, Jackson County Public Health Specialist

Snowshoeing is becoming increasingly popular, with senior participants 65 and older being the fastest growing age group to take up

this fun winter activity. We have all heard the importance of staying physically active as we age to help prevent and manage chronic disease, but when the snow falls around Wisconsin, it is common to become less

active during the winter months. Snowshoeing is a fun, safe way to stay active this winter, appreciate nature, and take on a new adventure.

Snowshoeing is simple to learn; if you can walk, you can snowshoe!

Before heading out on the trail, though, remember a few safety tips.

If you have not been physically active in recent months or longer, be sure to see your health-care provider to be sure you are safe for physical

activity. Once you are cleared to go, remember to stay within your limits. Walking in snowshoes is harder work than regular walking during the summer.

Walk at a comfortable pace and remember not to go too far from your starting point on the first time out, as you learn your safe limits. It can take 30-40 minutes to snowshoe 1 mile, so plan accordingly. A snow-packed trail will be the easiest option; for more of a challenge you can try deeper, fresh snow.

Dress appropriately, wearing winter clothing and layers. Warm, insulated boots work well for snowshoes, which can strap to almost any footwear.

Consider bringing along a small daypack with a few safety items,

such as a flashlight, compass and map, hand warmers, cell phone and a small snack. Also, be sure to bring a small bottle of water. Your body needs to stay well-hydrated during exercise in the winter, just like in the summer.

Hiking poles are a great addition to use while snowshoeing, to help with balance, stability, and assist with going up or down hills.

Snowshoeing is enjoyed by many well into their 70's and beyond. To learn more about snowshoeing opportunities in Jackson County and to learn about Jackson In Action's new Snowshoe Checkout Program, visit www.JacksonInAction.org, or contact Dawn Jacobson at Jackson County Public Health, 715-284-4301.

Community & Culture – Dinner After Five

Join us in exploring the culture & cuisine of local Jackson Co. populations!
Hosted by the ADRC's Senior Nutrition Program.

Must be 60 or older, or you may attend if with a spouse who is 60 or older.
Suggested donation of \$5.00

Registration Required: 715-284-3978

Norwegian

This Community & Culture will focus on the Norwegian culture. We will start with a short presentation and how our community can support and participate in that culture today, followed by dinner and socialization.

Thursday, February 16th | 5:00 PM
American Legion | 421 WI-54, BRF WI



Questions?
Give us a call at 715-284-3978



Daylight Savings Time is
Sunday, March 12.
Spring ahead...set your clocks
ahead one hour.

Happy New Year from the 2023 Jackson County Aging and Disability Unit Staff

Happy New Year from the Jackson County Aging and Disability unit staff: Lynette Gates, Amber Ducklow, Megan Olson, Darby Rush, Angie Shafer, Elizabeth Braun, Megan Gerardy, Rachael Burzynski, Lori Holmgreen, Richard Waller, Rodney Vetterkind, Mary Valentino, Megan McCormick and Sarah Denstad.

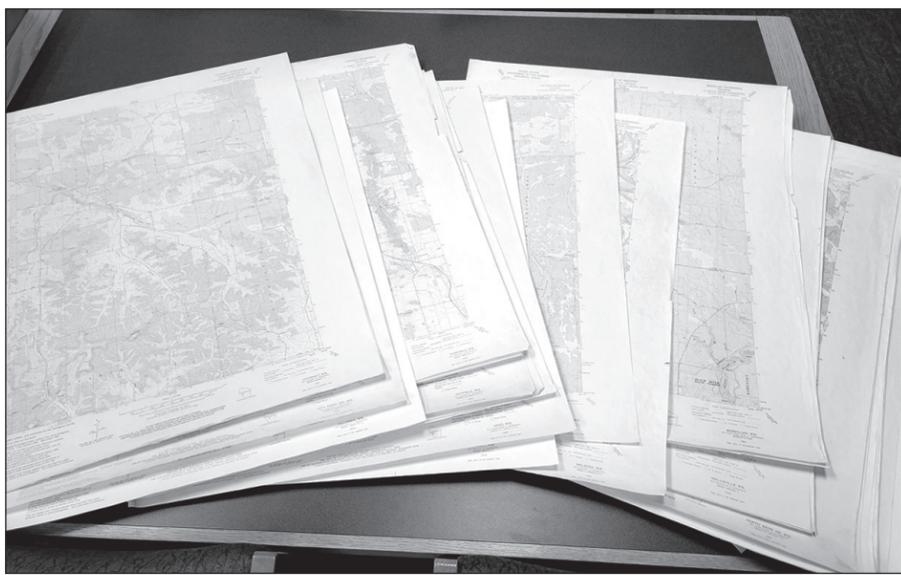
The BRF library's history room is a great place to visit

Following the library's 150th celebration, I have had the time to sort, organize and review the items that are contained in the History Room Vault. Many of these are "one-of-a-kind" or original documents/books. With the help of volunteer Grace Nordahl, an update-to-date list is kept of these items.

Within the past couple years, several organizations, that have disbanded, have requested that their minute books be kept in the vault. Most recently, Fossen Lodge 5-534 added their minute books. Several individuals use minute books for research. They tell so much about the role these organizations have played in our communities. If you are interested in checking out what's in the vault, please stop in.

One of my favorite times with researchers comes when dealing with maps. Knowing where ancestors lived is so important. Recently, Dennis Melichar, a retired surveyor, brought to the History Room a collection of topographic maps. These are mapped, edited and published by the Geological Survey in cooperation with the Wisconsin Division of Highways and Wisconsin Geological and Natural History Survey. These maps are very interesting and are very detailed. I certainly would encourage anyone interested in these maps to stop in. Dennis's donation is just another example of why the History Room is a great place to visit!

Mary Murray Woods
Historian
Black River Falls Public Library
Jackson County History Room



The Black River Falls Public Library History Room was recently gifted a collection of topographic maps from a retired surveyor. As with other items in the history room, the public is encouraged to stop by and take a look at all the history room provides.



Eating Right and Reducing Food Waste

By Academy of Nutrition and Dietetics

GO FURTHER WITH FOOD by incorporating these food, nutrition, and physical activity tips!

People rarely talk about the foods they toss out, yet the topic of food waste is getting a lot more attention these days. It's been estimated that Americans throw away billions of pounds of food each year either at home or when eating out. And that amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmers' fields.

Not all food that is wasted can be saved and eaten, but it's been proven that a lot of food waste could be prevented, especially at home. A good place to start is right in your own kitchen.

Here are a few tips that will help.

Plan Meals Based on the Foods You Already Have on Hand.

- Look in the refrigerator, freezer, and pantry for foods that need to be used up.

- Write a list of the ingredients you still need.

- Buy only the amount of perishable foods that can be eaten or frozen within a few days. This is especially true for foods, like fresh fruits, vegetables, meats, dairy products and seafood.

Get Creative With Leftovers

Transform meals into soups, salads, or sandwiches by cutting up leftover veggies and cooked meats.

- Use as a topping for salads or cooked grains like rice or pasta.
- Wrap in a tortilla or stuff into a pita for a satisfying sandwich.
- Combine to make soup, then enjoy or freeze for future use.
- Eat as a leftover meal later in the week.
- Or simply brown bag the leftovers for lunch.

Master the Shelf Life of Foods

Many foods and drinks purchased at the grocery store include a date, which indicates when it should be used or sold by. Because these dates refer to the product's quality, it doesn't necessarily mean they should be thrown out.

- Use by, Best by, and Best Before dates are found on foods, such as mustard, salad dressing, and ketchup. These products usually don't need to be refrigerated until opened. In many cases, they are safe to eat beyond the date as long as they have been stored properly.

- Sell by dates are displayed on perishable foods, such as meats and dairy products. It's possible these foods may be used a few days after that date, as long as they were stored at a safe temperature.

Practice Good Food Safety

- Don't risk eating or drinking anything that you suspect has spoiled.
- Eat leftovers within 3 to 4 days (or freeze for up to 3 to 4 months).
- Test your food safety knowledge or find out if it's time to toss those foods by downloading FoodKeeper App on [foodsafety.gov](https://www.foodsafety.gov).

- Create ideal storage conditions.

- Store foods in the pantry so that products with closer dates are up front
- Place foods that could spoil quickly within sight, such as in the front of the refrigerator or on the counter (if they're not perishable). Wait to wash produce until right before serving.

- Learn which fruits and vegetables to store in the refrigerator. Some produce will cause other fruits and vegetables to ripen quickly, so they need to be separated. And others should be stored in a cool, dark, dry place. Check out the "How to Keep Produce Fresh Longer – Infographic" on [homefoodsafety.org](https://www.homefoodsafety.org) for more information.

Other Ways to Go Further With Food

- Be mindful of portion sizes. Choose smaller portions to stay within your calorie needs, as MyPlate recommends.

- Order smaller sizes of foods and drinks when eating away from home.

Or ask for a to-go container at the start of a meal.

- Learn how to properly can or dehydrate foods at home.

- Donate extra foods that are still safe to eat to a local food pantry or shelter.

- Consider composting.

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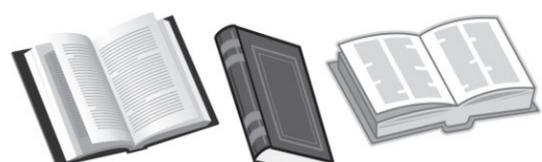
Todd Perry

AUTO HOME FARM

MEDICARE LIFE BUSINESS

YOUR LIBRARY TO GO

offers materials to people in Jackson County who find it difficult to get to the library. If you are homebound for various reasons and would like a volunteer to bring items to you, register with Interfaith Caregivers at 715.284.7058.



Options Counseling

By: Elizabeth Braun
and Lori Holmgreen

Get To Know Your ADRC: Long Term Care Options Counseling

Your local Aging & Disability Resource Center (ADRC) can offer information about the options that are available to meet your long-term care needs and factors to consider in making long-term care decisions. Options Counseling is a person-centered interactive decision-support process that typically includes a face-to-face interaction; it is more than providing a list of service providers or programs. Options Counseling is provided by ADRC staff, known as options counselors and as pictured in the January edition of the La Crosse Senior Life.

Options counselors may determine if you will be eligible for public funding for your long-term care and help you prepare your Medicaid application, if eligible. The ADRC will also provide:

- Information about the choices you have when making decisions about where to live, what kind of help you need, where to receive that help, and how to pay for it.
- One-on-one consultation to help you think through the pros and cons of the various options in light of your situation, values, resources, preferences, and goals for the future.
- Information about Wisconsin's long-term care programs and help connect you to local resources, as appropriate, with the ultimate goal to maximize your independence.

Our team is available Monday through Friday, 8:00 AM to 4:30 PM, to begin conversations regarding your long-term care goals/needs - it is never too early to start your planning! To get started, call us at 715-284-4301.

WELCOME TO MEDICARE CLASSES!

GOT MEDICARE? GOT QUESTIONS?

Join our free classes to learn more about how your coverage works.

February 7, 2023
12 p.m. to 1 p.m.

March 7, 2023
12 p.m. to 1 p.m.

April 4, 2023
12 p.m. to 1 p.m.

Held at Black River Falls Public Library
222 Fillmore Street, Black River Falls, WI 54615

Aging and Disability Services Unit

Angie Shafer - Aging and Disability Services Manager

Lynette Gates – Aging and Disability Services Supervisor

Megan McCormick - Community Health Worker

Megan Gerardy – Elder Benefit Specialist

Megan Olson - Disability Benefit Specialist

Elizabeth Braun - ADRC Options Counselor

Lori Holmgreen – ADRC Options Counselor

Amber Ducklow - Adult Protective Services

Rachel Burzynski - Adult Protective Services

Darby Rush - Dementia Care Specialist

Sarah Denstad – ADS Program Assistant

Contact the Aging and Disability Services Unit at 715-284-3978.

This new year, resolve to take care of you

Submitted by Jackson County Interfaith Volunteer Caregivers

For someone with dementia, families don't always realize the importance of respite for their own well-being as well as that of their loved ones. Without breaks,

caregivers can become stressed, resentful and even depressed. Time For You offers periodic breaks from the normal stresses of caring for someone with memory issues. If the individual lives alone the Time For You Program can offer an even more important role of providing additional socialization. Socialization is an important part of mental health. If people don't have the opportunity to interact socially with each other, they may begin to feel lonely, isolated, or depressed. This is true, for both people who are intact cognitively and for those who are living with dementia.

When Interfaith volunteers created their Time For You Respite Program, we knew how much it would benefit the caregivers, but we quickly witnessed the advantages to those living with memory impairment. Participants at Time For You were soon coming out of their shells by dancing, laughing and even telling jokes. Taking part in the social activities during our program continues to positively impact our participants.

Time For You is offered twice a week to individuals who are experiencing memory

issues or dementia. It is currently being held at The Family Worship Assembly on Tuesdays and Thursdays from 11:30 a.m. to 3:30 p.m. During this time, the volunteers and attendees take part in social activities together, have lunch and play games or invite special guests for entertainment.

We are happy to announce as we move into the new building at 1451 Tyler Street, Time For You will be joining us in mid-February of 2023. Their first day at our new site will be a fun family day to ease everyone into the new area comfortably. It is an exciting time for us during this transition. We are currently looking for more passionate volunteers and recommend new members to join as we grow together here at Interfaith.

Often when people begin experiencing memory issues, they start to withdraw and isolate themselves. This is one of the worst things we can do. Participating in activities that engage the brain is recommended for all of us, especially for people who are living with dementia. A review of multiple research studies has suggested that structured activity programs may

slow down the progression of Alzheimer's or even improve cognitive functioning for a time. We are seeing this firsthand with our Time For You Program.

"Mom never plays games at home," and "Dad was so happy when he came home!" These are just some of the comments we have heard from family members.

Along with The Time For You Program, Interfaith provides other assistance with friendly visits or phone calls; Delivering groceries through our Groceries to Go program; and offering digital copies of the Banner Journal and 60 Forward newsletters so individuals with vision loss can enjoy the local news through our Visually Impaired Program. Interfaith volunteers also provide transportation to medical appointments or social engagement events. Interfaith offers these valuable programs with the assistance of over 200 volunteers who put their Faith in Action by helping others!

To see if Time For You is right for your loved one, or if you would like to discover a rewarding volunteer opportunity, please call Interfaith at 715-284-7058.



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Beneficially Speaking



with
Megan Gerardy
Jackson County
Elder Benefit
Specialist

Don't Fall Victim to Scam Shame

By the GWAAR Legal Services Team

One of the hardest pills to swallow for victims of scam or fraud can be the sense of shame that comes from realizing you've been duped. It's perfectly natural to feel embarrassed when you've dropped your guard or missed a warning sign and allowed a scam-

mer to put one over on you, but it's important to remember that scams happen to people of all ages, from all walks of life, all the time. Fraudsters are professionals at what they do, and they are constantly refining their tactics to get past the defenses of even the most savvy and skeptical among us. To make matters worse,

scammers rely on shame to stay in business.

It's well known that the vast majority of successful scam and fraud incidents go unreported – by some estimates as many as 95% - and much of that is due to victims' feelings of shame. For that reason, while it's certainly important to educate consumers about how to detect and avoid fraud and scam efforts, it's equally important to empower people to speak out when they've fallen victim to scam or fraud. Having the courage to report fraud can help not only to reduce damage to the victim, it can help reduce the likelihood of the same thing happening to others.

Fortunately, Wisconsin has excellent resources available to respond to frauds and scams, including our Senior Medicare Patrol and the Wisconsin Department of Agriculture, Trade, and Consumer Protection. Reporting an incident of scam or fraud as soon as possible can help keep a bad situation from getting even worse and spreading to other victims.



Always Protecting Someone

by
Rachael Burzynski and Amber Ducklow
Jackson County
Adult Protective Services

Rising Scams

Financial scams often target the older population and there is almost no way to recoup any money that is lost. Scammers are coming up with creative ways to take advantage of individuals. The following information was obtained from the Wisconsin Department of Justice (DOJ) and the Wisconsin Department of Agriculture, Trade, and Consumer Protection (DATCP) press releases of rising scams to be aware of in Wisconsin.

The DOJ press release is warning the older population of scammers calling and pretending to be someone from law enforcement or an attorney. The scammer falsely claims a family member had been involved in a car accident, was arrested, and demands large sums of money for a bond payment. The scammer then arrives to the home of the senior pretending to be a bond

agent and picks up the cash. It is reported over 100,000 has been lost by Wisconsin seniors.

If contacted by someone stating they are law enforcement or an attorney do not provide payment unless you independently verify their identity and the validity of the claims. If you know someone who has been affected by this scam or you yourself has, please report to the police.

Another scam on the rise involves gift cards. Individuals are noticing that soon after purchasing a gift card and activating them, unused gift cards did not contain any funds and had a zero balance. Criminals may use bots to automatically check retailers' online gift card balances and determine cards that have been activated. These bots can search thousands of card numbers per second and notify the criminal as soon as it finds one with a bal-

ance – potentially just seconds after the card becomes active. The criminal may immediately use the card to make purchases or sell the card's information on the dark web before the consumer ever uses it.

DATCP recommends the following to avoid similar gift card scams:

- Buy your gift cards directly from a known and trusted source.
- Do not purchase gift cards at online auction sites as they may be stolen or depleted.
- Activate gift cards just prior to giving and/or using.
- Use gift cards quickly after receiving them.

Steps to take if you feel you have been a victim of a scam:

Report to your local police, the Better Business Bureau, the Wisconsin Department of Consumer Protection, the Federal Trade Commission, and/or the Wisconsin Elder Abuse Hotline.

Secure your bank accounts and protect your personal information by contacting your bank, social security, pension providers, and/or freezing your credit.

You may be able to file for legal action depending on the scam. Research and reach out to an attorney who may be able to help with this.



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*10.99% Annual Percentage Rate (APR). This is a personal unsecured line of credit loan. Monthly payments based on 2% of outstanding loan balance. Term is a 12-month loan, automatically renewable at maturity subject to account review. Loan availability subject to credit approval, eligibility, and credit qualifications. Origination fee of \$50.00 due at loan closing. No prepayment penalty and no collateral required. Please see a Black River Country Bank Loan Representative for a full account disclosure. Offer good until March 1, 2023.



Working While Receiving Benefits

If you are	You can make up to	If you earn more, some benefits will be withheld
Under Full Retirement Age	\$21,240/yr. (\$1,770/mo.)	\$1 for every \$2
The Year Full Retirement Age is Reached	\$56,520/yr. (\$4,710/mo.) before month of full retirement age	\$1 for every \$3
Month of Full Retirement Age and Above	No Limit	No Limit

Wishing Mary well



We wish Mary Valentino a Happy Retirement after working 28 years for Jackson County. Mary's latest job with the county was with the Aging and Disability Resource Center as a disability specialist. Thank you Mary for your years of dedication to helping Jackson County residents. Enjoy retirement!

Dress for Cold Weather

Winter in Wisconsin can hold some extreme cold temperatures. It is important to dress for the weather to keep yourself safe. The colder the temperatures and the more the wind is blowing the less time you can spend out in the elements before the po-

tential for cold injuries. If you are going out and about make sure to dress appropriately for the weather by wearing layers. Layers are effective for two major reasons, one, the layers add additional levels of insulation and protection, and two, if you

get too warm you can always remove a layer.

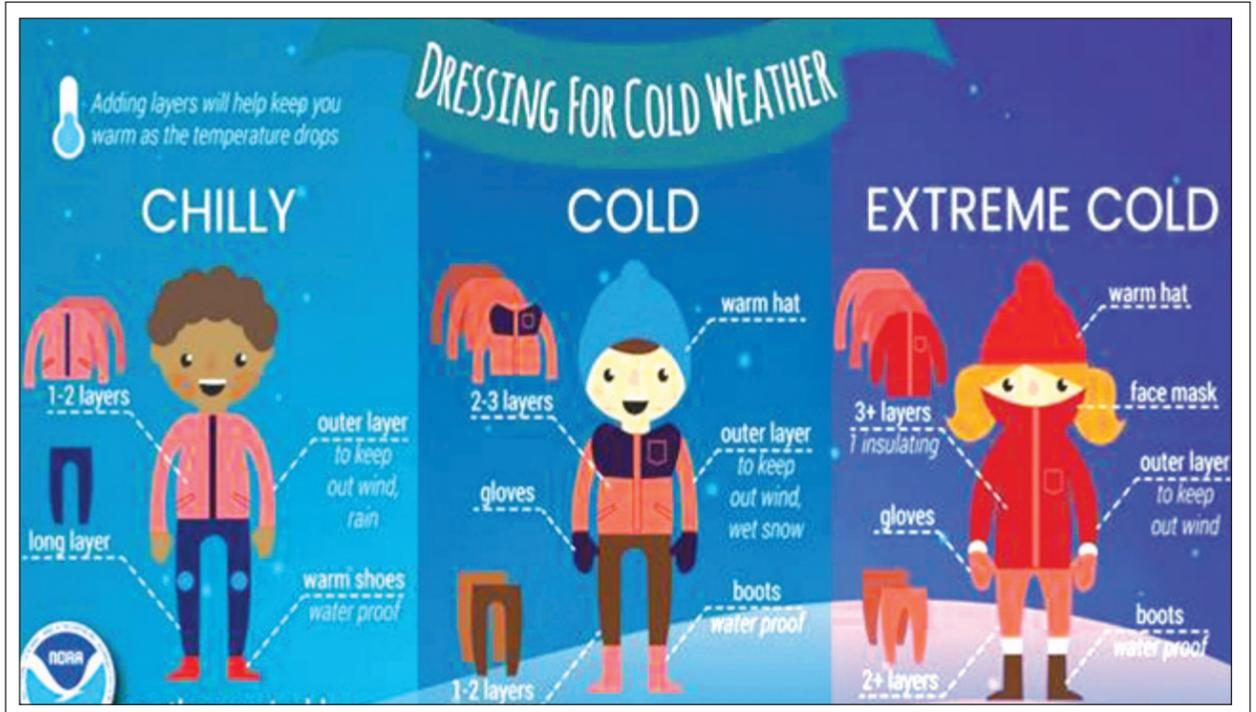
Also, as a reminder (especially seeing some bitter cold temperatures and windchills), it is a good idea to keep a few items in your car just in case:

- Blanket(s)
- Extra hats/gloves

Snow scraper
Some granola bars or other non-perishable food stuff

Water (*should be brought each trip, not kept in the car because of freezing)

- Small shovel
- Kitty litter/sand/salt
- Jumper cables



Daylight Savings Time is Sunday, March 12. Spring ahead ... set your clocks ahead one hour.

Jackson County Mini Bus

Out-of-Town Trips

Third Friday every other month - Tomah (\$5.00)

8:00 a.m. - Leave Black River Falls
Walmart, Aldi, Goodwill, Dollar Tree, Lunch
2:15 p.m. - Return to Black River Falls

Third Friday every other month - Eau Claire (\$5.00)

8:00 a.m. - Leave Black River Falls
9:30 a.m. - Kohl's, Goodwill, Target
10:30 a.m. - 1:30 p.m. - Oak Wood Mall
2:00 p.m. - Family Restaurant - Osseo
2:30 p.m. - Return to Black River Falls

Please call 715-284-4301, ext. 370 to set up a ride and give two days notice.



Memory Café

A safe and supportive environment for those with dementia or other memory loss and their care partners. Take a break and enjoy coffee, social time and a special activity.

BINGO

Wednesday, March 15th
1:00pm - 2:30pm

Black River Falls Public Library
222 Fillmore St. | Black River Falls, WI 54615

MEMORY CAFE MONTHS

January, March, May, July, September, November

Have some questions?

Give us a call at the Jackson Co. ADRC at 715-284-4301



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of information pertaining to vaccines, ADRC resources and community connections as well as the CHW roles in the ADRC. Participants were able to sign up for a one-on-one Social Isolation and Loneliness Screen with the CHW.

Our main goal in delivering this outreach was to promote socialization among the ADRC scope of service clients in Jackson County after the pandemic and to make people aware of the upcoming outreaches we plan to facilitate in the future.

Social Isolation and Loneliness has become the new norm for our elderly and disabled consumers, with the slowing in cases with COVID-19, the ADRC team will continue to promote and encourage those to come out, socialize, ask questions and obtain resources that will give them the ability to live a healthy life.

Healthy Measures Bingo Bash for Seniors

October 12, 2022, marked our first in-person outreach, facilitated by Megan McCormick, community health worker (CHW). Seniors came together at Jackson County DHHS for an afternoon session, called "Healthy Measures Bingo Bash." The ADRC partnered with Public Health, where commu-

nity members attended and received a Healthy Measures tote bag. The bag was filled with information and resources for preventive health measures. An emergency preparedness binder was given to be used to document important information in case of a health emergency. Bingo questions and answers consisted



Jackson County community health worker Megan McCormick facilitated "Healthy Measures Bingo Bash," Oct. 12, 2022, an event that shared information and resources to help community members stay healthy.



Each participant took home a Healthy Measures tote bag filled with information to help promote healthy living and address social isolation and loneliness, both of which are being addressed in upcoming outreach events.

Welcome Spring!

"It's my life and they respect that."



VISION CHECK WORD SEARCH

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

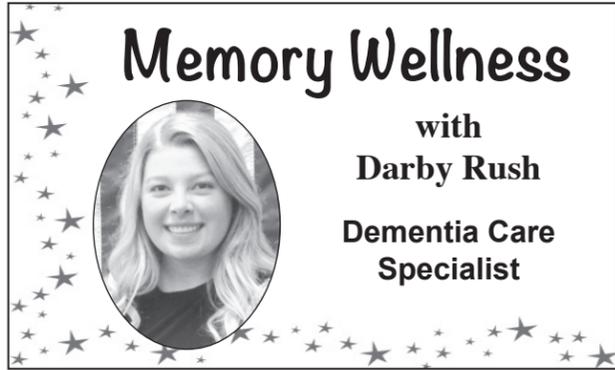
Find the words hidden vertically, horizontally, diagonally, and backwards.

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Answers on page 10.



11 Myths About Alzheimer's Disease

Alzheimer's disease is a leading cause of death in the United States, and millions of Americans are affected by the disease. It's important to distinguish the facts from the myths about Alzheimer's, especially when it comes to finding information online. Read on to learn about common myths surrounding this disease.

1. Alzheimer's disease and dementia are the same thing

People often use the terms Alzheimer's disease and dementia interchangeably, but there is a difference. Dementia refers to impaired memory, thinking, reasoning, and behavior, and Alzheimer's is just one type of dementia. The terms are likely confused because Alzheimer's is the most common cause of dementia and the most well-known. But there are other types of dementia, too, including

Lewy body dementia, frontotemporal dementia, and vascular dementia.

2. I will develop Alzheimer's disease if my parent has it

If a parent or close relative has Alzheimer's disease, you may be worried about developing it as you get older. A person's chance of developing Alzheimer's is higher if they have certain genetic variants that can be passed down from a parent. However, just because a biological parent has Alzheimer's does not mean that their children will develop it.

Alzheimer's disease is complex, and scientists don't yet fully understand what causes it in most people. Research suggests that in most individuals, a host of factors beyond genetics play a role in the development and course of the disease. Environmental and lifestyle factors, such

as exercise, diet, exposure to pollutants, and smoking may also affect a person's risk for Alzheimer's. Although we don't yet know how to prevent Alzheimer's, it's important to practice healthy behaviors throughout your lifetime, such as exercising regularly and eating a balanced diet.

3. Only people in their 70s and older get Alzheimer's disease

While the greatest known risk factor for Alzheimer's is age, that does not mean that only older adults develop it. For most people with Alzheimer's, it's true that symptoms first appear in their mid-60s or beyond. However, some people experience symptoms earlier, even as young as their 30s. When a person develops Alzheimer's between their 30s and mid-60s, it's called early-onset Alzheimer's. Early-onset Alzheimer's is rare — representing less than 10% of people with Alzheimer's. Developing Alzheimer's earlier in life can present specific challenges. People diagnosed at younger ages may be more likely to be raising children who are still at home or managing work and having to apply for disability than those who are diagnosed at older ages.

4. Alzheimer's disease symptoms are normal as we get older

Many people become more forgetful as they age, and some forgetfulness, such as losing things from time to time, is normal. However, common signs and

symptoms of Alzheimer's, such as making poor judgments and decisions a lot of the time, having problems recognizing friends and family, or losing track of the date or time of year are not a normal part of aging.

If you are worried about your memory or other possible Alzheimer's symptoms, talk with your doctor. The doctor may ask questions about your health history, perform assessments of your thinking and memory, and carry out medical tests to determine your diagnosis.

5. There are no treatments available for people with Alzheimer's disease

There has been significant progress toward developing better treatments for people with Alzheimer's. Several medications are available that can help treat people with Alzheimer's disease. There are also coping strategies to help manage behavioral symptoms.

While there is currently no cure for Alzheimer's disease, thanks to scientific advances, research has never been more promising. In total, NIA is funding hundreds of clinical trials including both drug and nondrug interventions. These include testing treatments that target behavior and lifestyle factors as well as underlying causes of the disease.

6. If I'm frequently forgetting things, it must be Alzheimer's disease

Even though memory problems are typically one of the first signs of Alzheimer's, not all memory problems mean a person has the disease. Some forgetfulness is normal as we age.

Talk with your doctor to determine whether the memory changes you're noticing are normal or may be a sign of something more serious. In some cases, depression or medication side effects can cause memory and other thinking problems. With treatment, it may be possible to reverse some memory problems due to these reasons.

7. You can buy supplements online to prevent or cure Alzheimer's disease

There are many websites and advertisements that promise certain supplements can

effectively treat or cure diseases such as Alzheimer's. In some cases, these may seem reliable, offering advice on healthy aging and Alzheimer's to gain people's trust and promote their products. However, there is no scientific evidence backing these claims, and currently, no supplement has been proven to delay, prevent, treat, or cure Alzheimer's.

Talk with your doctor before taking any supplements or trying any other new treatments.

8. You can prevent Alzheimer's disease

There is no proven way to prevent Alzheimer's. However, there are steps you can take to help reduce your risk for this disease. A risk factor is something that may increase a person's chance of developing a disease. Some risk factors can be controlled, while others, such as the genes you inherit, cannot.

In general, leading a healthy lifestyle may help reduce risk factors that have been associated with Alzheimer's and other age-related health problems. These include:

- Controlling high blood pressure
- Maintaining a healthy weight
- Staying mentally and physically active
- Preventing head injury
- Sleeping seven to nine hours each night

9. Doctors cannot definitively diagnose someone with Alzheimer's disease until after death

Before researchers developed biomarker tests in the early 2000s, the only sure way to know whether a person had Alzheimer's disease was through autopsy, a procedure that is performed after death. Now, lab and imaging tests are available to help a doctor or researcher see the biological signs of the disease in a living person. For example, it is now possible for doctors to order a blood test to measure levels of beta-amyloid, a protein that accumulates abnormally in people with Alzheimer's. Several other blood tests are in development.

However, the availability of these tests is still limited. NIA-supported research teams continue to study options for faster, less-expensive, and less-invasive ways to diagnose Alzheimer's.

er's.

10. An at-home genetic test can tell me if I have (or will have) Alzheimer's disease

You may have heard about at-home genetic tests. These tests extract DNA from a person's saliva and provide reports of the genetic data. It's important to note that no genetic test can diagnose Alzheimer's disease. Genetic tests can identify certain rare genetic variants that cause early-onset Alzheimer's, as well as genetic variants that increase a person's risk for the disease. FDA has approved one of these tests for at-home use. This test shows if a person carries a form of the APOE gene, APOE ε4. People with this variant are at an increased risk for Alzheimer's, but it does not mean that they will definitely develop the disease.

Talk with your doctor about these types of genetic tests. You also may want to schedule an appointment with a genetic counselor to help you consider whether a test is right for you and to understand the results.

11. I'm not a scientist. I can't do anything to help fight Alzheimer's disease

Even if you are not a scientist, there are many ways that you can help advance Alzheimer's disease research! Volunteers participating in clinical trials and studies have led to meaningful advancements in the detection, diagnosis, and treatment of Alzheimer's. By joining a trial or study, you become a partner in helping researchers advance their knowledge toward effective diagnostics, treatments, and preventions. All types of volunteers are needed, including people living with dementia, caregivers, and healthy volunteers.

As a family member or friend of a person living with Alzheimer's, you can also help by offering support, such as learning tips for communication or finding suitable activities. You can also offer help by supporting caregivers of people with Alzheimer's or a related dementia.

This content is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date.

How much does Medicare cost in 2023?

* Medicare Part B Standard Premium
\$164.90/month

* Medicare Part B Deductible for 2023
\$226. You typically pay 20% of Medicare-approved amount after deductible is met

* Medicare Part A Premium for uninsured individuals
\$506/month, if you have 30-39 credits
\$278/month



**FROM THE
DESK OF THE
VETERANS
SERVICE
OFFICE**



**Randy Bjerke
Jackson County
Veterans Service Officer**

Things that you may not know the VA Health System does

Besides pills and labs, there are many more benefits to VA Health Care. I think most of the veterans who are enrolled in VA Health Care know that they hit all the bases with care: General Care, Optometry, Cardiac care, Dermatology, Neurology, Physical Therapy, Work Therapy, Podiatry, Respiratory Therapy, Prosthetics, and even Dental - mainly for those veterans who have a 100% service-connected disability rating. And I'm sure that I left some out.

But it's amazing the things that you wouldn't think of that the VA can do for their enrolled veterans: orthotics (special insoles for shoes), "diabetic" shoes - for those veterans with neuropathy in their feet. The foot part is made of nylon material to keep them from rubbing a "raw" spot on their foot.

Veterans with mobility issues can receive canes, walkers - both kinds - the ones with the handlebars and wheels and the older style walkers. You know,

the ones that we see with the tennis balls stuck on the bottom. Wheelchairs, electric wheelchairs, scooters - even the little "carriers" that fit into a vehicle's receiver hitch to haul them on. If you need a ramp to get into your house, the VA can issue what is called a "HISA Grant," which stands for Home Improvement and Structural Alteration. The grant can cover the cost of a ramp or alterations to a person's house to make it easier for those with limited mobility. There is a process to go about to receive this, but it's well worth it in the end.

And then there are the "alert buttons." I call them the "Help, I've fallen and I can't get up" button. The VA has them, too. It plugs into the phone line, and when they hit the button, it calls 911. These are really handy, but in order for them to work, the veteran needs to keep them within arms distance. They don't do a person any good if you're in the kitchen on the floor and your button is back in your bedroom hanging on the dresser knob. The VA even has two styles of these: one you wear on your wrist and one you hang around your neck. It makes a lovely necklace!!

Those enrolled veterans who are blind or have low vision can receive magnifiers of several different styles and functions. The VA will consult with the veteran on any of the things that we're talking about today to see which product or model would work the best for them.

The VA has all kinds of things to make life easier for our veterans with disabilities: mobility adapted computer accessories, electronic aids to daily living, adapted sports and recreation equipment. Of course, they have a Prosthetics Department for those who need them, arms, legs, whatever. We even have a local veteran who has a glass eye, and he gets replacements through the Milwaukee VA Hospital. There's more to it than just getting a new eye: they have to match the size and color of both the white part and the iris.

For veterans who need automobile adaptations, there is a grant for hand controls, etc. It seems like such a minor thing until you need it yourself. These are just things to make it easier and safer for those veterans who need it. For those veterans who are highly disabled, there is a more upper-level grant available - one that covers a lot more. That grant has a higher eligibility requirement, though.

The VA started to get chiropractors in 2004 and the number of VA hospitals/clinics who have them on staff has steadily increased. They also have acupuncturists on staff. The VA has really started to look at alternative means to treat their veterans. The VA's Pain University has a variety of non-opioid methods to reduce pain.

What if a veteran has sleep apnea, and there seem to be more of them every day. It is possible for our veterans who are enrolled in VA health care to get replacement CPAP masks and tubes, even new CPAP machines themselves.

You know, once you look into it, it is really surprising just what all the VA can do for our veterans. And if a veteran isn't enrolled in VA Health Care, they should look into it. "How do we do that, Randy?" you may say. It's easy: contact my office. We are glad to talk with our veterans to see if they qualify for VA health care, although not every veteran will qualify. We help the veteran complete the application form, which doesn't take very long, and then we forward that form and the veteran's DD-214 down to the Tomah VA. Almost all benefits start with the DD-214.

Our office is in the courthouse, just up the street from beautiful downtown Black River Falls. We're in room 103, on the main floor between the register of deeds and the clerk of courts. Stop in, or call for an appointment at (715) 284-0225. You'll either talk with my office assistant, Brenda Schulz, or myself. Or leave us a message and we'll get back to you.

Tips to Help with Seasonal Affective Disorder (SAD)

By the GWAAR Legal Services Team

If you start feeling down during this time of year, you are not alone. Also known as the "winter blues" Seasonal Affective Disorder or SAD affects millions of people during the winter months in the northern hemisphere.

According to the National Institute of Mental Health (NIMH), Seasonal Affective Disorder (SAD) is not considered as a separate disorder but is a type of depression that has a recurring seasonal pattern.

Seasonal Affective Disorder includes all the symptoms of major depression such as:

- Feeling depressed for prolonged periods
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleep

- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

Additionally, symptoms of SAD that recurs in wintertime includes:

- Having low energy
- Hypersomnia
- Overeating
- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like "hibernating")

So, if you're feeling this way around this time every year and if it's especially difficult this year, what can you do feel better? First, talk to your doctor. According to NIMH, there are four major types of treatment for SAD that may be used alone or in combination with each other that your doctor may recommend: medication, light

therapy, psychotherapy, and vitamin D.

Medication

Selective Serotonin Reuptake Inhibitors (SSRIs) are used to treat SAD. The FDA has also approved the use of bupropion, another type of antidepressant, for treating SAD. As with other medications, there are side effects to SSRIs. These medications can only be prescribed by a doctor so you will want to discuss risks and benefits of different medications with your doctor.

Light Therapy

Your doctor may also recommend light therapy. Light therapy has been a mainstay of treatment for SAD since the 1980s. The idea behind light therapy is to replace the diminished sunshine of the fall and winter months using daily exposure to bright, artificial light.

Symptoms of SAD may be relieved by sitting in front of a light box first thing in the morning, on a daily basis from the early fall until spring. Most typically, light boxes filter out the ultraviolet rays and require 20-60 minutes of exposure to 10,000 lux of cool-white fluorescent

light, an amount that is about 20 times greater than ordinary indoor lighting. These therapy lights, sometimes called "happy lights" or "happy lamps" can be purchased at many retailers. Light therapy boxes are FSA and HSA eligible items. For more information and help selecting the light therapy box visit: Seasonal Affective Disorder treatment: Choosing a light therapy box.

Psychotherapy

Your doctor may also recommend psychotherapy to help with SAD. According to NIMH, cognitive behavioral therapy (CBT) is type of psychotherapy that is effective for SAD. Traditional cognitive behavioral therapy has been adapted for use with SAD (CBT-SAD). CBT-SAD relies on basic techniques of CBT such as identifying negative thoughts and replacing them with more positive thoughts along with a technique called behavioral activation. Behavioral activation seeks to help the person identify activities that are engaging and pleasurable, whether indoors or outdoors, to improve coping with winter.

Vitamin D

Finally, your doctor may recommend taking a vitamin D supplement. According to NIMH, at present, vitamin D supplementation by itself is not regarded as an effective SAD treatment. The reason behind its use is that low blood levels of vitamin D were found in people with SAD. The low levels are usually due to insuf-

ficient dietary intake or insufficient exposure to sunshine. However, the evidence for its use has been mixed. While some studies suggest vitamin D supplementation may be as effective as light therapy, others found vitamin D had no effect.

For more information visit: <https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml>.

Answers to puzzle found on page 4.

ANSWERS TO CRYPTO FUN

A. Eyes	C. Vision
B. Exam	D. Glasses

HEALTH INSURANCE QUESTIONS?
We Build Plans Around You!

- Turning 65 or New to Medicare?
- Questions on the Affordable Care Act?
- Retiring or Losing Coverage Through an Employer?
- Medicare Advantage or Supplements



Call and ask for
Jim Dingeldein
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Beneficially Speaking II



with
Megan Olson
Disability
Benefits
Specialist

Medicare about your new Medicare card. To seem more believable, the caller will ask you to call the bank or government agency for more information.

However, when you hang up on a call on your landline phone line, the person who called you can stay on the line for several seconds. That means that if you hang up to call, for example, your bank or Medicare, the scammer will still be on the line. The person might even play a false dial tone to make it sound like you are making a new call. Then, the scammer will answer your call, pretending to be the agency you are calling.

The scammer may then ask you for financial information, like your credit card number, or pretend to “verify your identity” by asking questions that sound like security questions. The scammer can then use the information you provided to steal your identity or make purchases with your credit card. Unfortunately, because you thought that you were calling your bank or a government agency, you will not realize that you have been speaking with the same person who called you. Instead, you will believe that you are speaking with someone trustworthy.

If you receive a call from your bank about suspicious charges or from someone claiming to be from a government agency, do not give the caller any information. Instead, hang up the phone immediately and wait a minute before calling that agency yourself. You can also use a cell phone instead of a landline to make that call.



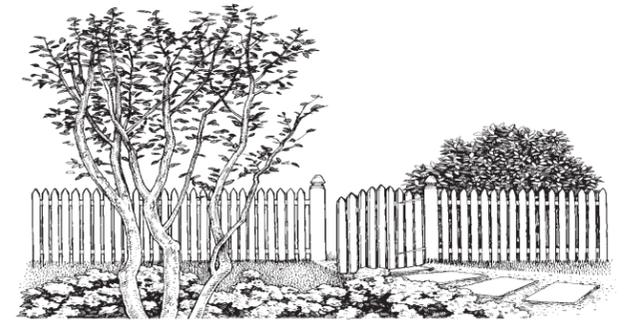
“60 Forward” is now available on cassette tape for visually impaired persons. If you or a loved one is interested in obtaining a copy, please contact Interfaith Volunteer Caregivers at 715-284-7058 for more information.

Watch Out for the “Hang-up Delay” Phone Scam

By the GWAAR Legal Services Team

A new phone scam is making the rounds. Here’s what you need to know about the “hang-up delay” or “delayed disconnect” scam so you can protect yourself.

In this scam, someone calls you on your landline phone pretending to be your bank, a police officer or a government agency. For example, the caller may tell you that there have been unauthorized withdrawals from your bank account or that they are calling from



JACKSON COUNTY SENIOR MEAL SITES

Carryout orders need to be called in to the restaurant between 8 and 10 a.m. Pick-up is between 11 a.m. and noon.

BLACK RIVER FALLS
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MELROSE
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608-488-2611
Dine-in or Carryout available
Monday through Thursday
11 a.m. to 1 p.m.

MERRILLAN
MERRILLAN CAFÉ
715-333-9200
Dine-in or Carryout available
Monday through Friday
11 am. to 1 p.m.

TAYLOR
TAYLOR GENERAL STORE & CAFÉ
715-662-2225
Dine-in or Carryout available
Monday through Friday
11 a.m. to 1 p.m.

MILLSTON
TK’S 400 CLUB
Dine-in Only
Wednesday through Thursday
11 a.m. to 1 p.m.

For Home Delivered Meals or more information, contact the ADRC of Jackson County 715-284-3978.

EAT WELL, CARE WELL – Captivating Casseroles or “Hot Dish”

If you have leftovers and you are tired of eating the same old thing and want something different, casseroles are the way to go. There are endless options and you can use what you have on hand, in the fridge, pantry, freezer or garden. For example, if you have leftover baked chicken, why not try a new recipe, such as chicken and dumpling casserole. You can find several quick, healthy and delicious recipes at <http://foodhero.org/recipes/healthy-recipes>.

If you are meal prepping or if someone asks how they can help you, casseroles can be made and froze to reheat later. Wondering whether to bake it, then let it cool and freeze it, or to freeze it as-is, before it goes into the oven. It depends on what’s in it. If the casserole has raw protein (meat, poultry, seafood) in it, it should be completely cooked before freezing. If the protein is already cooked, you can freeze and cook later.

Tip: Line the baking dish with enough aluminum foil so that there is overhang on all sides. When it is done cooking, let the casserole cool, then remove it from the pan by lifting up the foil on both sides. Wrap up the casserole in the foil, then wrap it again in another layer or two of foil. Label the foil, then store in the freezer until you’re ready to reheat.

Tip: Whether you pre-cook the casserole or not, let it thaw overnight in

the refrigerator before baking it in the oven for best results.

Tip: Reheat casseroles at 325–350 degrees for 20-30 minutes, or until hot throughout. If reheating from frozen state, the time could be double.

Chicken and Dumpling Casserole:

- Chicken mixture:
- 3 T vegetable oil
- 1 Cup chopped each: medium onion, 2 small carrots, and 2 stalks celery
- 3 Cups low-sodium chicken broth
- 3 T Flour
- 2 Cups chopped cooked chicken
- 1 Cup Frozen peas (or whatever veggies you have)
- 1/2 tsp Salt (optional)
- 1/2 tsp Pepper
- Rosemary, Thyme, and

other herbs and seasoning to taste

Dumplings:

- 1 Cup Flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1 egg
- 1/3 Cup 1% or nonfat Milk

Instructions:

Wash hands with soap and water. Preheat oven to 400 degrees F.

Chicken Mixture: In a large skillet, add oil and heat over medium-high heat. Add onion, carrot and celery; cook until soft. Remove mixture from skillet.

Add a small amount of unheated broth to the flour and stir until smooth. Slowly mix in remaining broth and add to skillet. Stir over medium heat as the mixture thickens.

Add the chicken, veg-

gies and seasoning. Heat on low while making dumplings.

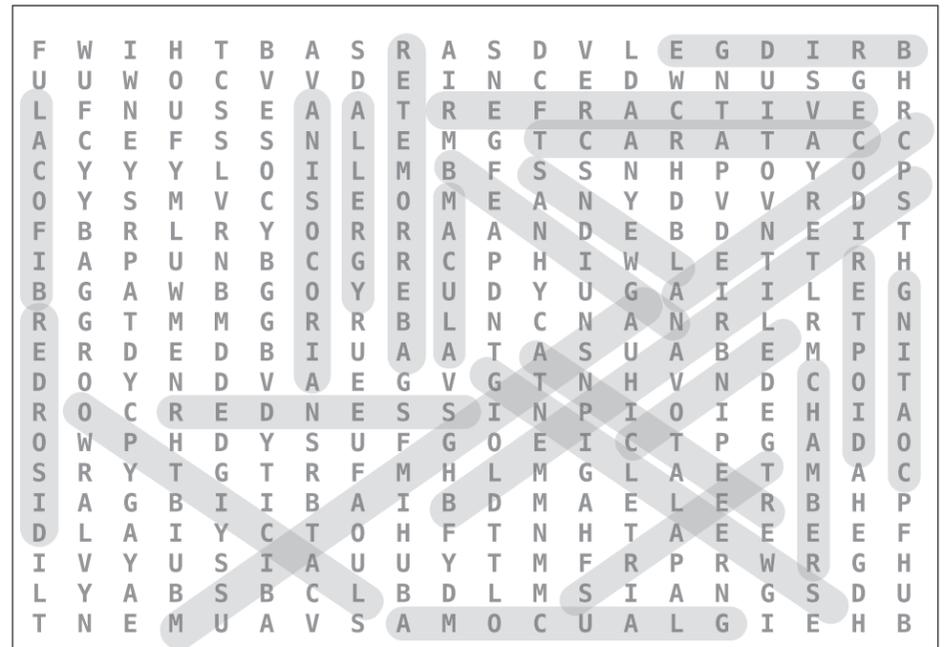
Dumplings: Mix the flour, baking powder and salt in a mixing bowl. Add the egg to the milk and beat well. Stir into the flour until combined.

Pour the chicken mixture into a lightly greased casserole dish. Drop dumpling dough by spoonfuls onto chicken mixture (makes about 8 dumplings).

Bake uncovered for 15 minutes or until the dumplings are golden brown.

Refrigerate leftovers within 2 hours OR Freeze when cooled.

Recipe adapted from <https://foodhero.org/recipes/chicken-and-dumplings-casserole>



How does Dementia affect a person's appetite?

By Amy Gunderson, Jackson County Nutritionist

Swallowing is a learned reflex and people with memory impairment often “forget” how to swallow. They also may be hungry, but often lose the ability to tell that they are hungry and they should eat.

Memory challenges begin early in the disease; however, the sensory memory of favorite foods will linger. Smells

associated with favorite foods are known to trigger the brain so serving family style is a good way to stimulate appetite. Providing favorite foods will help increase food consumption and prevent weight decline.

Providing lots of snacks and easy access to fruit, crackers and vegetables can minimize the amount of weight loss. The goal is to maximize opportunities for your loved one to make the

connection between food and eating by offering it frequently throughout the day. Provide finger foods regularly and leave in plain sight so your loved one can easily see them.

Vision can prevent people with dementia from perceiving food on a table, because it typically sits below eye level. Using a contrasting color to draw attention to the plated foods versus it blending together. An

example is using a colored placemat under the white plate to depict the difference between the plate and the table. Also prepare foods with varying textures and colors so they can tell the difference between the foods.

The amount of the food on a plate can be overwhelming for people with dementia. Finger foods and smaller portions are recommended to boost meal intakes. Serving food in a mug

or on a piece of bread or tortilla to encourage eating independently.

Dementia Friendly Foods:
Thinned oatmeal in a mug
Scrambled eggs rolled in tortilla

Peanut butter on toast
Chicken and vegetable kabobs

For any further questions or concerns regarding Dementia and nutrition, please contact Amy at 715-284-4301, ext. 499.

There Are No New Medicare Cards!

The scams related to Medicare cards persist! Beneficiaries from around the state continue to receive calls asking them about their Medicare card. The caller often identifies themselves as being from Medicare, and that they are “just following up on the status of your Medicare card.” The scam has a few variations, such as:

- Asking the Medicare beneficiary if they have received the new Medicare card.

- Questioning if they knew that their red, white, and blue Medicare card is going to expire. (There is no expiration date on the Medicare card.)

- Inquiring if their doctor's name is on their Medicare card. If not, the card needs to be updated to avoid interruption of services. (Health care provider information is NOT included on a Medicare card for any

reason.) When the beneficiary says that they have not received a new card, the caller is more than happy to help them get the “new or updated card.” The person on the phone then just asks them to “verify” their Medicare number.

If you receive this type of call, simply hang up, as the caller is trying to get your information to scam you and Medicare.

There is NOT a new Medicare card. Not a plastic card, a card with a chip, a different colored card, a laminated option or a different card because of COVID-19. There are NO NEW Medicare cards, for any reason. Your paper red, white and blue card is the only card issued by Medicare.

Protect Yourself with These Tips

- Be aware that no one from Medicare, Social Security, or the IRS will call you

- No one from Medicare, Social Security, or the IRS will visit you at home or at a community event

- Be cautioned that scammers' technology can make the phone number on your screen appear that the call is from Medicare, Social Security, or the IRS

- Medicare, Social Security, or the IRS will not threaten that your coverage or payments will be cut off if you do not comply

- If the caller is pressuring you to act now and giving you a sense of urgency, it is a scam

Keep in Mind

- Do not give out your Medicare number except to your doctor or other Medicare provider

- Treat your Medicare card like your credit card

- Do not share any personal information or bank information

- If it sounds too good to be true, it usually is

- Be cautious of offers for “free” medical services

- Watch out for identity theft

Learn More on How to Protect Yourself

- The Senior Medicare Patrol website: www.smpwi.org

- Contact your local Aging and Disability Resource Center, ADRC. At 715-284-3978

- Federal Trade Commission | Protecting America's Consumers (ftc.gov)

- National Do Not Call Registry www.donotcall.gov.



Jackson County Mini Bus Schedule

Rider costs: Round Trip cost from the villages is \$3.00
Within the City of Black River Falls the cost is \$1.00

2 stops: Walmart and Hansen's IGA
1 hour stop at each location

Approximate Pick-up Times:

Tuesday:
Melrose 8:30 a.m.
Black River Falls 9:15 a.m.

Wednesday:
Hatfield 8:15 a.m.
Merrillan 8:45 a.m.
Alma Center 9:00 a.m.

Thursday:
Hixton 8:15 a.m.
Taylor 8:30 a.m.
Black River Falls 9:00 a.m.

All ride pick-up times are approximate depending on ridership for the day.

Please call 715-284-4301, ext. 370, to set up a ride and give two days notice.

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