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

CHOICES

SERVING LANGLADE, LINCOLN, MARATHON, AND WOOD COUNTIES

OLDER AMERICANS MONTH

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- Break for caregiver/Respite care
- Crutches, walkers, wheelchairs, scooters
- Beds, Bathroom aids, Wound supplies
- Hospice Care
- Lifeline Medical Alert

For more information call 715.847.2600 or 1.800.600.8296
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.

VISION
We are widely recognized as the preferred choice for initial contact and early access to information and resources that prevent, delay and lessen the impacts of aging and disabilities in the lives of adults. Our regional resource center promotes easy access to innovative ADRC services so that our consumers participate in the community as they desire, and live with dignity, respect, health and purpose.

SUBSCRIPTION INFORMATION
The newsletter can be mailed to you for a small fee of $12.00 annually. Subscriptions for our four-county service area run January to December and can be mailed to any location. Please mail your name, address and payment to our Wausau Office:
   ADRC-CW - Monthly Newsletter
   2600 Stewart Ave., Suite 25
   Wausau, WI 54401

DONATIONS TO THE ADRC-CW
Donation designation form can be found on page 39. The ADRC-CW accepts donations used to promote and fulfill programs that accomplish its mission. Donations are used where they are most needed or can be designated for any of our program areas in our region.
Donations can be sent to our Wausau office:
   Aging and Disability Resource Center of Central Wisconsin
   2600 Stewart Avenue, Suite 25
   Wausau, WI 54401
Please include contact information so we can recognize your generosity and how you would like the donation used. For more information on how to donate, call 715-627-6347.

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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, 1990 Godfrey Drive, Waupaca, WI 54981.
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When you meet someone who actively runs in the summer and snowshoes in the winter, you might think that the person has been a competitive athlete for most of his or her life. So imagine my surprise when I met Marcy Amelse, now 70 years old, who took up the sports of running and snowshoeing just seven years ago. Marcy, originally from Tomahawk and currently resides in Schofield, tells me her younger sister, Sarah, invited her to her first 5k the summer of 2012. Wanting to be supportive, her other sister Virginia, gave Marcy Couch to 5k workout information.

Marcy runs with a core group of friends, Lori, Cindy, Mary, and Kris. She works out regularly at the Aspirus YMCA in Weston, taking exercise classes, swimming, and running. Marcy also enjoys walking, biking, and kayaking. She has always been active but not competitive. Growing up in Tomahawk, there were few sports for girls at the time, and she lived 12 miles in the country and would have needed a ride home.

At 63 years old, Marcy ran her first 5k in Tomahawk, and she was hooked. She runs a race nearly every weekend, spring to fall. She has run 5k events, 10k events, and even two half-marathons. Many of the races Marcy enters are to raise money for a community cause. She is proud to say she enters the Forest Run every year. Marcy wins too. She has a scrapbook for every summer season with her stats, medals, and a box of trophies.

If that wasn’t enough, she took up snowshoeing the following January 2013. Her friend, Tammy, is her snowshoeing partner. The pair race most weekends from January to March. Marcy has entered the US Snowshoe National Championship twice. The first time in 2015, she won her age group, beating Kathleen Furlani from Connecticut who had never lost the division previously. Sadly at the 2019 Championship in Cable Wisconsin, Marcy would have to take second place to Kathleen’s first-place finish. Marcy attributes a minor injury she received a week earlier at the Stomp the Swamp event at Nine Mile Forest in Marathon County. The conditions on race day were brutal, negative 6 degrees with a wind-chill of negative 20 degrees.

Marcy has a scrapbook for her winter sports too. She keeps the race results, picture, medals, and clippings organized for quick reference. Marcy pointed out her times from national from 2015 to 2019 and was a little disappointed in her performance this year. I am very impressed with her race times, ambition, and positive outlook on life.

For the most part, Marcy has been able to remain injury free during her seven-year competitive career. She attributes this to proper warm-ups, stretching before and after races, and proper rest. Marcy also believes her good running and snowshoeing friends keep her going, both with racing and with life. Marcy is grateful for the friendships she has made through the new-found sports she loves.
ADRC-CW EDUCATION PROGRAMS

To see a full listing of classes and events, visit our website: www.adrc-cw.org

Healthy Living with Diabetes
A six-week class to help adults living with type 2 diabetes, pre-diabetes, or who live with someone that does. In this weekly interactive class, learn to set goals, problem-solve, improve blood sugar, make healthy food choices, and new solutions to live well. Suggested contribution for complete workshop: $10.

Next session begins in Merrill: May 2 at 1:00 pm
Call 1-888-486-9545 to register for the next workshop!

Living Well with Chronic Conditions
A six-week class to help adults with an ongoing health condition live a healthy life and feel better. In this weekly interactive class, learn to set goals, problem-solve, cope with common symptoms, form healthy routines, and discover new solutions to live well. Suggested contribution for complete workshop: $10.

Next session begins in Merrill: May 2 at 9:30 am
Call 1-888-486-9545 to register for the next workshop!

Powerful Tools for Caregivers
A six-week class to help family caregivers take care of themselves. In this weekly interactive class, learn to reduce stress, improve confidence, communication, and locate helpful resources. Suggested contribution for complete workshop: $10.

Call 1-888-486-9545 for the next workshop!

Stepping On
A seven-week class to help adults reduce falls and stay active. In this interactive weekly class, learn about balance and strength exercises, safety at home, and ways to be strong and steady wherever you go. Suggested contribution for complete workshop: $10.

Next session begins in Wausau: May 14 at 1:00 pm
Call 1-888-486-9545 to register for the next workshop!
**Medicare Basics**

This class session provides the basics of Medicare for those new to Medicare or those enrolling soon. Medicare parts A-D, along with supplement policies, and other prescription drug coverage are explained.

A Medicare Basics session is free, but registration is required.

Next session at the Antigo Office: May 8 at 1:00 pm  
Next session at the Edgar Library: May 13 at 5:00 pm  
Next session at the Marshfield Office: May 20 at 1:00 pm  
Next session at the Merrill Office: May 9 at 5:30 pm  
Next session at the Nekoosa Library: May 2 at 5:30 pm  
Next session at the Tomahawk Senior Center: June 26 at 1:00 pm  
Next session at the Wausau Office: May 15 at 9:00 am  
Next session at the Wausau Library: May 16 at 5:00 pm  
Next session at the Wisconsin Rapids Office: May 28 at 9:00 am

Call 1-888-486-9545 to register for the next workshop!
**Senior Farmers’ Market Nutrition Program**

**Save the Dates**

**What is the Senior Farmers’ Market Nutrition Program (FMNP)?** The Senior FMNP offers eligible low-income seniors (age 60 & older) the opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers. The goals of the Senior FMNP are:

- To provide fresh, nutritious, unprepared fruits, vegetables and herbs from farmers’ markets and roadside stands to low income seniors.
- To increase the consumption of agricultural commodities by expanding or aiding the expansion of farmers’ markets and roadside stands.

**Who is Eligible?** An eligible person who is 1) a Resident of the County in which the voucher is being distributed (either Langlade, Lincoln, or Wood), 2) is a senior age 60 or above, or Native American age 55 years or above, and 3) has a monthly household income that meets program eligibility guidelines (specific information will be available soon).

**How Does the Program Work?** Enrolled seniors will receive vouchers for the household. These vouchers may be used to purchase locally grown fresh fruits, vegetables and herbs at approved farmers’ markets or roadside stands. These vouchers are good until October 31, 2019.

**How Do I Get These Vouchers?** Distribution sites are listed below. The number of vouchers is limited, so they will be distributed on a first come, first served basis. Applicants may be required to provide proof of age and household income.

**How Do I Get Vouchers If I Can’t Come to a Distribution Site?** If you are homebound, or unable to get to a distribution site due to a disability, you may send a signed statement with your authorized representative stating this person has been designated to apply for certification on your behalf or request a standard proxy form from the Aging and Disability Resource Center of Central Wisconsin. Your representative will be required to provide information regarding your date of birth, address, phone number, and your income.

**How Do I Get More Information?** Contact the Aging and Disability Resource Center of Central Wisconsin at 888-486-9545.

### 2019 Senior Farmers’ Market Voucher Distribution Schedule

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Educational session:</th>
<th>Voucher Distribution:</th>
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<tbody>
<tr>
<td>Marshfield</td>
<td>Thurs. June 6th</td>
<td>8:00 a.m.</td>
<td>9 a.m. - 11 a.m.</td>
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<tr>
<td>Wisconsin Rapids</td>
<td>Fri. June 7th</td>
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<tr>
<td>Merrill</td>
<td>Tues. June 11th</td>
<td>12:30 p.m.</td>
<td>1:00-2:30 p.m.</td>
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<tr>
<td>Antigo</td>
<td>Mon. June 17th</td>
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<tr>
<td>Tomahawk</td>
<td>Tues. June 18th</td>
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</table>

**Wildwood Station** (whole bldg)
1800 S. Roddis Ave., Marshfield

**Centralia Dining Site**
220 3rd Ave South, WI Rapids

**Lincoln County Service Center**
801 North Sales Street, Merrill
*Use North Entrance / Upper Level*

**ADRC-CW Antigo Office - Senior Center**
1225 Langlade Road, Antigo

**Tomahawk Senior Center**
113 S. Tomahawk Ave., Tomahawk

**Note:** Numbers will be distributed on a first come, first serve basis to identify the order in which vouchers will be distributed to participants. An educational session is a requirement of the Senior Farmers’ Market Nutrition Program. Please plan to attend educational session before vouchers are distributed.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found on line at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.
COMMUNITY CONGREGATE SENIOR DINING
Who is eligible?
Anyone age 60 or older and their spouse.
A disabled individual who resides at home with an eligible older individual who participates in the program.
A person with a disability, under age 60, who resides in senior housing where Senior Dining is provided. (Includes: Huntington, Riverview Towers, Jenny Towers, Cedar Rail, Parkview Marshfield)

Suggested Contribution: $3.75 per meal
(Full cost of a meal is $9.30.)
Your contribution is very important to continued success of this Nutrition Program. We rely on participant contributions to cover about 30 percent of our program costs. Some program costs are covered by local, state & federal grant dollars.
No eligible person will be denied a meal due to the inability to contribute.

Reservations
Reservations are needed by 12:00 Noon ONE business day in advance. For more information, or for reservations, call 888-486-9545 or by visiting our website.

MEALS ON WHEELS
Who is eligible?
Each of the following criteria must be met to be eligible for Meals on Wheels:
60 years or older, or the spouse of someone who participates in the program
Must be homebound (does not leave the home under normal circumstances)
Be physically or emotionally unable to obtain food/prepare adequate meals.
Each request for Meals on Wheels is evaluated on an individual basis. For more information, call 888-486-9545.

Suggested Contribution: $4.50 per meal
(Full cost of a meal is $9.00.)
We rely on participant contributions to cover about 30 percent of our program costs. Some program costs are covered by local, state & federal grant dollars.
No eligible person is denied a meal due to inability to contribute.

Cancellations
Cancellations are needed by 12:00 Noon ONE business day in advance. To cancel your meal by phone, call 888-486-9545. You can also visit our online cancellation form: http://www.adrc-cw.org/services/meals-for-seniors_menus/senior-meal-reservation-cancellation/

CAFÉ 60 DINING
Enjoy a balanced meal & social opportunities. Eligibility is the same as Senior Dining. To get started, you’ll need to complete a registration form & request coupons. Then use your coupons to eat at a Café 60 approved restaurant any time the restaurant is open and order from the Café 60 menu. For information on getting started, pick up a packet of information, with the registration form at any Café 60 location, or call the ADRC-CW: 715-261-6070 or 888-486-9545.

Suggested Café 60 meal contributions are $4.50 per meal and include gratuity.
No eligible person is denied a meal due to inability to contribute. The full meal cost is $9.30 per meal

Athens Country Café
220 Alfred St, in Athens
715-257-2277
Tues-Sat: 6:30 am to 8:00 pm
Sun: 6:30 am to 2:00 pm
Closed Mondays

Korner Kitchen
W4090 Highway H in Edgar
715-352-7424
Open 7 days a week:
6:00 am to 10:00 pm

Wild Steer Diner
EP 4363 State Hwy 97 in Stratford
Mon-Thurs: 6:00 am to 2:30 pm
Fri: 6:00 am to 1:00 pm
Closed Saturday and Sunday
# May Menu

**All Meals Include:**
Margarine/Butter, Milk, Coffee, and Condiments  
(Coffee not included with Meals on Wheels)

*Menu subject to change without notice*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>Chef Salad with Romaine Lettuce Tomatoes Diced Turkey Hard Boiled Egg Shredded Cheese Dressing Fresh Roll Lentil Bean Soup Cookie</td>
<td>Egg, Ham, Pepper &amp; Cheese Breakfast Bake Oven Browned Potatoes Seasoned Broccoli Fruit Muffin Rhubarb Cake</td>
<td>Peach-Glazed Pork Loin Parsley Buttered Potatoes Coleslaw Dinner Roll Blueberry Coffee Cake</td>
<td>Seasoned Baked Chicken Mashed Potatoes Gravy Cold Pickled Beets Whole Wheat Bread Strawberries Angel Food Cake</td>
<td>Chicken Salad On a Croissant Romaine Leaf &amp; Tomato Slice Minestrone Soup Fresh Strawberries Cookie</td>
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<tbody>
<tr>
<td>Herb Baked Fish Tartar Sauce Parsley Buttered Potatoes Peas Whole Wheat Bread Pineapple</td>
<td>Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Egg Roll Mandarin Oranges Cookie</td>
<td>Roast Turkey Mashed Potatoes Gravy Vegetable Blend Whole Wheat Dinner Roll Raspberry Sherbet Jell-O</td>
<td>Meat Lasagna Wax Beans Romaine &amp; Spinach Salad Dressing Garlic Breadstick Cranberry Cake</td>
<td>Tuscan Bean Soup Ham &amp; Swiss on Marble Rye Romaine Leaf &amp; Tomato Slice Mayo Grape Juice Peach Crisp</td>
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</thead>
<tbody>
<tr>
<td>ALL OFFICES CLOSED MEMORIAL DAY</td>
<td>Chili Cheddar Cheese Slice Romaine Lettuce Salad Dressing Rye Bread Mandarin Oranges Cookie</td>
<td>Roast Beef Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Pumpkin Bar</td>
<td>Paprika Chicken Baked Sweet Potato Broccoli Salad Raisin Bread Vanilla Yogurt &amp; Berries</td>
<td>Boneless BBQ Pork Rib Scalloped Potatoes Whole Kernel Corn Whole Wheat Dinner Roll Grape Salad</td>
</tr>
</tbody>
</table>

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Meal reservations and cancelations are needed by **NOON one business day in advance.**
Dining Site Special Events
Centralia and Nekoosa

CENTRALIA
Senior Dining Site

LHS CHORUS
Lincoln High School Chorus
Thursday, May 9 – 11:15 am
Celebrate Mother’s Day with a concert. The Lincoln High School Chorus will perform at the Centralia dining site. Come for the concert and stay for lunch.
Reserve your meal by noon on May 8th by calling 715-421-0014.

NEKOOSA
Senior Dining Site

SUSAN BACH
Senior Fraud Protection
Tuesday, May 21 – 10:30 am
Fraudsters target seniors in many ways. Susan Bach from the Better Business Bureau will help you to spot a scam so you can protect yourself. Come for the presentation and stay for lunch.
Reserve your meal by noon on May 20th by calling 715-421-0014.
Community Congregate Dining

Activities

Antigo Community Congregate Dining Activities

Antigo Community Church
723 Deleglise Street, Antigo, 715-627-6232
Serving Monday – Friday 11:30 am
Birthdays and Anniversaries: May 1
May Day: May 2
Mother’s Day: May 9
Memorial Day: May 23

Elcho Community Center
N11234 Dorr Street, Elcho, 715-627-6232
Serving Monday Wednesday and Thursday 11:30 am
BINGO: Wednesdays at 12:15
Chair Yoga: Mondays and Thursdays 11:00
Birthdays and Anniversaries: May 1
May Day: May 2
Mother’s Day: May 9
Memorial Day: May 23

St. Mary’s Church
N9155 Hwy 55, Pickerel, 715-627-6232
Serving Monday and Wednesday 11:30 am
Birthdays and Anniversaries: May 1
May Day: May 1
Mother’s Day: May 8
Memorial Day: May 22

White Lake Community Center
615 School Street, White Lake, 715-627-6232
Serving Tuesday and Thursday 11:30 am
Birthdays and Anniversaries: May 1
May Day: May 2
No Sock Day: May 7
Mother’s Day: May 9
Memorial Day: May 23

Marshfield Community Congregate Dining Activities

Cedar Rail Apartments
601 S Cedar Avenue, 715-384-8479
Serving Monday – Friday 11:45 am
Frequent Diner Prize: Last day of the month
Birthdays and Anniversaries: May 2
May Day: May 2
Mother’s Day: May 9
Memorial Day: May 23

Parkview Apartments
606 S Walnut Avenue, 715-384-8479
Serving Monday – Friday 11:45 am
Frequent Diner Prize: Last day of the month
Birthdays and Anniversaries: May 2
May Day: May 2
Mother’s Day: May 9
Memorial Day: May 23

Merrill Community Congregate Dining Activities

Jenny Towers:
711 E 1st Street, 715-536-0311
Serving Monday – Friday 11:30 am
Joke day: Fridays
Birthdays and Anniversaries: May 1
May Day: May 2
Mother’s Day: May 9
Memorial Day: May 23

Tomahawk Community Congregate Dining Activities

Tomahawk Senior Center
113 S Tomahawk Avenue, 715-536-0311
Serving Monday – Friday 11:30 am
Games (BINGO/Wii Bowling/Bean Bag Toss)
Fridays at 12:30
Birthdays and Anniversaries: May 1
May Day: May 2
Mother’s Day: May 9
Memorial Day: May 23
**Wausau Community Congregate Dining Activities**

*Riverview Towers Apartments*
500 Grand Avenue, 715-842-7266
*Serving Monday – Friday 11:30 am*
Frequent Diner Prize: Last day of the month
Birthdays and Anniversaries: May 2
May Day: May 2
Mother’s Day: May 9
Ring Pop Toss: May 17
Memorial Day: May 23

**Wisconsin Rapids Community Congregate Dining Activities**

*Centralia Center*
220 3rd Avenue South, 715-421-0014
*Serving Monday – Friday 11:45 am*
Frequent diner prize: last day of the month
Funny Fridays: Come share your jokes and stories
Birthday and Anniversaries: May 2
BINGO: May 6 at 11:15 am
Mother’s Day Celebration (see ad): May 9
BINGO: May 20 at 11:15 am
Memorial Day: May 23
Wisconsin Statehood Trivia: May 29

*Huntington House*
2521 10th Street South, 715-421-0014
*Serving Monday – Friday 11:45 am*
Crafts with Kathryn: Wednesdays
Birthday BINGO: May 2
May Day Fun: May 2
Mother’s Day door prizes: May 9
BINGO Our House: May 17
Memorial Day: May 23

*Nekoosa Area Community Senior Center*
416 Crestview Lane, 715-421-0014
*Serving Tuesday and Thursday 12:00 pm*
BINGO: Tuesdays
Other events announced on site
Birthdays and Anniversaries: May 2

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**Wisconsin Rapids Community Congregate Dining Activities**

*Centralia Center*
220 3rd Avenue South, 715-421-0014
*Serving Monday – Friday 11:45 am*
Frequent diner prize: last day of the month
Funny Fridays: Come share your jokes and stories
Birthday and Anniversaries: May 2
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*Huntington House*
2521 10th Street South, 715-421-0014
*Serving Monday – Friday 11:45 am*
Crafts with Kathryn: Wednesdays
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Mother’s Day door prizes: May 9
BINGO Our House: May 17
Memorial Day: May 23

*Nekoosa Area Community Senior Center*
416 Crestview Lane, 715-421-0014
*Serving Tuesday and Thursday 12:00 pm*
BINGO: Tuesdays
Other events announced on site
Birthdays and Anniversaries: May 2

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**Thank You**

The ADRC-CW thanks all those who help the organization serve older adults, adults with disabilities, their families and caregivers throughout the region. A special thank you is extended to:

- Arliss Mathews
- Bruce and Donna Kluver
- Bruce and Sandra Gordon
- Carol Martin
- Cataract Elementary Second Graders
- Elaine Morrison
- Joann Maager
- John Wilzewske
- Lila Maves
- Linda Brost
- Rosanne Kedrowski
- Terry Genz
- Tim and Carleen Kriz
- The Family of Kathy Hamilton
**Community Happenings**

**Arts and Crafts**

**Antigo Area**

*Senior Center of Langlade County:*
*1225 Langlade Road, 715-627-6632*

Made By Hand Workshop:
St. Mary & St. Hyacinth School, 1st and 3rd Tuesdays at 1:00 pm.
Bring your own projects, or help us make mittens, hats and scarfs for the needy in our community. Come and share ideas, learn new skills, and meet new people.

**Marshfield Area**

*2nd Street Community Center:*
*211 East 2nd Street, 715-486-2055*

Craft Tyme:
Thursdays at 1:00 pm

**Merrill Area**

*Merrill Enrichment Center (MEC)*
*303 North Sales Street, 715-536-4226*

Quilting:
Tuesdays at 12:30 pm
Quilting Club – newcomers welcome!

Painting with Amy:
You will leave the class with your art creation! Options are a 12 x 16 canvas for $15 or a 16 x 20 canvas for $25. Call for dates.

Handcrafted Greeting Card Class:
Call for dates. Class cost is $3.00

Refresh Furniture Class:
Cost - $30 - all paint supplies furnished by Dave Call for dates. Contact: 715-536-4226

**Wisconsin Rapids Area**

*Lowell Center:*
*220 3rd Avenue S, 715-421-1051*

Card Workshop
May 20
Contact: Carol Hanson 715-424-1509
Call the week before the class.
Registration is required, class is limited to 15 participants with $5 fee.

Made-By-Hand Class:
Tuesdays at 9:30 am
An open knit and crochet session. Bring your projects and join other crafters for a morning of fun.

Meagan Fandrey, Caregiver Support Coordinator and Heather Jones, Resource Specialist attend the 2019 National Alzheimer Forum in Washington D.C.
Chronic Pain

A Personal Experience AND an Open Discussion
by Jennifer Clark and Erin Wells

Chronic pain is very personal, yet with opioids and medical marijuana in the media every day, it seems that everyone has an opinion on what to do about it. Chronic pain is a real problem, and the Wisconsin Institute for Healthy Aging (WIHA) is releasing a new program called Healthy Living with Chronic Pain. The Aging and Disability Resource Center of Central Wisconsin is partnering with WIHA to find volunteers to lead this life-changing program within our four-county region: Lincoln, Langlade, Marathon, and Wood.

According to the Centers for Disease Control and Prevention, an estimated 20% of adults in the United States experience chronic pain, meaning they experienced pain daily or most days over the last six months. The causes of chronic pain are diverse, but there are a few conditions that float to the top of the list, according to WebMD, such as low back pain, arthritis, headache, multiple sclerosis, fibromyalgia, shingles and nerve damage (neuropathy). WebMD highlights “a survey by the American Academy of Pain Medicine found that even comprehensive treatment with painkilling prescription drugs helps, on average, only 58% of people with chronic pain.”

Chronic pain is more than muscle or nerve deep. An individual suffering from chronic pain can also struggle with anxiety, depression, or fatigue. Where to begin? The Healthy Living with Chronic Pain program is a self-management series that helps individuals in a supportive environment to find tools and techniques that work for them. Healthy Living with Chronic Pain is a researched, evidence-based program that helps individuals explore ways to manage their pain better and maintain active and fulfilling lives. For those that have completed the program, research has shown that those participants experience better health, decreased pain, increased confidence in managing pain, improved mental health, improved energy, more involvement in daily activities, etc. This program is designed to work alongside any existing program or treatment.

Chronic pain may be a personal experience, but the Aging and Disability Resource Center of Central Wisconsin wants to open up the conversation on how to bring research-based information to the community through WIHA’s latest self-management program: Healthy Living with Chronic Pain. Whether it is an individual wanting to volunteer, or an agency or business looking to make a difference, the ADRC-CW is interested in bringing this critical resource into the community. Volunteers are needed to lead the 6-week (2-1/2 hours a week) program after training with WIHA. To learn more about volunteering as a leader or for questions on Healthy Living with Chronic Pain, please contact the ADRC-CW at 1-888-486-9545 or visit www.adrc-cw.org. Information on WIHA, and specifics about Healthy Living with Chronic Pain, can be found on wihealthyaging.org/healthy-living-with-chronic-pain.

Jennifer Clark is a Community Health Educator supporting Langlade and Lincoln counties with healthy aging initiatives. Erin Wells is the Community Resource Manager. She works closely with community partners ensuring the ADRC-CW is well known and understood as a resource for older adults and adults with disabilities.

Sources:
Your local Family Care option for personal care and support

Some of the services we manage with you include:

- Care Management
- Personal Care
- Residential Care
- Outpatient Mental Health
- In-Home Supportive Care
- Medical Supplies & Equipment

For more information about the Family Care Program, contact your local Aging and Disability Resource Center (ADRC).

www.lakelandcareinc.com

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For more information about the Family Care Program, contact your local Aging and Disability Resource Center (ADRC).

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• Health Monitoring Services
• Housekeeping & Laundry Service Available

Nutritional Services:
• 3 Nutritious Meals Daily
• Special Diets
• Open Kitchen
• Resident Choice Meal Planning

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• Cable & Phone Jacks
• Central Air

Respite Program:
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I am a wood carver
I am a family man
I am a gardener
I am

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1500 O’Day Street
Merrill, WI
BellTowerResidence.org

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Blood Pressure Clinics

Community Happenings

**Antigo Area**
1st Wednesday of the month at 1:00 pm  
Langlade County Health Department  
Contact: 715-627-6250

2nd Monday of the month at 11:15 am  
St. Mary’s, Pickerel  
Contact: 715-627-6250

3rd Wednesday of the month at 9:30 am  
1st Avenue Apartments  
Contact: 715-627-6250

3rd Wednesday of the month at 11:15 am  
Elcho Community Center  
Contact: 715-627-6250

Wednesdays at 9:00 am  
Antigo Fire Department  
Contact: 715-623-3633 ext 140

**Marshfield Area**
May 28 at 11:00 am  
2nd Street Community Center

3rd Wednesday of the month at 2:00 pm  
Parkview Apartments  
606 S Walnut Ave  
Contact: 800-397-4216

1st Wednesday of the month at 2:00 pm  
Cedar Rail Apartments  
601 S Cedar Ave  
Contact: 800-397-4216

3rd Tuesday of ODD months at 1:00 pm  
Norris Apartments  
1412 S Adams Ave  
Contact: 800-397-4216

**Wausau Area**
1st Sunday of the month at 9:15 am  
Good Shepherd Lutheran Church  
930 Edgewood Rd, Wausau  
Contact: 715-298-5721

1st Thursday of the month at 8:30 am  
Riverview Towers  
500 Grand Avenue, Wausau  
Contact: 715-298-5721

1st Thursday of the month at 10:00 am  
Sturgeon Bluffs  
1320 Grand Ave, Wausau  
Contact: 715-298-5721

2nd Sunday of the month at 9:15 am  
St. John Catholic Church  
103 N. Fourth Avenue, Edgar  
Contact: 715-298-5721

2nd Tuesday of the month at 10:00 am  
The Neighbor’s Place  
745 Scott Street, Wausau  
Contact: 715-298-5721

3rd Sunday of the month at 9:00 am  
Saint Mary’s Church  
712 Market Street, Marathon  
Contact: 715-298-5721

3rd Tuesday of the month at 9:30 am  
Island Place Apartments  
400 River Drive, Wausau  
Contact: 715-298-5721

2nd Sunday of the month at 9:15 am  
City Walk Apartments  
120 Grand Ave, Wausau  
Contact: 715-298-5721

3rd Thursday of the month at 11:00 am  
The Salvation Army  
202 Callon Street, Wausau  
Contact: 715-298-5721

2nd Thursday of the month at 10:30 am  
Kannenberg Plaza  
1240 Merrill Ave, Wausau  
Contact: 715-298-5721

**Wisconsin Rapids Area**
3rd Monday of the month at 2:00 pm  
Chula Vista Apartments  
1200 Huntington Ave  
Contact: 800-397-4216

All Tuesdays at 10:00 am  
Lowell Center  
220 3rd Ave South  
Contact: 715-421-1051

**Nekoosa area**
2nd Thursday of the month, 1:00 pm  
Nekoosa Court  
145 North Cedar Street  
Contact: 800-397-4216
Nationally Known Presenters:

Zorba Paster, M.D. Family doc and radio host, Zorba’s enthusiasm and contagious laugh have made him a favorite with health-conscious public radio listeners for over a decade.

The Chicago native first appeared on radio as a guest expert on Wisconsin Public Radio’s statewide newsmagazine “Morning People” with Tom Clark. The two clicked, and Zorba became a regular guest on Clark’s statewide, morning drive-time call-in show. They were so well received, WPR teamed the two for this weekly, national talk show “Zorba Paster on Your Health.”

Betsy Abramson, JD, Executive Director, Wisconsin Institute for Healthy Aging. Betsy oversees all program development and activities, budget, partner development and program advocacy. She also serves on the Executive Committee of the Community Academic Aging Research Network (CAARN), WIHA’s research partner. A lifelong Wisconsin resident with both undergraduate and law degree from the University of Wisconsin-Madison, Betsy has over 30 years of experience in Wisconsin’s aging network, previously as a public interest elder law attorney.

Objectives:

- Connect attendees to the resources and options available in our community to establish and maintain healthy lifestyle habits.
- Empower attendees through education and awareness to increase self-confidence.
- Carry the newfound knowledge and self-management skills forward, increasing the ability to make healthy life choices.

Attend this one day event to expand your educational opportunities for Seniors. Begin the day with WPR, Zorba Paster. A senior himself - his enthusiasm and contagious laugh have made him a favorite with health-conscious public radio listeners. At the end of the day, closing speaker, Betsy Abramson from WIHA, will deliver her message of the incredibly pervasive ageism in society, its impact on our health, and how important a positive image of Aging in Wisconsin is to overall better health for Seniors.

$25/person which includes box lunch

REGISTRATION OPENS APRIL 1, 2019

Community Partners and Sponsors:

For more information: http://uwmc.uwc.edu/community/continuing-ed/50-plus or 715-261-6294
**THEME:** CRUISING THE WORLD

ACROSS
1. *Measured in knots
6. Kendrick Lamar’s genre
9. High school breakout
13. More lax
14. Female gametes
15. Rice wine
16. Verdi’s output
17. X
18. Chilled, two words
19. “San Diego and San Francisco connection
21. “Budapest and Belgrade connection
23. Greek H
24. H. H. Munro’s pen name
25. _____ De Triomphe
28. Old World duck
30. Accept without proof
35. Through, to a poet
37. What the Big Bad Wolf did
39. TV and radio
40. Observer
41. Letter-shaped girder
43. Month of Purim
44. What hoarders do
46. Tallest volcano in Europe
47. Trending one online
48. “Phnom Penh and Vientiane connection
50. Lazily
52. Antonym of keep
53. Cathedral area
55. “High” drink
57. “Iquitos and Santarem connection
60. “Shanghai and Jingzhou connection
64. Walter Mondale’s nickname
65. A try
67. Like an unwelcome neighbor
68. Hunter’s fake duck
69. R&B Charles
70. Clear the board
71. “Hurry!” acronym
72. Often follows to
73. Bullseye game

DOWN
1. Pig trough stuff
2. The biggest bear
3. Biz bigwig
4. Fear-inspiring
5. Author’s first copies
6. Campus drillers
7. Hail to Maria
8. Bamboo-eating bear
9. Hokkaido people
10. Bed with bars
11. *French Riviera port
12. WSW opposite
15. Opposite of pluralism
19. Lambus, pl.
22. Theodor Geisel, _____ Dr. Seuss
24. Term of endearment, with pie
25. Mr. T and friends
26. Mother Goose’s poem
27. Floorboard sound
29. *Wittenberg and Dresden connection
31. Clothing joint
32. Milk dispenser
33. “Port in Biscayne Bay
34. Dog-____ pages
35. Approximately, two words
36. Ollivanders’ merchandise, sing.
37. *Island country off the coast of Sicily
38. Marinara quality
42. *Island country off the coast of Sicily
43. Government Printing Office
44. Chow down voraciously
45. Stylish
46. Tallest volcano in Europe
47. Trending one online
48. “Phnom Penh and Vientiane connection
49. Government Printing Office
50. Lazily
51. Pined
52. Antonym of keep
53. Cathedral area
55. “High” drink
57. “Iquitos and Santarem connection
60. “Shanghai and Jingzhou connection
64. Walter Mondale’s nickname
65. A try
67. Like an unwelcome neighbor
68. Hunter’s fake duck
69. R&B Charles
70. Clear the board
71. “Hurry!” acronym
72. Often follows to
73. Bullseye game

**Answers on page 34**
**Antigo Area**

Senior Center of Langlade County:
1225 Langlade Road, 715-627-6632

All classes currently on hold. Please call before coming to the center.

Water aerobics, Ai-Chi, Arthritis Classes & Other Active Older Adult Programs:
Clara R. McKenna Aquatic Center
111 Western Avenue
Contact: Mary Ponasik 715-627-0497
mponasik@antigoschools.org

Square Dance Club Antigo Gateway Squares:
2nd and 4th Sundays at 2:00 pm
United Methodist Church, 2034 W. 5th Avenue
Contact: Rose Marie Kerner 715-623-2128
or Stacie Lauscher 715-598-2907
antigogatewaysquares@yahoo.com

Zumba:
The Well Church
639 7th Avenue
Contact: 715-350-2176

Zumba Gold:
Body Envy
700 S Superior Street
Contact: Terry Johnson 414- 943-7424

Active Older Adult Programs:
Body Envy
700 S Superior Street
Contact: Kim 715-216-1485

Active Older Adult Programs:
Aspirus Health & Performance Center
112 East 5th Avenue
Contact: 715-623-9924

**Marshfield Area**

2nd Street Community Center:
211 East 2nd Street, 715-486-2055

Arthritis Foundation Exercise Class:
Tuesdays and Thursdays at 9:00 am
Contact: 715-486-2043
$3.00 drop-in fee, or a punch card can be purchased at the class for 16 weeks for $42 or 8 weeks for $24. You may join the class at any time; no need to wait for the next session to start.

Gentle Yoga:
Mondays and Fridays at 10:00 am
Contact 715-486-2043

Fitness Room:
Monday thru Friday from 8:30 am to 4:30 pm
Contact: Kelly at 715-486-2043

Tai Chi:
Tuesdays and Thursdays at 10:15 am
Contact: 715-486-2043
$3.00 drop-in fee, or purchase a punch card for the class, 16 weeks for $42 or 8 weeks for $24. You may join the class at any time; no need to wait for the next session to start.

Water Exercise:
Tuesdays and Thursdays at 6:30 am
Marshfield Sr. High Pool
Contact: Kelly, 715-486-2043
$3.00 drop-in fee

Strong Bones:
Athens Area Fire Department
208 Caroline St.
Contact: Jackie 715-576-4649 or Sara 715-257-7022
Community Happenings

EXERCISE & FITNESS

Fitness Programs:
Marshfield Parks & Recreation
211 E. 2nd Street Ste. 111
Contact: 715-384-4642 or http://ci.marshfield.wi.us/departments/parks_and_recreation

Fitness Programs:
Marshfield Clinic Health System YMCA
410 W McMillan St
Contact: 715-387-4900 or www.mfldymca.org

Stratford Continuing Education:
Athens, Edgar, Green Valley, Halder, Loyal, Marshfield, Spencer, and Stratford.
Contact: Linda stratfordclasses@gmail.com or http://www.stratfordclasses.com

Merrill Area

Merrill Enrichment Center (MEC)
303 North Sales Street, 715-536-4226

Mind and Body Wellness Program:
Wednesdays at 9:00 am
Contact: 715-536-4226
Provided by the MEC, along with grant funding from Security Health Plan.

Chair Yoga:
Mondays at 10:00 am
Contact: 715-536-4226
Instructor Gigi Heinz

Strength and Balance:
Wednesdays at 10:00 am
Instructor Gigi Heinz

Walking:
Monday thru Thursday from 8:00 am to 4:30 pm
Check in at the front desk. There is no activity fee for walking.
PLEASE BRING WALKING SHOES

Open Swim:
AmericInn
3300 East Main Street
Contact: 715-536-7979

Be Well Yoga:
Our Saviour’s Church
300 Logan Street
Contact Gigi: 715-297-6540

Karate/Aikido:
Center for Creative Wellness
406 West Main Street
Contact: 715-873-4978

Open Gym Hours/Indoor and Outdoor Walking:
Merrill High School
1201 N Sales Street
Contact: 715-536-4594, ext 3024

Water Aerobics/Indoor Walking:
Prairie River Middle School
106 N Polk Street
Contact: Kristi at Kristi.krug@maps.k12.wi.us

Silver Sneakers & Other Active Older Adult Programs:
Riverside Athletic Club
500 South Center Drive
Contact: 715-536-2481

Zumba Classes:
Smith Center (Merrill Area Recreation Complex)
1100 Marc Drive
St. John Lutheran Church
1104 E 3rd Street
Contact: Brenda 715-536-3330

Chair Yoga, Chair Chi & Other Active Older Adult Programs:
Kindhearted Home Care
120 S. Mill Street
Contact: 715-218-3772
Caregiving Rollercoaster

Submitted by Erin Johnson, Caregiver Coordinator

Caring for an older adult can sometimes feel like a rollercoaster ride. Much of the time, you are filled with joy and pride as you spend time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving, and guilt often follows. Then your loved one thanks you for all the work you do, and you feel love and joy once more. These emotional ups and downs often occur during the course of one day. When you are caregiving, life becomes a rollercoaster ride that doesn’t stop to let you off!

It is normal to experience a large array of emotions when providing care for a loved one. Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions. They are also able to focus on all of the benefits of caregiving.

- Growing closer to their loved one as they spend time together
- Feeling enhanced self-worth for coping with a difficult situation
- “Repaying” their loved one who used to care for them
- Having an increased sense of purpose in their life and a sense of achievement

But no matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become problematic.

Some common emotions that creep up on caregivers are frustration, anger, fear and guilt. Some early warning signs of these feelings may be tension, headaches and increased impatience. As soon as you recognize negative feelings heading your way, step back and calm yourself before they take over. The following techniques can be helpful in keeping negative emotions at bay.

- Take some slow, deep breaths.
- Look at the event in a different way. Try to understand the other persons’ perspective.
- Leave the room for a while.
- Remember the good times.
- Participate in physical activity.
- Concentrate on the benefits and rewards of caregiving.

When you are calm again, think about what triggered the negative emotion and how it could have been avoided. You can use negative feelings as a catalyst for change. You may find you need more respite care, a change in routine, an outlet for emotional needs such as a support group or to distribute tasks to family members.

Negative emotions may not be pleasant, but they don’t have to leave you full of anger and frustration. Learn to recognize the warning signs, calm yourself, and initiate change to prevent it from happening again.

Life for a caregiver is like a rollercoaster ride, so buckle up and prepare for a thrilling ride!

Reprinted with permission from Jane Mahoney, Older Americans Act Consultant with the Greater Wisconsin Agency on Aging Resources.
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**Exercise and Fitness**

**Wausau Area**

Healthy Aging Programs:
United Way of Marathon County
705 S 24th Ave
Contact: 715-298-5721
Free weekly programs with a different topic each week.

Strong Bones Exercise Class:
Athens Area Fire Department
208 Caroline St
Contact: Jackie at 715-573-4649 or Sara at 715-257-7022

Cardio & Weight Equipment:
Marathon Wellness Center
204 East St
Contact: Ryan at 715-443-2226 ext. 4213

Water Walking, Water Aerobics, Aqua Zumba:
Marathon Swim Association
401 4th St
Contact: Cathy at 715-443-3772

Active Older Adults/ Sit and Stay Fit:
Mosinee United Methodist Church, 607 13th St
Contact: 715-693-2125

Water Exercise/Aqua Zumba:
YMCA Mosinee Satellite, Creske Center
700 High St
Contact: 715-693-2550 x 3441

Movers & Shakers/Group Exercise Class:
Rothschild Village Hall
211 Grand Ave
Contact: 715-359-3660

Tai Chi Moving for Better Balance:
Contact: Jane at 715-298-1851 or jsbraatz@charter.net

Arthritis Exercise Class:
Tuesday and Thursday at 9:00 am
Schofield City Hall
200 Park St
Contact: Jill at 715-298-2104 or jillwollenzien@yahoo.com

Strong Bones Exercise Class:
Tuesday and Thursday at 10:30 am
Immanuel Lutheran Church
630 Adams St
Contact: Sandy 715-675-2045

Fitness Classes:
Stratford Continuing Education, Athens, Edgar,
Green Valley,
Halder, Loyal, Marshfield, Spencer, and Stratford
Contact: Linda stratfordclasses@gmail.com or http://www.stratfordclasses.com

Active Older Adult Programs:
Woodson YMCA Wausau Branch
707 3rd St
Contact: 715-845-2177

North Central Health Care Aquatic Services:
1100 Lake View Dr
Aquatic Physical Therapy, Contact: 715-848-4551
Water Exercise Programs, Contact: 715-848-4535

Senior Fitness Program:
Aspirus Outpatient Therapies, 3200 Westhill Dr
Contact: 715-847-2827

Senior Yoga, Tai Chi and More:
5 Koshas Yoga & Wellness Center
2220 Sherman St
Contact: www.5koshasyoga.com or call 715-298-1954

Active Older Adult Programs:
Aspirus YMCA Weston Branch
3402 Howland Ave
Contact: 715-841-1850

Greenheck Sunrise Club:
Group Fitness Classes, Water Aerobics,
Weight Equipment
6400 Alderson St
Contact: Robin at 715-359-6563 Ext 1323
**Wisconsin Rapids Area**

Lowell Center  
220 3rd Avenue South, 715-421-1051

Arthritis Exercise Class:  
Call for more information  
Contact: 715-421-1051  
Jackie Urbans, Arthritis Foundation trained instructor

Line Dance:  
Mondays at 10:15 am

Tai Chi  
Call for more information  
Contact: 715-421-1051

Resistance Chairs:  
Mondays at 8:00 am  
Health and Wellness Room  
Contact: 715-421-1051  
Register in advance at the Lowell Center office.  
Demonstration and signed release required to participate.

Senior Exercise:  
Tuesdays and Fridays at 10:15 am  
There is a suggested donation of 25 cents per class.

Walking Path:  
Monday thru Friday from 8:00 am to 4:30 pm

Nordic Walking:  
Wednesdays at 8:15 am

Qigong:  
Thursdays at 9:45 am

**Pool and Fitness Center:**  
Hotel Mead  
451 E Grand Ave  
Contact: 715-423-1500

**Jazzercise:**  
930 Kuhn Ave, Suite D  
Contact: Jada 715-459-8655  
Senior Water Aerobics:  
Lincoln High School  
1801 16th Street South  
Contact: 715-424-2561

**Fitness Programs:**  
Wisconsin Rapids Parks and Recreation  
Contact: 715-421-1051 or http://www.wirapids.org

**Fitness Programs:**  
South Wood County YMCA  
1421 Pepper Ave, WI Rapids  
211 Wisconsin River Dr, Port Edwards  
Contact: 715-887-3240

**Strong Bones:**  
First Congregational Church  
311 2nd St South  
Contact: 715-887-3240

**Yoga:**  
The Wellness Barn Studio  
231 Lincoln Street  
Contact: Tarah 715-424-3416

**Fitness Programs:**  
Nekoosa Community Center  
416 Crestview Lane, Nekoosa  
Contact: Dan 715-451-4399
Community Happenings

Games and Social

Antigo Area

Senior Center of Langlade County
1225 Langlade Road, 715-627-6632

Coffee and Conversation:
Tuesdays and Thursdays at 9:00 am

Bingo:
Wednesdays at 1:00 pm
Free-will offering

Cards, Dominoes and Fun:
Thursdays at 1:00 pm

Stone Soup Brothers Band:
1st, 2nd, and 3rd Friday at 2:00 pm

Senior Citizen’s Club
*New meeting place: Antigo Community Church
723 Deleglise Street
Meets 2nd Tuesday of the month
Contact: Rosemary Sarkauskas 715-350-4504

Marshfield Area

2nd Street Community Center:
211 East 2nd Street, 715-486-2055

Bingo:
Tuesdays at 1:00 pm

Smear:
Fridays at 1:00 pm
2nd and 4th Wednesdays at 1:00 pm
2nd and 4th Sundays at 1:00 pm

Sheepshead:
1st and 3rd Wednesdays at 1:00 pm
1st and 3rd Sundays at 1:00 pm

Polish Poker:
Mondays at 1:00 pm

Hand n’ Foot:
Tuesdays and Thursdays at 10:00 am

Euchre:
Tuesdays at Noon

Duplicate Bridge:
Wednesdays at 1:00 pm
Need a partner

Wii Bowling and Games:
Wednesdays at 9:30 am
Wii bowling and a variety of games at the Senior Center. Join us for a fun activity. No prior experience necessary; a full demonstration will be provided if participants need help.

Pool League:
Men: Mondays at 9:00 am
Women: Tuesdays at 9:00 am
There are two pool tables at the Center open for use excluding league times.

Ukulele Group:
Fridays at 11:00 am
Mazza Room
Come play music or sing with this group.

Bago (bean-bag toss):
Wednesdays at 10:00 am
Dolezal Room

Merrill Area

Merrill Enrichment Center (MEC):
303 North Sales Street, 715-536-4226

Hand and Foot: Mondays at Noon

Bridge:
Mondays at 12:30 pm
Bring your team of four

Sheepshead: Tuesdays at 1:00 pm

Cribbage: Wednesdays at 10:00 am

Bananagrams: Wednesdays at 10:00 am

Mah-Jongg: Wednesdays at 1:00 pm

Dominoes: Wednesdays at 1:00 pm

Community Meal: Thursdays at 12:00 noon
**Wausau Area**

Cribbage:
Mondays at 1:00 pm  
Schofield City Hall  
200 Park St  
Contact: Rudy 715-845-3778

Duplicate Bridge:  
Tuesdays at 12:30 pm  
Schofield City Hall  
200 Park St  
Contact: John 715-675-2784

Happy Timer’s Sheepshead:  
Thursdays at 12:45 pm  
Schofield City Hall  
200 Park St  
Contact: Adeline 715-675-7851

Line Dancing:  
Mondays and Thursdays at 10:00 am  
Schofield City Hall  
200 Park St  
Contact: Ginger 715-848-9366

Senior Pool:  
Wednesdays at 10:00 am  
Kelly Club  
4810 Ross Ave  
Contact: Holly 715-359-5182

Sheepshead-Senior Cards:  
Tuesdays and Fridays at 11:00 am  
Schofield City Hall  
200 Park St  
Contact: Barb 715-845-3935

Wisconsin Valley Woodturners:  
1st Wednesday of the month at 6:00 pm  
D.C. Everest Junior High  
1000 Machmueller St  
Contact: Pat 715-845-1396

**Wisconsin Rapids Area**

Lowell Center  
220 3rd Avenue South, 715-421-1051

Billiards:  
Monday thru Friday and open Sundays  
Call the Lowell Center office or visit the billiards room for a complete schedule.

Bridge:  
Thursdays at 12:45 pm  
Please sign up in advance.

Cash Bingo:  
May 2 and 16 at 1:30 pm  
Cost is $1.00 per card, 2-card maximum. All sessions are cash bingo, and everyone 50 and older is invited.

Sunday Open Bingo:  
May 19 at 1:30 pm  
Doors open at 1:00 pm

Cribbage: Wednesdays at 12:45 pm

Dominoes: Thursdays at 9:30 am

Hand n’ Foot: Tuesdays at 12:30 pm

Mah-Jongg:  
Mondays and Wednesdays at 1:00 pm

Sheepshead:  
Mondays and Fridays at 1:00 pm

Wii Bowling League:  
Mondays at 1:00 pm  
Contact: 715-421-1051

Garden Club:  
1st and 3rd Thursday of the month at 9:00 am

Lowell Center Writers:  
May 3 and 17 at 10:00 am  
Participants meet and share their writing.

Creative Writing:  
May 14 and 28 at 1:00 pm

Book Club:  
May 20 at 1:30 pm  
Contact: 715-421-1051  
Call to reserve your copy of the selected title

Senior Sing Along:  
Tuesday afternoons. Check the Lowell Center calendar for details
We are both delighted and disheartened to announce that Diane Brunelle, clerical assistant in the Merrill office has retired. On her last day, March 1, Diane was celebrated by her co-workers with a soup party and parting gifts. Diane has been a wonderful employee and customer service advocate for the organization. She is blessed with a kind heart and a cheerful service approach to her work. Her co-workers recognize Diane for her courtesy and friendliness.

Diane’s retirement is our loss, but a well-deserved rest for her. Leadership, employees, and volunteers wish her well on her new journey.
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“Where friendships are made!”

St. Paddy’s Day celebration at Centralia Dining Site in Wisconsin Rapids. Volunteers and customers were Irish for the day.
Community Happenings

Health and Support

**Antigo Area**

Caregiver Support Group:
4th Thursday at 1:30 pm
Senior Center of Langlade County
1225 Langlade Road, 715-627-6632
Contact: Kathy Boksa 715-350-4210

Alzheimer Support Group:
2nd Monday at 6:00 pm
Antigo Adult Day Care, Rosalia Gardens
519 Flight Rd
Contact: Deacon Pam Werth 715-219-6363
or Christy Hitz 715-627-0657
Respite care is provided

Diabetic Support Group:
Meets every other month
Aspirus Langlade Hospital
Contact: 715-623-9373

Look Good... Feel Better:
Aspirus Langlade Hospital
Contact: 715-623-9587
An American Cancer Society Program for women who are undergoing treatment for a cancer diagnosis.

Stroke Support Group:
2nd Tuesday of the month at 1:00 pm
Aspirus Langlade Hospital
Contact: 715-623-9459

TOPS:
Tuesday at 4:00 pm
Antigo Community Church
723 Deleglise St
Thursday at 4:00 pm
Steffen Antigo Memorial Building
503 5th Ave
Contact: 651-436-1957

**Marshfield Area**

Dementia Care Support Group:
Last Thursday of the month at 6:30 pm
Faith Lutheran Church
207 S Cherry Ave
Contact: Tanya 715-652-2103
or Marilyn 715-305-8224

Parkinson’s Support Group:
3rd Thursday of the month at 1:00 pm
Faith Lutheran Church
207 S Cherry Ave
Contact: Marilyn 715-305-8224
or seidl-kramer@tznet.com

Memory Café:
2nd Wednesday of the month at 10:30 am
2nd Street Community Center
Contact: 715-384-7007

National Alliance on Mental Illness Connections Support:
1st Wednesday of the month at 6:15 pm
A Better Way Clubhouse
205 S Cherry Ave
Contact: 715-897-5215

Huntington’s Disease Support Group:
Contact: Marilyn 715-384-8478

Grief Support Group:
2nd Wednesday of the month at Noon
Ascension At Home office
303 W. Upham St
Contact: 800-397-4216

Death of a Partner Support Group:
Fridays at 10:00 am
Ascension At Home
303 West Upham St, Suite 200
Contact: 800-397-4216
**Merrill Area**

Dementia Caregiver Support Group:
2nd Tuesday of the month at 6:00 pm
Bell Tower Residence
1500 O’Day St
Contact: 715-536-5575

Grief Support Group:
2nd Thursday of the month at 12:30 pm
Merrill Enrichment Center
303 n Sales St
Contact: Christina Harkness 715-301-7215
Offered in Partnership with Good Samaritan Health Center

Look Good… Feel Better:
Ministry Good Samaritan Health Center
601 S Center Ave
Contact: 715-536-5511

Visually Impaired Support Group:
3rd Tuesday of the month at 12:00 pm
Jenny Towers
711 E 1st St
Contact Jan: 715-536-9816

National Alliance on Mental Illness
Family Support Group:
2nd Wednesday of the month at 6:00pm
Good Samaritan Hospital (DeAngelis Room)
Contact: 715-432-0180 or contact@naminorthwoods.org

Foot Care Clinic:
1st Wednesday of the month
Lincoln County Health Department
Contact: 715-536-0307

**Tomahawk Area**

Grief Support Group:
Saturdays at 10:00 am
Grace Lutheran Church
Contact: Mona 715-453-5017

Alzheimer’s Support Group:
3rd Thursday of the month at 3:00 pm
Tomahawk Senior Community Center
Contact: 715-453-5757

Foot Care Clinic:
2nd Wednesday of the month
Tomahawk Senior Community Center
Contact: 715-536-0307

MS Self-Help Group:
1st Wednesday of the month at 1:00 pm
Riverview Nursing Home
428 N. 6th St
Contact: Cindy 715-254-4749

**Wausau Area**

Alzheimer’s and Dementia Support Group:
3rd Tuesday of the month at 3:00 pm
Contact: Nicki Courtright 715-842-1818

Cancer Support Group:
3rd Monday of the month at 2:00 pm
Aspirus Regional Cancer Center
215 N. 28th Ave
Contact: 715-847-2866

Central Wisconsin Autism Society:
1st Thursday of the month at 6:30 pm
St. Mark’s Lutheran Church
600 Stevens Dr
Contact: Mike 715-360-0987

Great Wausau Area Stroke Club:
3rd Monday of even months at 1:00 pm
First English Lutheran Church
402 N 3rd Ave
Contact: Kathy 715-847-2826

Guardianship Support Group:
3rd Thursday of the month at 1:30 pm
Contact: Audry Asher 715-845-3988 or 715-574-6961
An informal gathering of present, new and potential guardians to meet and share ideas, information, and learning. Confidentiality of clients is respected.
Stay Connected

By Ciara Schultz, Community Health Educator

A good game of cards; a long chat on the phone; a walk with a friend; reading a book with a child; dinner with friends; volunteering; are all activities to improve health. Staying connected with others and sustaining and building relationships can lead to a longer, happier life. It’s true! According to information from Harvard Medical School, people who have satisfying relationships with family, friends, and their community are happier, have fewer health problems, and live longer (Harvard, 2010). According to Tasha R. Howe, associate professor at Humboldt State University, people with social connections feel more relaxed and at peace, which relates to better health. People with social support have fewer cardiovascular and immune problems (Valeo, 2007).

These close, positive relationships with others decrease feelings of stress. Limiting stress helps boost the immune system. These relationships also allow for good physical and emotional health - a sense of wellbeing - as well as maintaining and improving brain health and cognitive function. If that’s not enough, according to the St. Joseph Health, there are more benefits (St. Joseph Health, 2019):

• Potentially reduced the risk for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis
• Likely reduced the risk for Alzheimer’s disease
• Lower blood pressure
• Reduced risk for mental health issues such as depression

A sense of responsibility and purpose is part of every good social connection or relationship. This sense of purpose makes one feel wanted, included and cared for. These connections allow someone not only to feel supported but also to give support to someone else. All of these qualities - support, purpose, and feeling cared for - provide feelings of happiness, confidence, and improve the body’s ability to ward off common symptoms of health conditions.

If you already have good social connections, congratulations! If being social or developing relationships has been tricky, it’s not too late. There are numerous ways to increase socialization (Dombeck, 2006):

• Initiate interactions with friends and family. Make a call. Invite them to dinner. If your schedule is too busy to allow for this sort of thing, then change your schedule to open up a little time. It’s important.
• Introduce yourself to neighbors and other people you come into contact with. Say hello when someone walks by and ask how they are doing.
• Join groups. Participate in a faith-based group, civic group, service club, hobby group, or exercise class.
• Volunteer! Contact your local ADRC office for opportunities, 1-888-486-9545.

All of this is good news! We can improve our health by simply taking part in the things we enjoy and enjoy doing with others. Play more games of cards, have more chats on the phone, take long walks with friends, spend more time with children, have more gatherings with friends, and volunteering.

To find out ways to get connected in your community, contact the Aging & Disability Resource Center of Central Wisconsin to learn about resources for community groups, activities, or volunteer opportunities. 1-888-486-9545 or http://www.adrc-cw.com.

Resources:
Survivors of Brain Injury Support Group:  
2nd Wednesday of the month at 6:30 pm  
Aspirus Wausau Hospital  
Contact: Lea 715-847-2826

Fibromyalgia Support Group:  
2nd Tuesday of the month at 6:00 pm  
Marathon County Library, Wausau  
Contact: Donna 715-302-3851

Caregiver Support Group:  
2nd Tuesday of the month at 9:00 am  
Aspirus Memory Clinic  
2720 Plaza Dr  
Contact: Tori 715-847-2004

MS Support Group (Mingle and Share):  
2nd Tuesday of the month at 9:30 am  
Northcentral Technical College  
1000 Campus Dr  
Contact: Carole 715-359-2022

Kidney Smart Class:  
1st Wednesday of the month at 3:00 pm  
Davita Wausau Dialysis Unit  
2600 Stewart Ave Suite 144  
Contact: Betsy 715-841-1708

Downtown Memory Café:  
3rd Thursday of the month at 10:30 am  
First United Methodist Church  
903 3rd St  
Contact: 715-842-2201 or  
memorycafe@fumcwausau.org

Alzheimer’s Association Support Group:  
4th Tuesday of the month at 2:00 pm  
Mosinee United Methodist Church, 607 13th St  
Contact: Rose 715-212-1548

NAMI Family Support Group:  
4th Monday of the month at 7:00 pm  
Grace United Church, 535 S. 3rd Ave  
Contact: Bernie 715-432-0180 or  
contact@naminorthwoods.org

Memory Support Group (MSG):  
Meets monthly, times vary  
Contact: MSGwausau1@gmail.com

Wisconsin Rapids Area

Blind and Visually Impaired Persons (VIPs):  
2nd Monday of the month at 10:30 am  
Lowell Center  
220 3rd Ave S  
Contact: Mandi Grys 715-459-1988

Caregiver Support Group:  
Every Monday at 9:30 am  
St. Luke’s Lutheran Church  
Contact: 715-423-5990

Central WI ALS Support Group:  
2nd Monday of the month at 6:00 pm  
Contact: Deb 715-886-5860

Memory Café:  
2nd Tuesday of the month at 10:30 am  
Centrailia Center Brehm Conference Room  
Contact: 715-422-2795

Multiple Sclerosis Support Group:  
2031 Peach St  
Contact: 715-423-5412 or snick@wctc.net

Epilepsy Support Group:  
3rd Wednesday of the month at 10:00 am  
McMillan Library  
Contact: Ann 800-693-2287

Grief Support Group:  
4th Wednesday of the month at Noon  
Ascension at Home  
1000 E. Riverview Expressway, Suite 180  
Contact: 800-397-4216

Alzheimer’s Caregiver Support Group:  
2nd Thursday of the month at 9:30 am  
Hilltop Grand Village  
1400 24th St S  
Contact: Amy Czappa 715-818-5444  
Mary Pagel 715-818-5446
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Volunteering for the right opportunity is exciting, engaging and brings a sense of purpose. Finding the right volunteer opportunity for you can be frustrating at times. Where do you start?

What if you can only give a bit of time throughout the year? Will an hour or two a month really make a difference for anyone? YES!

For those with busy schedules, look for opportunities that are a one-time opportunity, seasonal or center around events. Volunteer opportunities that are flexible and can accommodate just 1-2 hours a month might be an answer too.

At the Aging and Disability Resource Center of Central Wisconsin, we have groups that pull together to volunteer for Meals on Wheels and rotate amongst themselves to share the responsibility of one meal delivery route. We have individuals that deliver meals or volunteer at the dining sites just one day a month. Volunteers will help to facilitate groups on a variety of health topics to encourage others to improve their health. These volunteers lead classes for 2-3 hours a week for just six weeks a year. For a group of creative kids (or adults!), creating and donating homemade cards or holiday tokens to deliver with the meals might be a way for them to contribute their time and creative skills.

Once you start looking at ways to get involved with a busy schedule, you will notice there are lots of opportunities throughout the community. Here are a few others that we have learned about:

• Healthy Minds Coalition (Lincoln County): Volunteers help the Healthy Minds Coalition to set up and hold health fairs and a variety of community education events throughout the county. Volunteers can help direct people, answer questions, hand out materials and other duties to keep the events running smoothly.
• After the Bell (Merrill): This is a group of volunteers that provide meaningful and fun activities with school-age children after school.
• Picture This! (Wood County): Be part of an exciting effort to show off all that Wood County has to offer while being active outdoors. Volunteers will take a picture of themselves and submit a short description of the activity. What a great way to show off your community and all it has to offer for everyone, including families, children, older adults, and adults with disabilities.
• Farmer’s Market Volunteers (Wisconsin Rapids): Help others learn to navigate the Farmer’s Market in Wisconsin Rapids. Volunteers will help out during the summer month to encourage people to see all that a farmer’s market has to offer.
• Wood County Drug Task Force: Volunteers help with events by preparing materials, distributing flyers, providing childcare and entering data after the event.
• Spring or Fall Cleanup: Many communities tap into volunteers through their local United Way to reach out to older adults or adults with disabilities to help with yard clean up once or twice a year.
• Tomahawk Area Interfaith Volunteers: Grab a friend or family member and contact TAIV about helping with cleaning or yard work for older adults.

Don’t stop with this group! This listing is just a sampling of ways to get involved in creating the type of community you want to see. There are many opportunities listed on your local United Way websites, VolunteerMatch.org, and others.

To get involved:
• Aging and Disability Resource Center of Central Wisconsin: 888-486-9545 or visit www.adrc-cw.org or email: adrc@adrc-cw.org
• Healthy Minds Coalition (Lincoln County): Lincoln County Health Department 715-536-0307 or lincolncountyhealthdepartment.com
• After the Bell (Merrill): Ann at 715-536-3016
• Picture This!/Farmer’s Market Volunteers (Rapids)/Wood County Drug Task Force: Sherry at 715-459-9253 or skopchik@co.wood.wi.us
• Tomahawk Area Interfaith Volunteers: www.taivnorthernwi.org or 715-360-4743.
Community Happenings

Information Meetings and Outings

**Antigo Area**
Langlade County Board meeting:
3rd Tuesday of the month at 9:00 am
Safety Building, County Boardroom

**Marshfield Area**
2nd Street Community Center:
211 East 2nd Street, 715-486-2055

Senior Talks:
2nd Monday of the month at 11:15 am in the Wein Room
Marshfield Clinic Health Systems Internal Medicine Residency Program will be presenting a different health topic each month.

Marshfield Senior Citizen Council (MSCC):
Board Meeting 1st Friday of the month at 10:30 am

Committee on Aging:
1st Thursday of the month at 9:30 am
Discuss issues involving the older adult population in the Marshfield Area
Call for the meeting location.

Potluck:
May 28
Bring a dish to pass and dinnerware

**Merrill Area**
Lincoln County Board meeting
3rd Tuesday of the month at 9:00 am
Lincoln County Service Center, Room 257

_Merrill Enrichment Center_
303 N Sales St, 715-536-4226
Lunch Bus Trips
$5 per trip, 10:30 to 1:00 pm

Luigi’s Pizza and Pasta:
May 2, Antigo

Pizza Ranch:
May 14, Schofield

Butterflies and Blooms:
June 6, Green Bay Botanical Garden

**Wausau Area**
Marathon County Board meeting:
3rd Tuesday of the month, 7:00 pm
Marathon County Courthouse, Assembly Room

ADRC-CW Board meeting: 2nd Thursday of the month, 9:30 am
ADRC-CW Wausau office, 2600 Stewart Ave, Ste 25

YMCA Becky Zelent, Active Older Adults Director:
www.woodsonymca.com, 715-845-2177

Devils Lake State Park
May 1, lecture May 15, guided hike
Departs: UW-Stevens Point at Wausau Campus at 7:00 am
Cost: $99 per person. Fee includes lecture, guided tour, lunch, transportation, and materials.

Brewers vs Marlins:
June 6, Milwaukee
Departs: Aspirus Branch at 8:30 am
Member fee: $110 Non-member fee: $120
Fee includes motor coach, morning snack, terrace box seat, buffet dinner and non-alcoholic drinks at Bublitz’s Restaurant in Lomira, fees and gratuities.

Tall Ships and Walls of Wittenberg:
July 26, Port of Green Bay
Departs: Aspirus Branch at 8:30 am
Member fee: $85 Non-member fee: $90
Fee includes motor coach, entrance fees, guided tours, and buffet dinner.
Community Happenings

Information, Meetings and Outings

Wisconsin Rapids Area

Wood County Board meeting:
3rd Tuesday of the month 9:30 am
Wood County Courthouse, Branch III

Lowell Center:
220 3rd Avenue South, 715-421-1051
Brewers vs. Atlanta Braves:
Jul 17, Milwaukee
$65 per person
Must have a minimum of 40 participants. Waiting List Only

Maggie Mae’s Dinner Show/Barn Dance:
Sep 18, Oxford
Member price $65 Non-member price $75
Walking and stairs are required to attend dinner and the show. The barn is not heated nor air conditioned, porta restrooms are located on the ground level. Consider physical limitations before signing up.

Mystery Trip:
Oct 19
Member price: $125 Non-member price $135
Fee includes motor coach, tour fees, a delicious Italian lunch, entertainment and more. This trip is not wheelchair accessible.

Mentor Program: Designed to help you connect with the programs and activities available at the Lowell Center. If you would like information on the Mentor Program, please call 715-422-2783.

Information, meetings, and outings provide some of the opportunities for older adults to get active in community councils and trips just for fun.
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Transportation

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(715) 389-0230 Marshfield or
(715) 421-8989 Wisconsin Rapids
www.co.wood.wi.us

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(715) 539-1331 (Merrill area)

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nmsmobility@yahoo.com (Tomahawk area)

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(715) 387-0395 (Marshfield area)

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North Central Health Care
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(715) 841-5101 or (877) 814-4668 or (715) 848-4555
jmckenzie@norcen.org (Marshfield and Wausau areas)

MARSHFIELD PUBLIC TRANSIT
Marshfield WI 54449, (715) 384-6550
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