

May 2023

# Newsletter



Toll Free: 866-743-5144

Office: 715-743-5166

Fax: 715-743-5240

## Lines from Lynne

### Home Delivered Meal changes are coming....

As much as we would love to serve everyone that is 60+ ... we simply do not have the capacity.

The purpose of the Prioritization Process is to define a process that we will follow as the demand for our program resources now exceeds our funding.

Who will this affect?

- ◆ Individuals that are considered low Nutrition Risk.
- ◆ Individuals that do not meet the definition of homebound.
- ◆ Individuals that are picking and choosing meals may have the option to go on a set schedule for meals or may be determined ineligible based on risk scoring.

We want to assure you that Home Delivered meals is not the only option.

We will be here to help you develop a Person Centered Nutrition Plan to ensure that your nutritional needs are met. We have many options in lieu of home delivered meals to meet your needs.

A friendly reminder that we have several congregate options with our congregate sites in Owen and Greenwood; Café 60 at Schmitt's On Main in Neillsville, Lunch & Learns at the Greenwood and Loyal Libraries along with hope to add more options in the near future. Included in this edition of the newsletter is information of alternatives to home delivered meals. There are many options available today, both locally, and by mail that may offer benefits that better meet your lifestyle goals. Mail order or pre-packaged meals offer a wider selection for choice as well as, eat at the time that you choose. These meals may require some prep time or cooking time. There are pro's and con's to every program and you may have to try several options to see what is best for you. You are always welcome to contact the ADRC. We have some simple meal recipes and cooking for 1-2 when you just don't know what to prepare.

Thank you for allowing us to serve you...

*Lynne L. McDonald*

**Director, ADRC of Clark County**

**517 Court Street Room 201**

**Neillsville, WI 54456**

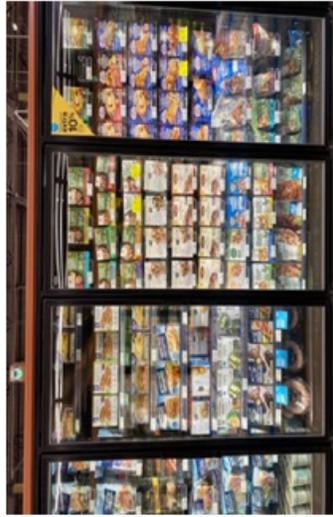
**PH: 715.743.5166**



## FROM FRESH



## TO FROZEN



**THE CHOICE IS YOURS!**



### RESOURCES:

#### Kwik Trip Take Home Meals.

Kwik Trip has a variety of homemade meals that you can take and reheat and enjoy. For example, spicy chicken penne, macaroni and cheese, fettucine alfredo, turkey dinner with mashed potatoes and gravy, spaghetti and meatballs, beef stroganoff and more.

Every Tuesday, you can save \$2 on all Take Home Meals! Save on a quick and easy lunch, or stock up with this great deal.

Each meal is individually packaged with full cooking instruction on the label. Learn more at:

<https://www.kwiktrip.com/takehomemeals>

**NOTE:** This is an informational document, we do not endorse any of the products listed; just providing information for your consideration and choice.

## MEAL OPTIONS



517 COURT STREET, ROOM 201

NEILLSVILLE, WI 54456

866-743-5144

715-743-5166

## DELICIOUS MEALS DELIVERED RIGHT TO YOUR DOOR!



The following options are available for delivery.

To order please call the numbers listed or visit their webpage and follow the instructions to begin ordering your food.

- Door Step Meals**  
 Over 30 selections of made from scratch meals, flash frozen and vacuum sealed.  
[www.doorstepmeals.com](http://www.doorstepmeals.com) 1-844-944-0348.
- Factor 75.com**  
 Meals are delivered to your door, not delivery charge based on location.  
[www.factor75.com](http://www.factor75.com) or 888-573-5727
- Freshly.com**  
 They offer a variety of dietary preferences.  
[www.freshly.com](http://www.freshly.com) or 844-373-7459
- HomeStyle Direct**  
 Variety of dietary preferences available.  
[www.homestyledirect.com](http://www.homestyledirect.com) or 866-735-0921
- MidWest Meals**  
 Located in Eau Claire WI. They offer a variety of meals. Learn more at:  
[www.midwestmeals.com](http://www.midwestmeals.com) or 715-598-7733
- MOM's Meals**  
 Several variety of dietary preferences available.  
[www.momsmeals.com](http://www.momsmeals.com) or 877-508-6667
- Personal Chef To Go**  
 Fresh meals that can be refrigerated for up to 10-12 days.  
[www.personalcheftogo.com](http://www.personalcheftogo.com) or 804-395-6881
- Silver Cuisine**  
 Chef-prepared meals delivered to your home.  
[www.silvercuisine.com](http://www.silvercuisine.com) or 844-404-3663
- Schwan's**  
[www.schwans.com/customer-service/contact-us](http://www.schwans.com/customer-service/contact-us)

## Healthier Frozen/Canned Food Items

Available at your local Grocery Store

This is a partial list; new products are added all the time so be sure to read the labels.

- Lean Cuisine Entrees**  
 New meal and fitness planner as well as "Ask the Nutritionist" link available on the web site.  
[www.leancuisine.com](http://www.leancuisine.com)
- Healthy Choice Entrees**  
 Variety of vegetarian options.  
[www.healthychoice.com](http://www.healthychoice.com)
- Smart Ones Entrees**  
 This Weight Watchers supported product offers a nutrient analysis of products as well as recipes that incorporate the frozen entrees.  
[www.eatyourbest.com](http://www.eatyourbest.com)





## Clark County ADRC Nutrition PROGRAM GUIDELINES

*PLEASE REVIEW THE FOLLOWING CAREFULLY*

The restaurant voucher program is designed to allow more flexibility in dining location, hours, and menu choices. According to the Older American's Act, everyone who receives a meal must be given the opportunity to contribute towards the cost of the meal. The suggested contribution for each meal is \$5.00. Please donate what you can. No one will be denied service because of the inability to contribute.

Am I eligible?

- Anyone age 60 or older
- Any spouse or domestic partner of an eligible older individual participating in the program. Both individuals must attend dining site together
- A disabled adult who resides at home with an eligible older individual participating in the program.

Please complete the following forms and return them using the provided self-addressed envelope:

1. Registration Form (enclosed)
2. Voucher Order Form (enclosed)

Voucher coupons will be mailed after registration form and voucher order form has been received.

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*Please review the following information:*

- Expiration Policy – Vouchers expire at the end of each *calendar year*. Program vendors will not accept expired vouchers. Vouchers will change color annually. Clark County ADRC Nutrition is not able to “refund” expired vouchers. Please do your best to use them before they expire.
- Gratuities Policy – The program voucher includes tip. Please do not feel obligated to leave a tip.
- Program Approved Menu – You must order a meal from the program-approved menu. If you order something that is not on the program-approved menu, this will be at your cost.
- Voucher Usage – You can request up to **20 vouchers** per person, per calendar month. Voucher request approval will be dependent on program funding and voucher availability.
- Suggested Contribution – The suggested contribution is \$5.00 per meal. You will not be denied a meal if you are unable to contribute. Contributions can be mailed to Clark County ADRC Nutrition Program, 517 Court Street, Neillsville, WI, 54456. Please note: **The restaurant is unable to accept contributions.**
- Voucher Guidelines – Vouchers are for YOUR use only. You may not “borrow” or “lend” your voucher to/from another person, even if they are enrolled in our program. Program guidelines restrict the vouchers to eligible participants only. **Vouchers expire at the end of the calendar year.**
- When using our program – **Please present your voucher when you are seated at your table.** Your signature on the voucher is required. In order to ensure an enrolled participant is using the voucher, the restaurant may require proof of identification. Please provide identification as needed.
  - Each participant who is ordering from the program menu must have his or her own program voucher; the restaurant is unable to divide meal portions.
- Our Intent – Our intent of the program is to provide healthful dining, along with the opportunity for socialization. “Take- Out” meals are not available. Of course, you may take your leftovers home.

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*You can mail your contributions for vouchers and the order form to request more vouchers.*

*Contributions can be mailed to Clark County ADRC Nutrition Program*

***Thank you for your support!***

## The Serious Issue of Distracted Driving

Distracted driving is a severe problem causing more and more accidents yearly. According to the National Highway Traffic Safety Administration, driver's texting or talking on a cell phone are four times more likely to be involved in a crash. This is an alarming statistic, and we must take action to reduce the number of distracted driving accidents.

According to the WisDOT more than 10,000 crashes involving distracted driving every year in Wisconsin. Preliminary numbers show 40 people were killed and more than 2,700 were hurt in distracted driving crashes in 2022

We can do several things to reduce the number of distracted driving accidents. First, we need to raise awareness about the dangers of distracted driving. We can do this by talking to friends and family about the issue and encouraging them to avoid using their phones, adjusting the radio, or other distractions while driving.

In closing, it is suggested to find a place to park in a safe location if you need to send or read a text. Choose a passenger to open and read texts or navigate to safely get you to your location. Do not scroll through apps while driving. Put your phone out of reach if you're tempted to use it when behind the wheel. Let's focus on keeping our roadways safe by concentrating on the task at hand, driving safely.

*Scott Haines*

Clark County Sheriff

517 Court St., Rm. 308

Neillsville, WI 54456

(O) 715-743-5357





## Benefits of Strength Training:

### Reduced risk for chronic diseases:

- Diabetes
- High Blood Pressure
- Heart Disease
- Osteoporosis
- Arthritis
- Some Cancers

### Increased:

- Strength
- Muscle mass
- Bone density
- Ability to do Activities of Daily Living

**Coming Soon to  
Greenwood Library  
Watch for more information.**

# WE NEED YOUR HELP!!

We are accepting donations of unused/unopened incontinence garments. Our inventory is at an all time low for the pull-up type incontinence underwear, sizes large and x-large for men, women or unisex. We are also in need of long pads for women in ultimate or heavy absorbency. No specific brand is required to be purchased.

Drop off spots for the donations:

**Russell's of Neillsville**

**Owen Senior Center**

**Clark County Court House, Room 201**



# Change of Seasons

## May 20, 2023

What is Change of Seasons? It is a time for community volunteers to help our deserving Senior Citizens with those “Change of Seasons” odd jobs. This happens each spring and fall with the collaboration of St. Mary’s Justice and Peace Committee, ADRC and Interfaith Volunteer Caregivers of Clark County and many community volunteers.

Guidelines for Change of Seasons:

- Windows in the spring and lawns in the fall.  
This year with the many sticks from the storms we have had, we will be picking up sticks in the spring.
- No lawn mowing.
- Only exterior windows will be washed.
- Gutters will be cleaned if adult volunteers are available and weather is permitting. There must be two volunteers when cleaning gutters.
- In the fall, only the primary lawn area will be raked.
- If the weather is bad please come and eat breakfast with your community volunteers as the food has already been prepared.

Receivers and volunteers may sign up by calling Interfaith at 715-743-2885. If you receive the answering machine, please leave a number where you can be reached.



# May is National Stroke Awareness Month

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## WHAT IS A STROKE?

A stroke, sometimes referred to as a brain attack, occurs when blood flow to the brain stops or is interrupted. Strokes can cause brain damage, long term disability, or even death. It is a medical emergency. The sooner treatment begins, the better.

## WHAT ARE THE WARNING SIGNS?

Use "F.A.S.T." to help recognize the signs and symptoms of a stroke:



**F = Face Drooping** - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?



**A = Arm Weakness** - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



**S = Speech Difficulty** - Is speech slurred? Is the person unable to talk?



**T = Time to Call 911**

Other stroke symptoms can include sudden:

- Numbness or weakness of face, arm, or leg, especially on one side of the body
- Confusion, trouble speaking or understanding speech
- Trouble seeing in one or both eyes
- Difficulty walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

## WHY IS IT IMPORTANT TO KNOW THE WARNING SIGNS?

Every 40 seconds, someone in the U.S. has a stroke. Every 3.5 minutes, someone dies due to a stroke. A stroke can happen to **anyone, of any age, at any time**. If you or someone you know is experiencing any of the F.A.S.T. signs, **call 911 immediately**. Early treatment leads to higher survival rates and lower disability rates.

## WHAT ARE THE RISK FACTORS FOR STROKE?

There are several risk factors that put you at higher risk for stroke. Some you can control, others you cannot. Risk factors for stroke that you cannot control include:

- Age - The risk of having a stroke increases as you age.
- Family History - If your parent, grandparent, or sibling has had a stroke, especially before age 65, you may be at a greater risk.
- Race - African-Americans have a much higher risk of death from stroke than Caucasians. This is partly due to higher risks of high blood pressure, diabetes, and obesity.
- Gender - Women statistically have more strokes than men.
- History of a prior stroke or heart attack

Risk factors that you can control include:

- High blood pressure - Hypertension is a leading cause of stroke.
- Smoking
- Diabetes - Especially if your blood sugar is not under control
- Diet - Meals high in fat, cholesterol, and sodium can increase your risk.
- Physical Inactivity
- Obesity
- High Cholesterol
- Heart Disease - There is a strong link between heart disease and stroke.

Strokes can be prevented and treated. Making lifestyle changes and getting regular medical care can help prevent and lower your risk for stroke.

When it comes to stroke, every second counts! Nearly 2 million brain cells die each minute a stroke remains untreated.

Rapid access to medical treatment oftentimes make the difference between full recovery and permanent disability.



Know the signs of a stroke and act F.A.S.T. (face drooping, arm weakness, speech difficulty, Time to call 911 if someone is having a stroke.

## The Facts:

- Stroke can happen to anyone at any age.
- 80% of all strokes are preventable.
- Stroke is the fifth leading cause of death in the U.S. and a leading cause of severe disability.
- On average, one person dies from stroke every 4 minutes.
- More than 795,000 people have a stroke each year in the U.S.
- Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year—that's 1 out of every 19 deaths from all causes.

## Prevent stroke by following the American Heart Association/ American Stroke Association's [Life's Simple 7 tips](#):

- Manage blood pressure
- Control cholesterol
- Reduce blood sugar
- Get active
- Eat better
- Lose weight
- Stop smoking

# **VOLUNTEER DRIVERS NEEDED!**

**THOSE WHO CAN, DO. THOSE WHO  
CAN DO MORE, VOLUNTEER.**

You are **NEEDED** and **APPRECIATED** here.

Clark County Department of Social Services is in need of volunteer drivers to transport Clark County Residents to medical appointments. Occasional transportation is provided for other authorized appointments. If you possess a valid driver's license and a good driving record we could use your help!

If you are interested, we currently reimburse every mile from your door to return at .55 cents per mile and reimburse meal expenses for out of county trips.

## **Volunteer Drivers Needed!**



For more information:

Call us at 715-743-5233.

Ask for Lacey Tlusty or Roberta Hansen.

Stop in the office at 517 Court Street, Room 502 Neillsville

5th floor in the Clark County Court House!

**Pay it Forward**

**Neighbors helping  
neighbors**

**It won't work  
without you**

**Drivers get more  
than they give**

**Set your schedule**



# GO DIGITAL



You can now receive our newsletter in digital form. If you are interested please contact us a 715-743-5166. You can also visit our website at [clarkcountywi.gov/adrc-newsletter](http://clarkcountywi.gov/adrc-newsletter) click go digital to get the newsletter sent to your email.



Find us on:  
**facebook®**

Check us out on Facebook for updates, tips and more information provided especially for you.

Aging & Disability Resource  
Center of Clark County

## **MAY IS HEALTHY VISION MONTH**

**TAKING CARE OF YOUR EYES SHOULD BE A PRIORITY JUST LIKE EATING HEALTHY AND GETTING PHYSICAL ACTIVITY.** Healthy vision can help keep you safe each day. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision concerns and eye diseases. It's the best way to find out if you need glasses or contacts, or are in the early stages of any eye-related diseases.

**SOME EYE CONDITIONS CAN CAUSE VISION LOSS AND EVEN BLINDNESS.** These include

- Cataracts, a clouding of the eye.
- Diabetic retinopathy, which causes damage to the blood vessels in the back of the eye.
- Glaucoma, damage to the optic nerve, often with increased eye pressure.
- Age-related macular degeneration, which gradually affects central vision



### **NINE WAYS YOU CAN HELP PROTECT YOUR VISION**

1. Get regular comprehensive dilated eye exams.
2. Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since some are hereditary.
3. Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
4. Maintain a healthy weight.
5. Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
6. Quit smoking or never start.
7. Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
8. Wash your hands before taking out your contacts and cleanse your contact lenses properly to avoid infection.
9. Practice workplace eye safety.

Source: Centers for Disease Control & Prevention, <https://www.cdc.gov/visionhealth/healthyvisionmonth/index.htm>



MEDFORD ☎ 715-748-2020  
COLBY ☎ 715-223-4003



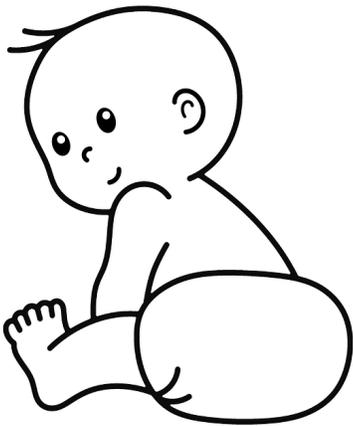
OPTOMETRISTS | DR. JULIE THUMS | DR. MATHEW MERGENTHALER | DR. BETSY MEINEL | DR. BREANNA HOFFMANN

Sharing your story with your loved ones means more than you know.

Follow our newsletters as we ask some great “SPARK” questions to reminisce those great memories.

*Our Wedding*

*Our first Home*



## “Spark” Cards

**What was the  
happiest moment  
in your life?**



(Set 1- General 2015)





**CLIMB** Theatre PRESENTS

Free and  
open to  
the public

# Grandpa and Lucy

A Story About Love & Dementia



**June 21, 2023 at 10:00 a.m.**

**Loyal Elementary School**

514 W Central St, Loyal, WI 54446

### **ABOUT THE SHOW**

Inspired by the children's book written by Edie Weinstein, *Grandpa and Lucy: A Story About Love & Dementia* helps kids and families strengthen intergenerational relationships with older relatives who may be struggling with Alzheimer's or other forms of dementia. There will be a talkback following the performance.



# Residential Care Options

## Visiting Someone in Dementia Care

When someone has just moved into a dementia community

- During the first two weeks, visit often and stay as long as you want. If the facility has a policy of not allowing visitors for the first two weeks during the adjustment period, consider whether this is the right facility for you.
- If the facility has a policy of not allowing visitors for the first two weeks during the adjustment period, consider whether this is the right facility for you.
- Announce yourself to your loved one: "Hi mom, it's me, Susan."
- Introduce yourself to the staff.
- Bring favorite foods.
- Decorate the room with familiar objects. Add flowers, plants, pictures of family/friends, artwork. Make a large poster with family pictures from the past and hang it in the room. Add flowers, plants, pictures of family/friends, artwork. Make a large poster with family pictures from the past and hang it in the room.
- If your loved one is agitated about the move, have a story you use consistently about why he or she has to stay there "for a little while." These are "fiblets." (examples below)
  - "The house is being painted and I don't want you to smell the fumes."

- “I need to have a minor medical procedure and I can’t take care of you while I am recovering.”
- “I am having some termite work done on the house.”
- “The city is fixing the sewer.”

If this does not divert the person’s attention, change the subject and discuss the latest ball game, the weather, politics, the grandchildren, etc.

- Play games such as cards, dominoes, or whatever the person used to do.
- Watch TV together. Listen or sing along to music.
- Respond to “I want to go home.” This is usually a way of saying “I am not comfortable”—it is not about the physical home, which is how we hear it.
- Say “Tell me about your home” or “What’s your favorite thing at home?”

After two weeks or so, start to wean yourself and your loved one

- Visit every other day instead of every day, eventually go every third day.
- Make a mental list of things to talk about, as your loved one won’t have information to share with you. Bring treats to eat.
- Learn the schedule and visit during “free time” rather than activity time.
- Take your loved one for walks around the facility, particularly in the garden, if they have one.
- Bring photo albums to look through, or a tablet or cell phone to visit Facebook to share pictures and stories of family and friends.
- If you know someone else has visited, remind your loved one that they came.
  - Shorten your visits. The person with dementia usually doesn’t remember if you have been there for five minutes or five hours. Ultimately it’s better to visit three times per week for 20 minutes than once a week for an hour.

- Do not go on outings until your loved one is totally adjusted to their living situation, and then only if you think it would be helpful and not confusing.
- Come with a friend or someone else who knows the person. Remind your loved one who this other person is.
- Bring videos that you would like to watch and watch them together, particularly comedies and old movies. Even if he/she can't follow the story, they can often enjoy the experience, and you can hold hands or sit close and feel connected during this time.

### Other Tip Sheets

1. [The Right Time](#)
2. [Housing Options](#)
3. [Choosing The Right Place](#)
4. [Caregiving Doesn't End When Your Loved One Moves](#)
5. [Visiting Someone With Dementia](#)

### More Resources

**Family Caregiver Alliance National Center on Caregiving**  
(415) 434-3388 | (800) 445-8106 Website: <https://caregiver.org/>

Visit [WisconsinCaregiver.org](http://WisconsinCaregiver.org) for free online training, resources, and connections to local programs that can support you in your caregiving role.

# Sniteman Pharmacy Wellness and Diabetes Prevention Program

The Sniteman Pharmacy Wellness and Diabetes Prevention Program is designed to help individuals reach their health and wellness goals and ultimately reduce the risk of developing Type 2 Diabetes. Participants that successfully complete the program cut their risk for developing diabetes in half! This program does not include a restrictive diet or intense workout program, but instead guides like-minded individuals to achieve better health habits all while losing weight. Group classes are led by Sniteman Pharmacy's certified lifestyle coaches over a one-year time frame. Classes begin meeting once weekly for 16 sessions followed by six months of once monthly meetings to gauge the success of participants on their own. Classes cover a broad range of topics from improving sleep, making a meal plan, grocery shopping, and disease states including diabetes and hypertension. Medicare does cover the cost of the program for eligible individuals (lab work is required for enrollment and can be obtained from primary care visits). Whether you've struggled with weight loss in the past, are thinking of improving quality of life, or just want a social environment to discuss health and wellness, this class is for you. Please contact Brianna at Sniteman Pharmacy at 715-743-3500 or email [brianna@snitemanpharmacy.com](mailto:brianna@snitemanpharmacy.com) with any questions or interest. Classes start every 6 months! If you have a group within your community, we would be willing to drive to you!

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On Your Way to Preventing  
**Type 2 Diabetes**

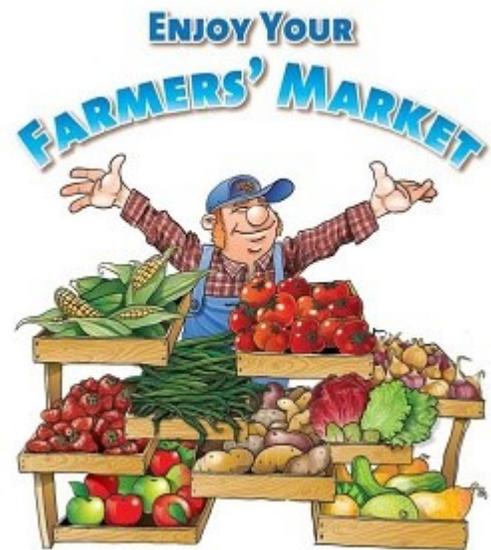
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# Farmers' Market

## Starting June 1, 2023

Vouchers will be available through the ADRC Office. They can be picked up in person or call the office for an application at 715-743-5166.



## ADAPTIVE EQUIPMENT

The ADRC office has several pieces of DME equipment available in our Loan Closet call for further details 715-743-5166

# Socialization and Fun at the Greenwood Senior Center



Nutrition Education Class



St Patrick's Day Party



Spring has Sprung! First day of Spring party.



# May 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1  Happy May Day	2	3	4	5 BINGO Greenwood Center @ 11:30 	6
7	8	9 Loyal Library Lunch & Learn Call Library to sign up 715-255-8189	10	11	12 BINGO Greenwood Center @ 11:30	13
14 	15	16 Greenwood Library Lunch & Learn Call Library to sign up 715-267-7103	17	18	19 BINGO Greenwood Center @ 11:30	20 CHANGE OF SEASONS 
21	22	23	24	25	26 BINGO Greenwood Center @ 11:30	27
28	29  MEMORIAL DAY OFFICE CLOSED	30	31			

# BLT Skillet



Total Time

Prep/Total Time: 25 min.



Makes 2 servings



## Ingredients

- 4 ounces uncooked whole wheat linguine
- 4 bacon strips, cut into 1-1/2-inch pieces
- 1 plum tomato, cut into 1-inch pieces
- 1 garlic clove, minced
- 1-1/2 teaspoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon minced fresh parsley

## Directions

1. Cook linguine according to package directions. Meanwhile, in a large skillet, cook bacon over medium heat until crisp. Remove to paper towels; drain, reserving 1 teaspoon drippings.
2. In the drippings, saute tomato and garlic for 1-2 minutes or until heated through. Stir in the bacon, lemon juice, salt and pepper.
3. Drain linguine; add to the skillet. Sprinkle with cheese and parsley; toss to coat.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

# Memorial Day

## Word Search



AMERICAN  
ANTHEM  
CEMETERY  
CEREMONY  
COMMEMORATE  
DECORATION  
FALLEN  
FLAGS  
FLOWERS  
FREEDOM  
GRAVE



HALF MAST	REMEMBRANCE
HEROES	SACRIFICE
HOLIDAY	SALUTE
HONOR	SERVICE
MAY	SOLDIERS
MEMORIAL	TAPS
OBSERVANCE	VETERANS
PATRIOTIC	WAR



**ADRC Director**

*Lynne McDonald*

**ADRC Financial / Nutrition Manager**

*Lynn Crothers*

**ADRC Admin. Assistant**

*Kim Stetzer*

**Elder Benefit Specialist**

*Terri Esselman*

**Disability Benefit Specialist**

*Crystal Rueth*

**I&A Specialist**

*Hannah Quicker*

*Michelle Berdan*

**ADRC Newsletter Online:**

<http://www.co.clark.wi.us/index.aspx?NID=767>

**ADRC Toll Free Line**

1-866-743-5144

**ADRC Local Number**

715-743-5166

**ADRC Fax Number**

715-743-5240

**ADRC Email Address**

[clarkadrc@co.clark.wi.us](mailto:clarkadrc@co.clark.wi.us)

**Mailing Address**

ADRC of Clark County  
517 Court Street Room 201  
Neillsville, WI 54456