

# RESOURCE GUIDE

## Resources for Seniors, Families and Caregivers in Dunn County

If you have any questions or would like clarification on any of the information presented on the list, please call the Aging & Disability Resource Center of Dunn County at 715-232-4006.

Our e-mail address is [dhs@co.dunn.wi.us](mailto:dhs@co.dunn.wi.us) and our website address is: [www.co.dunn.wi.us](http://www.co.dunn.wi.us)



### General Information & Outreach For Seniors and Disabled Adults

#### Information and/or Assistance to Appropriate Services

Center for Independent Living	715-233-1070 800-228-3287
Aging & Disability Resource Center of Dunn County	715-232-4006
Elder Care Locator	1-800-677-1116
Federal Information Center	1-800-688-9889 or 1-800-333-4636
Hmong American Community Association	715-232-9350

#### Elder and Vulnerable Adult Abuse (financial, physical, emotional)

The Bridge to Hope	715-235-9074 or 1-800-924-9918
Aging & Disability Resource Center of Dunn County	715-232-4006
Elder Care Locator	1-800-677-1116

#### Access to Publicly Funded Long Term Support Services

Aging & Disability Resource Center of Dunn County	715-232-4006
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#### Legislative Information

Legislative Hotline	1-800-362-9472
Scott Walker (Governor)	1-608-266-1212
Tammy Baldwin (U. S. Senator)	1-608-796-0045 1-800-247-5645 or 715-832-8424 or 1-202-224-5653
Ronald Johnson (U.S. Senator)	1-608-782-5585 or 1-202-224-5323
Ron Kind (3rd District U.S. Congressman)	715-831-9214 or 1-202-225-5506
Sheila Harsdorf (10th District State Senator)	1-800-862-1092 or 1-608-266-7745
Terry Moulton (23rd District State Senator)	1-608-266-7511
Kathleen Vinehout (31st District State Senator)	1-608-266-8546
John Murtha (29th District Assembly)	1-608-266-7683
Warren Petryck (93rd District Assembly)	1-608-266-0660
Tom Larson (67th District Assembly)	1-608-266-1194

### Alzheimer's, Confusion and Memory Loss

#### Alzheimer's Information and Support Groups

Alzheimer's Disease Education and Referral Center	1-800-438-4380
Alzheimer's Support Group	715-232-4006
Aging & Disability Resource Center of Dunn County	715-232-4006
Greater Wisconsin Alzheimer's Association Chapter	715-720-7611
Memory Care Connections (for spousal caregivers of those with Alzheimer's or related dementia)	715-232-4006

#### Adult Day Care

AngelCare Adult Day Center	715-235-4744
Above & Beyond Elderly Care	715-505-4423
Aurora Day Center (developmentally disabled)	715-235-1839
REACH Day Services (developmentally disabled)	715-235-7733

#### Memory Clinics

Family Medicine Clinic, Eau Claire	715-839-5175
Marshfield Clinic Memory Disorder Clinic	1-715-858-4444 or 1-866-333-1996
Luther Hospital	715-838-1900

#### Special Dementia Care Living Facilities

Dunn County Health Care Center	715-232-2661
Care Partners Assisted Living	715-235-6333
Colfax Health & Rehabilitation Center	715-962-3186
Comforts of Home Memory Care	715-231-3020
Heritage of Elmwood Nursing Home	715-639-2911
Knapp Haven (Chetek)	715-924-4891
Our House Memory Care	715-232-8181

### Caregiver Support

#### Support Groups

Alzheimer's and Other Dementia's Support Group	715-232-4006
3rd Wednesday of the Month, 10:00-11:30 a.m.	
Shirley Doane Senior Center	

Caregiver Support Group	715-232-4006 or 715-235-5531
3rd Thursday of the month, 7:00-8:30 p.m.	
Red Cedar Medical Center	

Caregiver Coffee Hour	715-232-4006
Meets 1st Wednesday of the Month, 9:30 – 11:00am	
North Conference Room - Red Cedar Medical Center	

Aging & Disability Resource Center of Dunn County (Family Caregiver Support Program & Alzheimer's Caregiver Support Program)	715-232-4006
Chippewa Valley Family Caregiver Alliance	715-577-3600

### Employment

Dunn County Job Center Workforce Development	715-232-7360
Senior Citizens Employment & Training	715-839-5058
WI Department of Vocational Rehabilitation	715-836-4263

### Exercise, Fitness and Health

#### Exercise and Fitness

Menomonie High School Pool & Fieldhouse	715-232-1197
UW-Stout Pool & Fieldhouse	715-232-1392
Sunnyside Apt. - Knapp	715-665-2495
Colfax Grapevine Senior Center	715-962-2550
Shirley Doane Senior Center in Menomonie	715-235-0954

#### Health and Well-Being

American Diabetes Association	1-800-232-3472
American Cancer Society	1-877-423-9122
Arthritis Foundation	1-800-283-7800
Cancer Information	1-800-422-6237
Dunn County Health Department (mammograms for low income women under 65)	715-232-2388
Flu shots	715-232-2388
Foot Care Clinics – Shirley Doane Senior Center	715-235-0954
Free Clinic of Menomonie	715-308-3808
Red Cedar Medical Center (educational series)	715-233-7474
National Health Information Center	1-800-336-4797
Smoking Cessation	715-232-2388

## Financial/Legal/Advocacy

### Complaints/Investigation

Benefit Specialists/Aging & Disability Resource Center of Dunn County	715-232-4006
Center for Independent Living	715-233-1070
Consumer Product Safety Commission	1-800-638-2772
Consumer Protection	1-800-422-7128
Fraud Information Center	1-800-876-7060
Landlord/Tenant	1-800-422-7128
Medicare Fraud Spotters	1-800-488-2596
Ombudsman Program for Nursing Homes/ Group Homes/Community Options Program	1-800-815-0015
Office of the Commissioner of Insurance	1-800-236-8517
Disability Rights of Wisconsin (TTY)	1-877-338-3724 1-888-758-6049

### Financial Assistance

Benefit Specialists/Aging & Disability Resource Center of Dunn County	715-232-4006
Food Share (Quest Card)	715-232-1116
Energy/Fuel Assistance	715-232-1116
Medical Assistance (Forward Card)	715-232-1116
Medicare	1-800-633-4227 or 715-232-4006
Prescription Drug Assistance Program	715-232-4006
Social Security and SSI	1-800-772-1213 or 866-815-2924
Senior Care Prescription Drug Program	1-800-657-2038 or 715-232-4006

### Estate Planning

Estate Planning	1-800-488-2596
Guardianship Helpline	1-800-488-2596
Probate	715-232-6782
Pension Rights	1-800-488-2596

### Guardianship Assistance/Representative Payee

ARC of Dunn County	715-235-7373
Dunn County Human Services	715-232-1116
Guardianship Helpline	1-800-488-2596
House Calls	715-232-6475
Payee Services	715-233-0203

### Insurance Information

Office of the Commissioner of Insurance	1-800-236-8517
Medigap Hotline	1-800-242-1060
Benefit Specialists/Aging & Disability Resource Center of Dunn County	715-232-4006

### Legal Assistance

Lawyer Referral Service	1-608-257-4666 or 1-800-362-9082
Wisconsin Judicare	1-800-472-1638 or 715-232-1116
State Bar of Wisconsin	1-800-728-7788
Benefit Specialists/Aging & Disability Resource Center of Dunn County	715-232-4006

### Taxes

AARP Tax Appointments (February through April) (Income Tax and Homestead tax Credit assistance)	715-232-4006
Internal Revenue Service	1-800-829-1040
Property Tax Deferral Program	1-800-755-7835 or 715-232-4006
Wisconsin Department of Revenue	1-608-266-8100
Wisconsin Tax Refund Info	1-866-947-7363

### Veterans Services

Dunn County Veterans Service Office	715-232-1646
Veteran's Administration – Wisconsin	1-800-827-1000

## Food and Nutrition

### Share Program For Colfax and Wheeler

Statewide program for anyone - \$18.00 You are asked to do 2 hours of community service. Quest cards are accepted	
Location:	1202 E. 10th Street
Contact/Phone:	Mary Lou Lagerstrom 715-664-8879

### Grocery Shopping Assistance

Community Connections Program	715-235-2920
Grandma's Helpers	715-308-9275 or 715-308-9273

### Home Delivered Meals

Aging & Disability Resource Center of Dunn County 715-232-4006

### Senior Dining (Hot Meals) 715-232-4006

Boyceville Community Center Lunch & Learn	715-232-4006
Colfax Grapevine Senior Center (Mon through Th)	715-962-2550
Eau Galle Civic Center (Mon & Wed)	715-283-4252
Hosford-Rich Apartments (Mon through Fri)	715-235-4047
Pork's Place (Tue, Wed, Thur, Friday)	715-665-2133
Dairyland Café in Ridgeland (Mon through Fri)	715-949-1985
Sand Creek Café (Mon through Fri)	715-658-1335
Tantara Apartments (Mon through Fri)	715-556-0266

### Area Food Pantries / Food Programs and Free / Reduced Cost Meals

#### **Boyceville – West CAP Food Access & Resource Center**

823 Main Street. Serves Boyceville & Glenwood City Areas  
Food Pantry Schedule:  
Every Thursday 3:00 – 7:00 pm. Every Friday 9:00 am – 1:00 pm  
Phone: Toll Free 800-606-9227 Commodity boxes for age 60 and older.  
Senior Farmers Market Vouchers

#### **Boyceville Food Harvest Ministry – Boyceville Community Center**

\$15.00 Requested Donation - You Eat You Qualify  
3rd Saturday of the Month. 10 to 12  
For More Information Call 715-643-2350

#### **Colfax Caring Ministries Food Pantry**

Emergency food by appointment only For Residents in Colfax postal code  
United Methodist Church, Colfax. Phone: 715-704-6400

#### **Dunn County - Food Share – Formerly Food Stamps Program**

(Income based) Helps people with limited income buy food.  
Call Dunn County Human Services at 715-232-1116

#### **Dunn County Elderly Nutrition Program- Must be 60+**

Home-delivered meals. Congregate meal sites in several communities.  
Nutritional supplements – Ensure. Senior Farmers Market Vouchers  
Dunn County ADRC: 715-232-4006

#### **Dunn County - WIC Program (Women, Infants & Children)**

Dunn County Government Center, 800 Wilson Avenue, Menomonie  
Phone: 715-232-2498

#### **Elk Mound - Ruby's Pantry**

Food distribution every 4th Saturday, 8:30 – 10:00 am  
Everyone welcome. \$15 donation appreciated – cash only.  
Shepherd of the Hill Lutheran Church, 207 University, Elk Mound  
Phone: 715-879-5115

#### **Elk Mound - Shepherd of the Hill Food Pantry**

Provides food for those in need. Tuesday and Fridays  
10 to 12 or Emergency Appointments  
Phone 715-879-5115

#### **Knapp - Plates and Napkins Food Pantry**

Every month that has a 5th Saturday in it (about every 3 months).  
7:00 am – 10:00 am.  
Check in at Knapp Community Hall, 111 Oak Street, Knapp  
Phone: 715-665-2495

#### **Knapp Community Hall Food Pantry**

Open Monday – Friday, 7:00 am - 12:00 pm  
and...Monday – Thursday, 1:00 - 4:00 pm  
Knapp Community Hall, 111 Oak Street, Knapp  
Phone: 715-665-2495

#### **Menomonie - Community Friendship Luncheon –**

Home cooked buffet every Wednesday, 11:45 am  
Shirley Doane Senior Center, 1412 6th ST. Menomonie  
\$5.00 for members, and \$6.00 for non-members Phone: 715-235-0954

#### **Menomonie - Tuesday's Table**

Hot home-cooked meal. Every Tuesday, 5:00 – 6:00 pm  
St. Joseph's Catholic Church – Basement, 910 Wilson Ave, Menomonie  
Phone: 715-232-4922

#### **Menomonie – Thursday's Table**

Hot home-cooked meal. Every Thursday, 5:00 – 6:00 pm  
First Congregational Church, 420 Wilson Avenue, Menomonie  
Phone: 715-235-5838

**Menomonie - Stepping Stones Food Pantry**  
 1620 Stout Road, Menomonie  
 Food Pantry and offers Commodity Boxes for 60+  
 Call for hours: 715-235-2920

**Menomonie – Summer Farmer’s Market**  
 May through October  
 Wednesdays, 12:00 – 6:00 pm  
 Saturdays, 8:00 – 3:00 pm  
 Dunn County Rec Park, Menomonie

**Menomonie - Winter Farmer’s Market**  
 Every 3rd Saturday of the month, 9:00 – 1:00 pm  
 Lammer’s Foods, 9th Street, Menomonie  
 Call West Cap for details, 715-265-4271

**School Lunches- Free/Reduced**  
 Contact your local school’s food service office

**Grocery Stores that provide shopping assistance**  
 Lammers Food Fest – 1408 9th Street, Menomonie, 715-235-2134  
 Walmart – 108 Cedar Falls Road, Menomonie 715-235-6565  
 Kyle’s Market – 115 S. Main Street, Colfax 715-962-3585

## Hearing Impairment

**Information, Support, Assistive Devices**  
 Aging & Disability Resource Center of  
 Dunn County 715-232-4006  
 Center for Independent Living 715-233-1070  
 Local telephone companies can provide help with assistive devices.  
 National Hearing Aid Helpline 1-800-521-5247  
 TEPP Program 1-608-231-3305 or 715-233-1070  
 Wisconsin Bureau for the Deaf and (TTY) 1-888-701-1254  
 Hearing Impaired or 715-836-2107  
 Wisconsin Telephone Relay System (TTY) 1-800-947-3529  
 (Voice) 1-800-947-6644 or (ASCII) 1-800-272-1773

## Housing and Home Modifications/Repairs

**Apartments with Noon Meals, Light Housekeeping, Emergency Call System (Varies per site)**  
 Galloway Homes 715-235-9041  
 Hosford-Rich Apartments 715-235-0656  
 The Oaks 715-235-7793  
 Tantara Apartments 715-235-4718

**Assisted Living (Services vary)**  
 Autumn Village 715-235-9041  
 Care Partners and Country Terrace 715-235-6333  
 Comforts of Home 715-231-4980  
 Our House Assisted Living 715-232-8181  
 Potters Country Home 715-235-6789  
 Triple Springs Country Home 715-643-7040

**Nursing Homes**  
 American Lutheran Home 715-235-9041  
 Colfax Health & Rehabilitation Center 715-962-3186  
 Dallas Healthcare Center 715-837-1222  
 Dunn County Health Care Center 715-232-2661  
 Glenhaven (Glenwood City) 715-265-4555  
 Heritage of Elmwood Nursing Home 715-639-2911  
 Pioneer Nursing Home (Prairie Farm) 715-455-1178  
 Spring Valley Health Care Center 715-778-5545

**Repairs and Modifications**  
 Center for Independent Living 715-233-1070  
 Community Connections Program 715-235-2920  
 USDA Rural Development 715-232-2614, ext. 4  
 West Cap 1-800-606-9227 or 715-235-4511  
 Local telephone and utility companies.  
 Local city/village governments “Block Grants.”

**Subsidized Housing Units (rent is based on income)**  
 Boyceville Housing 715-235-4718  
 Cedar Grove Apartments (Menomonie) 715-232-9940  
 Colfax Housing 715-235-4718  
 Colfax Prairie Homes 1-800-606-9227  
 Elmwood Senior Citizens Apartments, Menomonie 715-235-7310  
 Evergreen Manor (Colfax) 715-778-5938  
 Galloway Homes (Menomonie) 715-235-9041  
 Gaylord Nelson Apartments (Menomonie) 1-800-685-9353  
 Hillcrest Apartments (Wheeler) 1-877-663-0233  
 Hosford-Rich Apartments (Menomonie) 715-235-0656  
 Kathy Richards Management 1-888-576-6468  
 Low Income Family Duplexes (Menomonie) 715-235-0656  
 Memorial Heights Apartments (Menomonie) 715-235-0656  
 Menomonie Country Apartments 715-235-7376  
 Morningside Apartments (Sand Creek) 1-877-663-0233  
 The Oaks (Menomonie) 715-235-7793  
 Pine Ridge Apartments (Ridgeland) 1-877-663-0233  
 Pinedale Apartments (Menomonie) 715-235-7376  
 Ridgeland Housing 715-235-4511  
 Riverview Apartments (Downsville) 1-877-663-0233  
 Sunnyside Apartments (Knapp) 715-665-2331  
 Tiffany Apartments (Boyceville) 1-877-663-0233  
 University Village (Menomonie) 715-834-2691 or 1-800-924-3256  
 Valley View Apartments (Knapp) 1-877-663-0233  
 Warren Knowles Manor (Menomonie) 1-800-685-9353  
 West Cap 1-800-606-9227 or 715-235-4511

**Subsidized Rent Vouchers**  
 Menomonie Housing Authority 715-235-0656  
 West Cap (Dunn County Housing Authority) 1-800-606-9227  
 or 715-235-4511

**Other Senior Housing Options:**  
 Dancing Oaks 715-299-3330  
 Tantara Apartments 715-235-4718  
 The Oaks Senior Living 715-235-7793  
 Village at White Pine 715-231-2100

## In-Home Services

**In Home Services, Respite, Bathing Assistance, Housekeeping**  
 Advanced Living Care LLC 715-505-2812  
 Asian Home Health 715-254-0893  
 Center for Independent Living 715-233-1070  
 Chippewa Valley Timebank 715-271-7968  
 Comfort Keepers 1-866-552-6730 or 715-381-6730  
 Gemini Helping Hands 1-800-628-2424  
 Hands On In-Home Care 715-949-1313  
 Home Instead Senior Care 715-235-5225 or 1-800-919-8040  
 House Calls Personal Touch Respite Program 715-232-6475  
 Indianhead Community Action Agency 715-532-5594  
 Interim Healthcare 715-832-1313  
 Lifenet 1-800-506-5433 or 715-835-4111  
 Mayo Clinic Health System Home Health and Hospice 715-235-7800  
 Moore Genuine Care 715-286-2734  
 Peaceful Living 715-386-7071  
 Spring Valley Home Health 715-778-5045  
 Stepping Stones 715-235-2920  
 Sunshine Care Inc. 715-514-5566  
 Tongxeng Home Care 715-514-4406  
 Visiting Angels 715-861-5546

**Hospice Services**  
 Adoray Home Health & Hospice 1-800-359-0174  
 Mayo Clinic Health System Home Health & Hospice 1-800-236-8408  
 St. Croix Hospice 651-735-3656  
 St. Joseph’s Hospice 1-800-726-3485 or 715-726-3485

**Lifeline/Telephone Reassurance**  
 Mayo Clinic Health System (Lifeline) 715-233-7200  
 Comfort Keepers 1-866-552-6730 or 715-381-6730  
 Alzheimer’s Association 24 hour Help Line 1-800-272-3900  
 St. Joseph’s Hospital 715-726-1811

**Medical Equipment**  
 Veterans Service Office (Loan closet) 715-232-1646  
 Center for Independent Living 715-233-1070  
 J&B Medical Supply 1-866-674-5850  
 See also “Hearing Impairment,” “Vision Impairment.”  
 Check local telephone directory under “Hospital Equipment/Supplies.”



## Transportation Services

### Buses

Dunn County Transit Commission 715-235-7433

### Volunteer Drivers

Aging & Disability Resource Center 715-232-4006  
 Center for Independent Living for Western WI, Inc.  
 New Freedom Transport Program  
 Information & Vouchers 715-233-1070 or 1-800-228-3287  
 Rides 715-772-3122  
 Stepping Stones 715-235-2920  
 Veterans Service Office 715-232-1646

### Other Transportation Providers

Accessible Vehicle Rentals 1-800-596-4366  
 A&J Mobility 877-833-9830  
 (personal vehicle accessibility conversion—including rentals)  
 Handi-Lift 1-800-989-7433  
 Magena ( wheelchair accessible trans & taxi) 715-338-9840  
 Town & Country Taxi 715-309-9619

## Vision Impairment

**Aging & Disability Resource  
 Center of Dunn County at 715-232-4006.**

### Nursing Agencies/Personal Care

Asian Home Health 1-715-254-0893  
 Aurora Community Health, Inc. 715-235-4667 or 1-888-301-5897  
 Comfort Keepers 1-866-552-6730 or 715-381-6730  
 Dunn County Home Health Care 715-232-1518  
 Gemini Care 715-665-2424  
 House Calls 715-232-6475  
 Interim Healthcare 715-834-1313  
 Lifenet 1-800-506-5433 or 715-835-4111  
 Mayo Clinic Health System Home Health  
 and Hospice 715-235-7800 or 1-800-236-8408  
 St. Joseph's Home Care 1-800-726-3485  
 Spring Valley Home Health Services 715-778-5545  
 Visiting Angels 1-877-833-7060 or 1-715-833-7006  
 Tongxeng Home Care 715-514-4406

## Mental Health/Depression/Alcohol Problems

Access, Inc. 715-235-4696  
 Arbor Place 715-235-4537  
 Dunn County Department of Human Services 715-232-1116  
 WCPG (WI Council on Problem Gambling) 1-800-426-2535  
 Amery Behavioral Health Center 715-268-0069  
 (Inpatient short stay program)  
 The Healing Place A Grief Support Center 715-833-6028

## Senior Centers & Organizations

### Senior Centers

Boyceville Community Center 715-643-2305  
 Colfax Grapevine Senior Center 715-962-2550  
 Eau Galle Civic Center 715-283-4252  
 Rock Creek Town Hall 715-875-4202  
 Shirley Doane Senior Center 715-235-0954

### Senior Citizen Organizations

CWAG (Coalition of Wisconsin Aging Groups) 608-224-0606  
 or 1-800-488-2596  
 AARP (American Association of Retired Persons) 1-866-448-3611

revised February 2014 by Senior Hi-Lites



**Great Rivers 2-1-1 is a source of free confidential community resource information and referrals, which is available 24 hours a day. It is a single access point for information on civic, health and human services, and assistance in times of crisis. Language interpretation is available. You can reach them by calling 2-1-1 on your telephone or by calling 1-800-362-8255. Their website address is www.greatrivers211.org.**