

# BENEFICIALLY SPEAKING

MARCH  
2026

-----  
EDITOR: SARAH MEIVES  
PRICE COUNTY  
ELDER BENEFIT SPECIALIST

CONTACT YOUR BENEFIT  
SPECIALIST AT:

PRICE COUNTY SENIOR  
SERVICES

104 South Eyder Avenue  
Phillips, WI 54555  
715-339-2158



## Highlights

- Medicare Coverage for Health Services
- Understanding Estate Recovery
- Considerations When Deciding Whether to Retire
- How Social Security Determines Disability
- Take a NOURISH Step!
- Cabin Fever - Don Posh

# March 2026

## Price County Senior Dining Menu

**Please make reservations by 1:30 pm the day prior to dining.**

All meals include bread, butter & milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Brat on a Bun Veggie Pasta Salad Baked Beans Tropical Fruit	<b>3</b> Broasted Pork Chop Parsley Buttered Potatoes Peas & Carrots Strudel Stick	<b>4</b> Fish Sandwich w/lettuce & cheese Cheesy Broccoli Soup Coleslaw Pumpkin Bar w/raisins	<b>5</b> Baked Chicken Mashed Potatoes Gravy Sliced Carrots Fruited Jello	<b>6</b> Baked Cod Baked Potato w/sour cream Coleslaw Fruit
<b>9</b> 2 Piece Baked Cod Baked Potato w/sour cream Peas Oatmeal Raisin Cookie	<b>10</b> Chicken Cordon Bleu Scalloped Potatoes Mixed Veggies Mixed Fruit	<b>11</b> Swedish Meatballs Mashed Potatoes Gravy 3 Bean Salad Upside Down Cake	<b>12</b> Pepper Steak Mashed Potatoes Gravy Stewed Tomatoes Bread Pudding w/raisins	<b>13</b> Egg Salad on Whole Wheat w/lettuce Cheesy Medley Soup Coleslaw Fresh Fruit
<b>16</b> Baked Potato w/sour cream & butter Chili Coleslaw Fruit Salad	<b>17</b> Chicken Strips Grilled Potatoes Mixed Veggies Fruited Jello 	<b>18</b> Baked Meatloaf Mashed Potatoes Gravy Sliced Carrots Pie	<b>19</b> Sloppy Joe Potato Salad Mixed Beans Breakfast Bar	<b>20</b> Fish Sticks Tator Tots Coleslaw Fresh Fruit
<b>23</b> Cheeseburger w/lettuce & tomato Veggie Pasta Salad Baked Beans Strudel Stick	<b>24</b> Chicken Stew w/stew veggies Biscuit Coleslaw Mixed Fruit	<b>25</b> Country Fried Steak Mashed Potatoes Gravy Green Beans Oatmeal Raisin Cookie	<b>26</b> Ham Scalloped Potatoes Squash Applesauce Cake	<b>27</b> Fish Sandwich w/lettuce & cheese Veggie Pasta Salad Baked Beans Strudel Stick
<b>30</b> Egg Salad on Whole Wheat w/lettuce Cheesy Medley Soup Coleslaw Fresh Fruit	<b>31</b> BBQ Chicken Mashed Potatoes Gravy Sliced Carrots Fruit Fluff			<b>Due to shortages in the supply chain, there may be substitutions without notice.</b>

**Phillips**

**Tuesday – Friday**

11:30 a.m.

Site Manager:

Marlys Dobson

Site: 715-339-5301

(H) 715-332-5448

**Ogema**

**Monday – Thursday**

11:30 a.m.

Site Manager:

Kaye Erickson

Site: 715-767-5130

(C)715-657-0833

**Kennan**

**Monday – Thursday**

11:30 a.m.

Site Manager:

Kristen Hartmann

Site: 715-474-3325

(H) 715-428-2559

**Brantwood**

**Monday – Thursday**

11:30 a.m.

Site Manager:

Sally Ellis

Site: 715-564-2569

(H) 715-564-2447

**Park Falls**

**Monday -Thursday**

11:30 a.m.

Site Manager:

Dawn Nichols

Site: 715-339-5302

(C) 920-204-8257

# Medicare Coverage for In-Home Health Services

Medicare covers part-time home health care when it's medically necessary, ordered by a doctor, and provided by a Medicare-certified home health agency. Skilled services such as skilled nursing care or physical therapy are covered but custodial care that helps with daily living activities is not covered if it is the only type of care you need. You also need to be considered "homebound," which means that leaving your home is difficult or not recommended because of your medical condition(s). These requirements are explained further below.

## Skilled Services

Skilled care is nursing or therapy care that can only be safely and effectively performed by, or under the supervision of, professionals such as nurses or licensed therapists. Examples of skilled services include:

- Skilled nursing care such as wound care, intravenous medications, feeding tube care, injections, or monitoring of a serious illness or condition
- Physical therapy, occupational therapy, and speech-language pathology services
- Part-time or intermittent home health aide care such as help with bathing, grooming, and feeding but only if you're also getting skilled nursing care, physical therapy, speech-language pathology services, or occupational therapy. Otherwise, Medicare does not cover these types of services when it's the only type of care you need.

These services must be needed on an intermittent basis or part-time. This means less than 8 hours each day and 28 hours or less each week. There is no maximum number of days covered, but payment and care needs are assessed every 30 days.

## Homebound

If you're homebound it means that you have trouble leaving your home without help or it requires a significant effort. It could also be that you're normally able to leave your home, but it isn't recommended due to your current illness or injury. This does not mean that you can never leave home like to go to church or a doctor appointment, just that it is very difficult for you to do so. Your doctor will document this when they order the care.

Finally, you must make sure the home health agency is Medicare-certified. To find a home health agency, you can visit the Wisconsin Department of Health Services website at <https://www.dhs.wisconsin.gov/guide/home-health.htm>, and for more information on Medicare coverage of home health services, visit

<https://www.medicare.gov/coverage/home-health-services>

# Understanding Estate Recovery

If you use certain Medicaid benefits during your lifetime, your estate may be subject to Estate Recovery after your passing. The State does this so it can recoup the costs of your care and use those funds to help more people. Although Estate Recovery can be complicated, it is important to understand the basics to prepare yourself, your family, and your legal representatives so that you feel comfortable signing up for Medicaid and accessing any services you need.

## **Should you apply for Medicaid?**

Some people are afraid to use Medicaid programs available to them because they are under the mistaken belief that anyone who uses Medicaid will “lose their house.” However, it’s important to remember that millions of Americans benefit from Medicaid, receiving key services that help improve health outcomes, quality of life, and personal dignity. Furthermore, not all services provided by Medicaid are recoverable.

## **Which Medicaid Programs Are Subject to Estate Recovery?**

In general, recoverability depends on which services you received, as well as your age and residence when you received the benefit. Medicaid recipients who move into long-term care facilities may be subject to Estate Recovery. This can include nursing homes, skilled nursing facilities, and institutionalization in an inpatient hospital. Some services you receive in your home if you are 55 years old or older are subject to estate recovery as well. This can include skilled nursing services, home health aide services, and more. For more information, please see pages 1-3 of the Estate Recovery Program Handbook here: <https://www.dhs.wisconsin.gov/publications/p1/p13032.pdf>.

## **How Does Estate Recovery Work?**

After you pass away, the State will seek repayment for services you received during your lifetime from both your estate and non-probate assets. The State can also seek recovery for services you received from your spouse’s estate and non-probate assets after they pass away. The State is limited in their recovery efforts to assets you, as the Medicaid recipient, had an interest in at your death. If the State is seeking Estate Recovery, they will file a claim against your estate and send a notice to your surviving spouse or Personal Representative. Note that

your family may receive this notice 9-12 months after your passing, so they should be careful and work with an attorney before spending those funds. The State will assume that the full claim amount is available--your spouse or Personal Representative must be ready to explain to the State why any amount of the claim is not available.

The State can recover from your legal assets, including real and personal property, life insurance, revocable trusts, joint accounts, payable on death accounts, any excess in your funeral trust, and annuities.

The good news is that there are several protections in place to help your surviving family members after you pass away, even if your property is subject to Estate Recovery. Some of your personal items and tangible non-business personal property can be exempted to pass on to your heirs. You can also set up a funeral trust to cover your funeral expenses, and those funds are not subject to Estate Recovery. Further, the State may not bring a claim while your spouse is alive, or if you have a child under 21, or a disabled child of any age. While the State may file a lien on your real estate, the lien will not be satisfied until the property is sold. There are additional protections available against Estate Recovery, so it is important to work with an attorney to protect your assets.

### **Who can help me prepare for Estate Recovery?**

Estate Recovery falls under the purview of Medicaid planning, a complicated area of the law. Some people think that any estate planning attorney can provide advice regarding Medicaid and Estate Recovery. However, Medicaid planning attorneys and estate planning attorneys can have different goals or strategies because Medicaid planning is focused on qualifying for Medicaid benefits, while estate planning is focused on distributing assets to your heirs. Because of this distinction, questions regarding Estate Recovery must be handled by an experienced Medicaid planning attorney. WINAELA maintains a directory of Wisconsin Medicaid planning attorneys who can help you here: [Find a Lawyer - Distance WINAELA](#).

# Considerations When Deciding Whether to Retire

Deciding when or whether to retire can be daunting. Many people immediately think of financial considerations when evaluating the prospect of retirement, which makes sense. But there are additional things to think about as well when faced with such a big decision. Here are some tips to consider.

What will your financial picture look like if you retire? Think about any savings accounts, retirement savings accounts like 401ks or pensions, and any non-employment income you will have, such as Social Security. Consider consulting with a financial advisor or using an online tool such as a pension calculator to get an idea of your financial situation. If you need assistance accessing benefits from employer-sponsored retirement plans, contact the Upper Midwest Pension Project at Trellis Pension and Retirement Rights. To learn more, please see: <https://trellisconnects.org/programs/trellis-pension-and-retirement-rights/>.

Consider big expenses and how you will pay for them. Health care can be a huge expense, especially as we get older. Will you qualify for Medicare and/or Medicaid, or some other form of subsidized health insurance? Will you have retiree health insurance offered to employees by your employer? If you plan to use the Marketplace for private insurance, have you looked at estimated costs for someone in your situation? Make sure to keep potential prescription drugs in mind, as that can add to the cost. Fact Sheet: Medicare decisions for those over 65 and planning to retire in the next 6 months: (<https://www.cms.gov/outreach-and-education/find-your-provider-type/employers-and-unions/fs4-medicare-for-people-over-65-nearing-retirement.pdf>)

What will your living situation be like in the near future? If you own a home, do you anticipate wanting or being able to continue living there for the foreseeable future? Think about what you would do if you were unable to continue living in your current home, whether for health, financial, or other reasons. If you are renting, make sure you take that expense into account when estimating your monthly retirement budget.

Do you have others who have depended on, or will depend on, support from you? It can be easy to forget about family members or friends who ask for assistance, but giving or lending someone money can quickly add up. You may

need to consider setting boundaries with loved ones if you pursue retirement and expect to have lower income.

How will you stay busy in retirement? Hobbies and travel are great ways to fill time but can be costly. Consider building trips or expenses related to hobbies into your budget so you aren't caught off guard.

Keep in mind that there are alternatives to retirement, if you don't feel ready to take that step. These can include working less or requesting flexibility with your scheduling and responsibilities to accommodate health issues or other personal matters you'd like to prioritize. Check out this blog post for an interesting perspective on retirement: When to Retire: Redefining the Definition of Retirement - Pennsylvania Capital Management <https://pcmadvisors.com/when-to-retire-and-how-redefining-retirement/>

(printed with permission from the GWARR Legal Services Team)

# How Social Security Determines Disability

If you've applied or thought about applying for Social Security disability benefits, you may have heard about the five-step process the Social Security Administration (SSA) uses to decide whether someone is disabled. Understanding how SSA makes disability determinations can help you understand why a claim was approved or denied. Read on to learn more about the process.

## **Step 1: Are you working?**

Social Security first looks at whether you are working and earning over a certain monthly amount. If you are earning too much, SSA usually decides that you are not disabled. If you are not working or earn below the limit, SSA will send the application to the Disability Determination Bureau (DDB) for the remaining steps.

## **Step 2: Is your condition severe?**

Next, the DDB looks at your medical conditions. To qualify, your condition must be serious enough to limit your ability to do basic work activities, such as standing, lifting, remembering instructions, or concentrating. If the condition is not considered severe, the claim is denied. If it is severe, the DDB continues to Step 3.

## **Step 3: Is your condition on SSA's list?**

SSA has a list of medical conditions that are considered automatically disabling. If your condition meets or equals one of these listings, you are determined to be disabled. If it does not, the DDB will move on to the next step.

## **Step 4: Can you do your past work?**

At this step, the DDB reviews the jobs you have done in the last 15 years. They decide whether you can still do any of that work based on your medical limits. If you can still perform your past work, your claim is denied. If you cannot, the DDB goes to the final step.

## **Step 5: Can you do any other work?**

Finally, the DDB looks at whether you can do any other type of work that exists in the national economy. They consider your age, education, work experience, and physical or mental limitations. If SSA decides you cannot adjust to other work, you are found disabled. If they decide you can work, the claim is denied.

For more information, please see: <https://www.ssa.gov/benefits/disability/qualify.html>



# Take a NOURISH Step!



## March into Wellness: Overview of Type 1 and Type 2 Diabetes

### Did you Know?

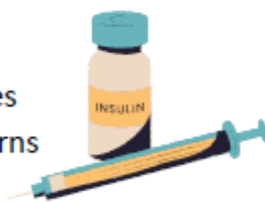
**Type 1** is a lifelong autoimmune disease that prevents your pancreas from making insulin.

**Type 2** is largely linked to insulin resistance & lifestyle changes can be powerful.

### What is the difference between Type 1 and Type 2 Diabetes?

#### Type 1 Diabetes

- **Diagnosis:** Usually diagnosed in childhood, but this condition can present at any age.
- **How Insulin Is Affected:** In type 1 diabetes, the beta cells of the pancreas do not produce insulin, which leads to unhealthy blood sugar levels.
- **Cause:** An autoimmune condition that often appears early in life.
- **Management:**
  - Balanced eating patterns help normalize blood sugar levels, blood pressure, cholesterol, and body weight.
  - Insulin dosing is often required to manage blood sugar levels.
  - Work with care providers such as your doctor, dietitian, and diabetes educator to manage dietary patterns and insulin.



#### Type 2 Diabetes

- **Diagnosis:** Type 2 diabetes develops gradually. It is diagnosed using the following blood tests.
  - A1C of 6.5% or higher
  - Fasting plasma glucose test of 126 mg/dL or higher on two tests
  - Random blood sugar test of 200 mg/dL or higher
- **How Insulin is Affected:** The body isn't able to use insulin well, and eventually can't make enough of it.
- **Cause:** Genetics play a role, and the risk increases with age, extra weight, and low physical activity.
- **Management:** Requires reducing carbohydrate intake, reducing sugar intake, and eating 3 meals a day with fruits, vegetables, protein, and fiber.

### Importance of Hydration

Dehydration raises glucose concentration in the blood, so be sure to hydrate throughout the day.

**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**



For more information visit: [gwaar.org/nourishstep](http://gwaar.org/nourishstep)

GWAAR Nutrition Team. UW Health Interns Trinity Manzke & Molly Ross 3/2026

## Build-Your-Own Sheet Pan Meal

### Ingredients (choose 1-2 from each group)

- **Protein:** Chicken breast or thighs, salmon, turkey/chicken sausage (uncooked, sliced), firm tofu (cubed)
- **Non-starchy vegetables:** broccoli, cauliflower, bell peppers, zucchini, green beans, carrots, Brussel sprouts
- **Add-ons:** fresh or dried herbs, citrus, avocado, shredded cheese
- **Option** to serve with brown rice

### Directions

- Preheat the oven to **400 degrees F**. Line a large baking sheet pan with parchment paper or aluminum foil for easy cleanup.
- Arrange the protein on one side of the sheet pan. Brush generously with olive oil or marinade.
- Toss the vegetables in the remaining olive oil/marinade. Arrange them on the other side of the sheet pan around the protein.
- Bake for 25–30 minutes or until the protein is cooked and the vegetables are tender.
- To serve, divide protein and veggies between plates or bowls. Top with add-on's of choice. Add 1/2 cup cooked brown rice to each serving if your diabetes eating plan allows.



Recipe adapted from

<https://diabetesfoodhub.org/blog/sheet-pan-dinner-easy-meals-minimal-cleanup>

## Create Your Diabetes Travel Bag

**Step 1:** Find a small bag to carry on the go

**Step 2:** Fill with your diabetes care essentials:

- Insulin supplies
- Diabetes medicine or pill box
- Fast-acting sugar for low blood sugar episodes (glucose tabs, raisins, small pack of candy)
- High protein & high fiber snacks like nuts, bars, or whole-grain crackers
- Glucometer and test strips (if needed) to check blood glucose levels
- An ID card that says you have diabetes and emergency contact numbers

**Step 3:** Bring with you when traveling or during an emergency and refill as needed!



---

Keep taking NOURISH Steps and learn more about type 1 & type 2 diabetes at:

[American Diabetes Association](https://www.heart.org/en/health-topics/diabetes/diabetes-tools--resources)

<https://www.heart.org/en/health-topics/diabetes/diabetes-tools--resources>

---



*If you want more pep, take a NOURISH Step!*

For more information visit: [gwaar.org/nourishstep](https://gwaar.org/nourishstep)

GWAAR Nutrition Team Trinity Manzke & Molly Ross 3/2026





Don Posh

## Cabin Fever

It's that time of year. As winter gives us all it's got, we're for the most part stuck inside. Thus, we tend to experience cabin fever. The medical term is Seasonal Affective Disorder, which is a temporary depression. **If you're feeling** blah and unmotivated this could be the reason. **It's quite common and I get it too.**

So, what do we do to get out of that rut? **We can't just sit here** for a couple more months and wait. Time is one of the most precious gifts we have. Do we choose to use it to our advantage or just waste it? Planning gives the feeling of hope and something to look forward to. We can plan vacations, visiting friends and family, what vegetables or flowers we should plant, where we would like to fish, maybe some different lakes, concerts, county fairs and all those good things that happen in the summertime. Projects: this may be a good time to paint that room that has needed it for quite some time, rearrange the furniture or change the pictures on the wall. Maybe we can do pre-spring cleaning so when spring gets here, **we're spending our time** enjoying spring.

I wonder if the ancients were aware of cabin fever when they designed calendars. They only put 28 days in February so we could hurry up and get it over with. Then we can March into spring!

**Be well...We're all in this Together!**

For more information on independent living contact: indiGO serving Douglas, Bayfield, Iron, Price, Sawyer, Washburn, and Burnett Counties including Tribal communities of Red Cliff, Bad River, La Courte Oreilles and St Croix.

Main office: 800-924-1220 V/TTY

Our non-profit agency, indiGO, aims to empower individuals living with disabilities and we are available to assist ALL ages and disabilities. We are not a vendor and do not sell any products, but we are here as a resource.

# 5Ms: A Practical Guide to Aging Well

**M**ind

**M**obility

**M**edications

**M**ulti-complexity

**M**atters most

Join us to explore how the 5Ms—Mind, Mobility, Medications, Multi-Complexity, and Matters Most—can help you stay sharp, steady, and in control of your health. This lively session breaks down how these five keys can boost independence, improve daily well-being, and ensure your care aligns with what truly matters to you.

Whether you're planning ahead or already navigating the journey of aging, you'll leave empowered with practical tips for a healthier, more confident future.



Presenters: Jonathon Weiss, PT, DPT, EdD  
Board Certified Specialist in Geriatric  
Physical Therapy  
Certified Exercise Expert for the Aging  
Adult

**March 10**  
**1-2pm CST**

[Register Here](#)



# BINGO

**MARCH 3, 2026 AT 12:15PM  
PARK FALLS SENIOR NUTRITION SITE  
715-339-5302**

**MARCH 11, 2026 AT 12:15PM  
PHILLIPS SENIOR NUTRITION SITE  
715-339-5301**

**IF YOU WISH TO RESERVE A MEAL PRIOR TO  
THE GAME, PLEASE CALL THE SITE YOU  
PLAN TO ATTEND AT LEAST  
24 HOURS IN ADVANCE.**

**G  
53**

# PRESSED FLOWER CRAFT

March 18, 2026 @ 12:30pm  
Brantwood Senior Nutrition Site  
715-564-2569

March 23, 2026 @ 12:30pm  
Kennan Senior Nutrition Site  
715-474-3325

March 26<sup>th</sup>, 2026 @ 12:30pm  
Ogema Senior Nutrition Site  
715-767-5130

If you wish to reserve a meal prior to the craft,  
please call the site you plan to attend at least  
24 hours in advance.



Craft cost is \$10 per person.  
Call Cheyanne at  
715-339-2158 to reserve a spot.  
Reservation required by March 6, 2026.

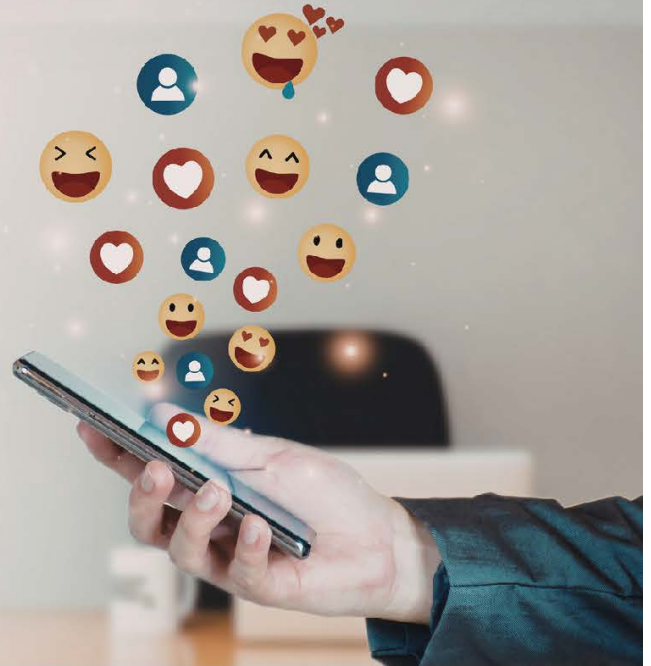
# TECHNOLOGY ASSISTANCE

Kathy Schimkets from Northcentral Technical College will be offering assistance for those looking to better understand their technology including: smart phones, tablets, smartwatches, and laptops. Please feel free to stop by with your questions! All are welcome.

**Brantwood Senior Dining Site  
March 25, 2026 from 11am-1pm**



# Inside the Algorithm: How Social Media Shapes What We See, Think, and Believe



Join Dr. Dietram A. Scheufele, UW–Madison professor and nationally recognized researcher, for an engaging presentation on how social media algorithms are designed and how they shape the information we see every day. Learn how these behind-the-scenes systems can influence attention, emotions, and beliefs, contribute to mis- and disinformation, and affect how we make sense of the world. This community talk will help to better understand social media and navigate today's digital environment with greater confidence.



Dr. Dietram A Scheufele  
Professor, UW-Madison

**April 16, 2026**  
**11am-12pm CST**  
**FREE WEBINAR**

[Register Here](#)

# Márch

MON	TUE	WED	THU	FRI
2	3 Bingo @ Park Falls Nutriion Site at 12:15pm	4	5	6
9 Toe Nail Clinic in Fifield 10-2p	10	11 Bingo @ Phillips Nutrition Site at 12:15pm	12	13
16	17 Alzheimer's & Dementia Caregiver Support Group in Park Falls @ 12:30p  	18 Alzheimer's & Dementia Caregiver Support Group in Phillips @ 12:30p  Flower Craft @ Brantwood Nutrition Site at 12:30pm	19	20
23 Flower Craft @ Kennan Nutrition Site at 12:30pm	24	25 Tech Assistance with Kathy @ Brantwood Nutrition Site 11-1pm	26 Flower Craft @ Ogema Nutrition Site at 12:30pm	27





# Spring Strong Bodies

March 16-May 22, 2026

## Class Locations and Times

Catawba  
Village Hall  
Mon/Wed 9-10am

Ogema  
Baptist Church  
Tues/Fri 9-10am

Park Falls  
Peace Center  
Mon/Wed 9-10am  
Tues/Thurs 4-5pm

Phillips  
First Presbyterian Church  
Mon/Thurs 6:30-7:30am  
Mon/Wed 9-10am  
Tues/Thurs 12:30-1:30pm

Brantwood  
Community Center  
Mon/Wed 10-11am



## What is Strong Bodies?

Strong Bodies is an evidence based exercise program that meets for one hour twice weekly, typically for 10 weeks.

Each class contains progressive weight training as well as balance and flexibility exercises.

## What's the Benefit?

Strength training is shown to increase not only strength but flexibility, bone density, muscle mass, and the ability to complete activities of daily living.

It reduces the risk for falls and chronic disease such as diabetes, heart disease, high blood pressure, and osteoporosis.

## Registration

Registration is required prior to attending any Strong Bodies Session.

To register contact Cheyanne at  
715-339-2158 or  
[cheyanne.loewe@pricecounty.wi.gov](mailto:cheyanne.loewe@pricecounty.wi.gov)

Call to reserve your spot for a class early.  
Slots fill quickly.

Registration deadline for the Spring Session  
is March 7<sup>th</sup>, 2026.

# Join Us In Our New Location In Park Falls Alzheimers and Dementia Caregiver Support Group



## ***Build a support system with people who understand***

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for family and friends who are caring for someone who has Alzheimer's or another dementia to:



- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

This support group is offered in partnership between the Alzheimer's Association Wisconsin Chapter and the:




### **Park Falls Library**

**121 North 4<sup>th</sup> Ave  
Every Third  
Tuesday of the  
Month 12:30pm-  
2:00pm**

**RSVP by calling  
Shea at (715) 339-  
1052**

Designed for anyone who is caring for someone who has Alzheimer's or related dementia.

[www.alz.org/wi](http://www.alz.org/wi)  
24/7 Helpline 800.272.3900  
Hablamos Español 414.431.8811

alzheimer's  association®  
Wisconsin Chapter



# March

## WORD SEARCH



Solve the following puzzle by finding all the hidden words!



PI DAY

EASTER

LUCK

EQUINOX

MARDI GRAS

BASKETBALL

MARCH MADNESS

RAIN

SPRING BREAK

CHERRY BLOSSOMS

IDES OF MARCH

TOURNAMENT

LAMB

KITE

DAYLIGHT SAVING

COLLEGE

SHAMROCK

TULIPS

WINDY

GREEN

DAFFODILS