

# Volunteer Opportunities

## **POLK COUNTY**

100 Polk County Plaza  
Suite 190  
Balsam Lake, WI 54810

Phone: 715-485-8599  
Fax: 715-485-8598

### **We're on the Web!**

[www.co.polk.wi.us/aging](http://www.co.polk.wi.us/aging)

Polk County Aging Programs depends on volunteers to assist with or provide needed services. Aging Programs staff could not effectively operate these services without volunteers. Some services are provided solely by volunteers. You can volunteer as little or as often as you like.

## Volunteers needed in the following areas:

- \* MMAPS Volunteers
- \* Newsletter Delivery
- \* Home Delivered Meal Drivers
- \* Senior Dining Helpers
- \* Volunteer Drivers
- \* Office Helpers
- \* Tax Aides
- \* Telecare Phone a Friend

*For more information on volunteer opportunities, call Polk County Aging Programs at 485-8599.*



POLK COUNTY

# Aging Programs

100 Polk County Plaza,  
Suite 190  
Balsam Lake, WI 54810-8009

Polk County Aging Programs provide information and services that help older people remain independent in their homes and active in their communities. Most services are provided on a free-will donation basis.



## Contact Us:

Office Hours: Monday - Friday  
8:30 a.m. - 4:30 p.m.  
Phone: (715) 485-8599  
Fax: (715) 485-8598  
Website: [www.co.polk.wi.us/aging](http://www.co.polk.wi.us/aging)

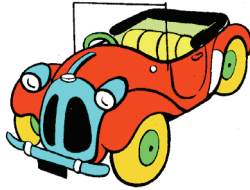
## Services Provided:

Transportation Services  
Senior Voices Newsletter  
Senior Dining & Home Delivered  
Medicare Helpers  
Benefits Assistance  
Information & Assistance  
Volunteer Opportunities  
Caregiving Assistance & Prevention  
Wellness Activities

# Transportation Services

## Volunteer Transportation

Do you need a ride to a medical appointment; Are you unable to find a ride with a relative or friend?



Aging Programs volunteer transportation program may be the answer for you. Volunteer drivers provide this much needed and valuable service for Polk County senior citizens age 55 and older or those who are certified disabled.

Polk County Aging Programs also arranges volunteer transportation for Medical Assistance and Social Services clients on a referral basis.

## Just A Phone Call Away

Arranging transportation is a simple phone call away. Call the Aging Programs office with your name and address, phone number, directions to your home and the date, time and place of your appointment. Every effort will be made to accommodate your request for transportation. Advance notice is greatly appreciated.



# ADRC Benefits Specialist

Counseling and assistance are available to you:

- \* Social Security
- \* Medicare & Medical Assistance & Medicare Part D
- \* Supplemental Insurance
- \* Supplemental Security Income (SSI)
- \* Housing Options
- \* Age Discrimination in Employment
- \* Elder Abuse
- \* Other Benefit Programs

The Benefit Assistance Program provides information and assistance to people age 60 and older who are having difficulty with the paperwork or complex eligibility requirements of public and private benefits.

# Information & Assistance

Polk County Aging Programs is the first number to call when you have a question on senior issues; need information on a senior program, or if you're just not sure who to call for help.

Office staff will assist you or refer you to the appropriate agency. A follow-up call will be made, when warranted, to assure that you have received the assistance you need. For information and assistance, call 485-8599. Office staff is ready to help.

# Medicare Helpers



Medicare/Medical Assistance Programs for Seniors (MMAPS) counselors are older individuals who have received special training in Medicare billing procedures and laws. They volunteer their time and expertise to people who need help with Medicare/Medicaid billing, processing doctor and hospital bills, preparing insurance claims, evaluating Medicare supplemental insurance policies and examining your insurance needs.

## Senior Citizen Clubs

Amery Senior Center	268-6605
Balsam Lake Seniors	268-7649 or 485-3306
Clear Lake Seniors	263-3135 or 263-3165
Cushing Seniors	488-2467
Frederic Senior Center	327-4155
Luck Senior Center	472-8285
Milltown Seniors	825-2103
Osceola Seniors	294-2289 or 294-3670
Seniors on the Go	755-2275
St Croix Valley Senior Center	483-1901

## Family Care Giver Support Program

Services for Caregivers: Information about available services, assistance in gaining access to these services, and respite to give caregivers temporary relief. Supplemental services are available on a limited basis to complement the care provided by a caregiver.

### Two groups of caregivers:

1. Those supporting persons 60 years of age and older.
2. Grandparents or other older relatives who are age 60 or over and raising grandchildren under the age of 19.

# Transportation For Your Special Needs

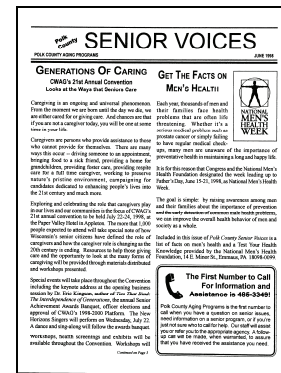
Wheelchair bound senior citizens and handicapped people of any age can call Polk County Aging Programs to arrange lift-equipped transportation provided by Polk County Transportation for the Disabled & Elderly, Inc. Vans are funded for local trips and are not able to go out of state.



## Senior Voices Newsletter

Polk County Senior Voices, published monthly by Aging Programs staff, is filled with the latest information affecting senior citizens. Each issue brings you updates on Social Security and Medicare, senior club activities, Senior Dining menus, nutritious recipes, benefits information and healthy living ideas.

Senior Voices is available free of charge at many locations throughout Polk County.



Ask for it the next time you visit your local grocery store or bank. If you would like the Polk County Senior Voices mailed to your home each month, simply fill out the subscription form found in each issue, and return it to the Aging Programs Office along with \$3.00 to help cover mailing cost.

# Senior Dining & Home Delivered Meals

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Nutritious meals, offered in a group setting, are available to people age 60 and older and their spouses at five locations throughout Polk County.



Transportation to most Senior Dining locations is available upon request. Reservations are needed so call the Senior Dining location of your choice and make a reservation now.

Home delivered meals are available throughout Polk County for people age 60 and older who are home-bound and unable to prepare meals for themselves.

Meals are also available on a short-term basis to people recovering from surgery or illness.

*Call us to reserve your delivered meal today!*

Meals are offered on a free-will donation basis. There are no income-eligibility requirements. Senior Dining participants are asked to make a donation at the serving location. Home delivered meals participants receive a monthly statement and are asked to mail their donations to the Aging Programs Office.

# Five Convenient Senior Dining Locations

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**Amery** – Serving Mon.-Fri. 11:45 a.m.  
201 Harriman Ave. N, Congregational Church. Call 268-6818.

**Clear Lake** – Serving Mon.-Fri. 11:45 a.m.  
390 5th St. NW, Ridgeview Apartments. Call 263-4356.

**Dresser** – Serving Mon.-Fri. 11:45 a.m.  
2355 Clark Rd., Peace Lutheran Church. Call 755-3795.

**Frederic** – Serving Mon.-Fri. 11:45 a.m.  
109 Elm St., Senior Center Call 327-4112.

**Milltown** – Serving Mon.-Fri. 11:30 a.m.  
301 2nd Ave. SW, Milltown Community Center Call 825-2518.

Menus for all five locations are printed monthly in Polk County Senior Voices, or check your local newspaper for weekly menus.

