

Polk County Aging Department
100 Polk County Plaza, Suite 190
Balsam Lake, WI 54810

This project was supported by the office of Aging for Polk County Wisconsin

Polk County Directory For Seniors & Caregivers



Polk County Aging Department
100 Polk County Plaza, Suite 190
Balsam Lake, WI 54810
715-485-8599

For updates please visit : www.co.polk.wi.us/aging

Donation Opportunities

Polk County

100 Polk County
Plaza

Phone: 715-485-
8599

If anyone would like to donate toward any of the programs offered by the Aging Department, please indicate below:

- Home Delivered Meals
- Benefit Specialist Services
- Volunteer Transportation
- Congregate Meals

Name: _____

Address: _____

Amount of Donation _____

Volunteer Opportunities

- * Newsletter Delivery
- * Home Delivered Meal Drivers
- * Senior Dining Helpers
- * Volunteer Transportation Drivers
- * Tax Aides

Experience Works (formerly Green Thumb) - 715-485-3115
Interfaith Caregivers, Karen Krupa - 715- 485-9500

For more information on volunteer opportunities,
call Polk County Aging Programs at 715-485-8599.



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WEBSITES

WEBSITES

aarp.org
aoa.gov
alz.org
alzheimers.org
cancer.org
diabetes.org
americanheart.org
arthritis.org
elderweb.com
grandparents.org
Homeinstead.com
oci.wi.gov
legis.state.wi.us
lifelinesystems.com
medicare.gov
caregiving.org
caregiver.org
nfcacares.org
nfb.org
stroke.org
nihseniorhealth.gov
northernaaa.org
apdaparkinson.org
ssa.gov
wadsa.org
wisconsinicare-giver.org

SPONSORING ORGANIZATIONS

AARP
Administration on Aging
Alzheimer's Association
Alzheimer's Disease Edu. & Referral
American Cancer Association
American Diabetes Association
American Heart Association
Arthritis Foundation
Elder Web
Foundation for Grandparents
Home Instead Senior Care
Insurance Commissioner
Legislative Hotline
Lifeline - Philips
Medicare-Nursing Home Compare
National Alliance for Caregiving
Family Caregiver Alliance
National Family Caregivers Assoc.
National Federation for the Blind
National Stroke Association
NIH Senior Health
Northern Area Agency on Aging
Parkinson Disease Assn.
Social Security
WI Adult Day Services Association
WI Family Caregiver Support

Publications

Senior Voices Monthly Newsletter 715-485-8599

VISION IMPAIRMENT

Books/Newspapers on Tape (Talking Books)

Regional Library for the Blind &
Physically Handicapped 800-242-8822
Wisconsin Council of The
Blind & Visually Impaired 800-783-5213

Local Libraries:

Amery 715-268-9340
Balsam Lake 715-485-3215
Centuria 715-646-2630
Clear Lake 715-263-2802
Frederic 715-327-4979
Dresser 715-755-2944
Luck 715-472-2770
Milltown 715-825-2313
Osceola 715-294-2310
St. Croix Falls 715-483-1777

Books by Mail

Polk County Library Federation 715-485-8680

INFORMATION & ASSISTIVE DEVICES

American Foundation for the Blind 800-232-5463
Center for Independent Living 800-228-3287
Glaucoma Information & Referral 800-391-3937
Lighthouse International for
Vision Impairment 800-334-5497
Senior Eye Care 800-222-3937
Center for Independent Living 800-228-3287

STATE OFFICE FOR THE BLIND

South of Highway 8, Eau Claire 715-836-6772
North of Highway 8, Superior 715-392-7907
Office For The Blind 888-879-0017

HEARING IMPAIRMENT

Center for Independent Living (voice & TTY)...	715-736-1800
Telecom. Equipment Purchase Program	866-419-1260
WI Bureau for the Deaf and Hearing Impaired (TTY)...	715-836-3085 715-836-2107
WI Telephone Relay System (TTY)...	800-947-3529
(voice)...	800-947-6644
(ASCII)...	800-272-1773
Hearing Aid Hotline	800-521-5247
Better Hearing Institute	800-327-9355

Lion's Clubs could provide possible
financial assistance locally.

Local telephone companies can also provide help.

VETERANS AFFAIRS

Polk County Veterans Office 715-485-9243



GENERAL INFORMATION

Local Hospitals

Amery Regional Medical Center	715-268-8000
Burnett Medical Center, Grantsburg	715-463-5353
Cumberland Memorial Hospital	715-822-2741
Indianhead Medical Center, Shell Lake	715-468-7833
Lakeview Medical Center, Rice Lake	715-234-1515
Osceola Medical Center	715-294-2111
St. Croix Regional Medical Center	715-483-3261
Westfields Hospital, New Richmond	715-246-2101

Outreach For Seniors

Information & Assistance, Polk County Aging Department	715-485-8599
Polk County ADRC	715-485-8449
Elder Care Locator	800-677-1116
Polk County Human Services	715-485-8400
St. Croix Tribal Elders Program	715-349-2195

Emergency Needs

American Red Cross	485-3025
Salvation Army (Assistance)...	485-9266
Somerset...	247-2944

Elder Abuse

CRA-Community Referral Agency (domestic abuse shelter)	800-261-7233
Polk County Human Services After Hours	715-485-8400 or 715-485-8300
(Financial, Physical, Emotional, Material, Neglect)	

Legislative Information

Scott Walker (Governor)	608-266-1212
Herbert Kohl (US Senator)	715-832-8424
Sean Duffy (7th District US Congress.)	715-842-5606
Legislative Hotline	800-362-9472
Erik Severson (28th Assembly District)	888-529-0028
Ron Kind (3rd Congress. District)	202-225-5506
Ron Johnson (US Senator)	608-828-1200
Sheila Harsdorf (10th Senate District)	800-862-1092

SENIOR APARTMENTS

Polk County

Polk County Housing Authority 715-294-4243
 Impact 7 Apartments (Age 62+) 800-685-9353
 Meridian Group, Inc. Apartments 608-836-1152 or
 800-236-6262

Amery

Amery Housing Authority 715-268-2500

Centuria

Hometown Village Apartments 715-466-2255

Clayton

West Cap & help with deposit 800-606-9227

Clear Lake

Horizon Management Group 800-944-4866
 Clear Lake Housing Authority 715-263-3370
 Ridgeview Apartments 715-263-4356

Frederic

Frederic Housing Authority 715-327-8490

Luck

Pioneer Apartments 715-472-2164
 Luck Housing Authority 715-472-2032
 Donald Tomlinson 715-472-2299

Milltown

Sunnyview Apts., E. Fuller Inc. 715-634-2040

Osceola

Osceola Village Apartments 715-294-3560
 Osceola Housing Authority 715-294-3629

St. Croix Falls

Croix Management 651-465-6841
 Pioneer Property Management 608-348-7755

HUD Housing Managed by Good Samaritan Society 715-483-1917

TRANSPORTATION

Disabled Parking Permit Application

Polk County Aging Department 715-485-8599

Lift Equipped Vans-Non-Emergency

Polk County Transportation	715-485-8592
To: Medical Appointments	(Serves Northern Wisconsin)
Cameron	715-859-6600
Wrightway Medical Transport	(50ml radius from Barron)
Cumberland	800-989-7433
	Handi-Lift
Chippewa Falls	715-835-2435
	Tender Care Transport
Rice Lake	800-570-3456
	Northwoods Transport (Serves Statewide & MN)
Siren	715-349-2455
	Siren Special Transport
St. Croix Tribal Elders Program	877-455-1901
Available to St. Croix Tribal:	Members/ Decedents/ Spouses

Volunteer Drivers

Polk County Aging Department	
(Medical Appointments)	715-485-8592
Interfaith Caregivers	715-485-9500
Interfaith Serv. of Barron Cty	715-236-2184

Non-Lift Equipped Vans

Amery Courtesy Van	715-268-7151
Amery Senior Center Car	715-268-6605
Allina Medical Transportation	800-258-1210
Available to: Greater Minnesota &	Western Wisconsin
St. Croix Tribal Elders Program	877-455-1901

SENIOR CITIZEN CENTERS

Amery	715268-6605
Balsam Lake	715-268-7649 or 715-485-3306
Clear Lake	715-263-3165 or 715-263-3135
Cushing	715-488-2467
Frederic	715-327-4155
Luck	715-472-8285
Milltown	
Osceola	715-294-2289
Seniors On The Go	715-755-2275
St. Croix Valley	715-483-1901

SENIOR GROUPS

AARP (American Association of Retired Persons)	800-424-3410
CWAG (Coalition of Wisconsin Aging Groups)	800-366-2990
NAARFE (National Association of Active & Retired Federal Employees.....Ken Chapedelaine)	715-268-8618
Polk Burnett County Retired Educators Association ...Muriel Pfeiffer	715-268-6578



APARTMENTS WITH: Meals & Light Housekeeping

Amery	Riverbend (3 meals)	715-268-9949
	Evergreen Village Congregate Care (noon meals)	715-268-6640
Osceola	The Royal Oaks	715-294-1600
St. Croix Falls	Good Samaritan Society	715-483-2727

COMMUNITY BASED Residential Facility: Assisted Living

Amery	Riverbend Assisted Living	715-268-9949
Centuria	Sophie's Manor	715-640-3330
Clear Lake	Clear Lake Manor	715-263-2399
Frederic	Comforts of Home (800-920-4725)	715-327-4394
Milltown	Hope Cottages Inc.	612-518-4585
St. Croix Falls	Comforts of Home (800-920-4725)	715-483-1707
	Good Samaritan Society— St Croix Valley Residential Care Apartment Complex	715-483-2727

NURSING HOMES

Amery	Golden Age Manor	715268-7107
	Willow Ridge	715-268-8171
Frederic	Frederic Nursing & Rehab. Community	715-327-4297
Luck	United Pioneer Home	715-472-2164
Osceola	Christian Community Home of Osceola (Attached to Osceola Medical Center)	715-294-1100
St. Croix Falls	Good Samaritan Society— St. Croix Valley	715-483-9815

SPECIAL DEMENTIA CARE LIVING FACILITIES

Amery	Golden Age Manor “Judy’s Cottage”	715-268-7107
	Riverbend Assisted Living	715-268-9949
Frederic & St. Croix Falls	Comforts of Home	800-920-4725
Osceola	Christian Community Home of Osceola (Attached to Osceola Medical Center)	715-294-1100

DAY CARE & CAREGIVER RELIEF

	Endeavors Adult Day Services	715-485-8764
	Polk County Adult Family Homes- (licensing for group homes)	715-485-8424
	Interfaith Caregivers (Polk County volunteer services)	715-485-9500
	Wisconsin Family - Caregiver Support Program	866-843-9810

PRESCRIPTION DRUG ASSISTANCE

Medicare Part D - Aging Office	715-485-8593
Senior Care - Aging Office	715-485-8593
WI Senior Care	800-657-2038

PHARMACIES

Amery	Chet Johnson & Sons	888-539-9210
	(free delivery within city limits/minimal charge outside limits/free prescriptions mailing)	715-246-8121
	Johnson Drug at ARMC	715-268-5670
Balsam Lake	Balsam Lake Pharmacy	715-485-3374
Frederic	The Medicine Shoppe (free delivery Frederic & Luck, and prescription mailing)	715-327-4208
Luck	Luck Pharmacy (free delivery Luck & Frederic, and prescription mailing)	715-472-2122
Osceola	Osceola Pharmacy (free delivery within city limits)	715-294-2110
	Clinic Pharmacy (in the Osceola Medical Center)	715-294-4050
St. Croix Falls	River Valley Pharmacy	715-483-0426
	Tangen Drug	715-483-3271

MENTAL HEALTH/DEPRESSION/ ALCOHOL PROBLEM

Polk County Mental Health / AODA 715-485-8400
Crisis Line—1-888-552-6642

**National Alliance for the
Mentally Ill** – (Support Group)
Check your local telephone directory under
“Counseling”, “Mental Health Services” or
“Alcoholism” for licensed counselors.

715-268-8356

WI Council on Problem Gambling 800-426-2535

ALCOHOLICS ANONYMOUS

Amery - American Legion Hall 715-268-5580

Sunday, 7:00 pm
Monday, 7:00 pm
Thursday, 8:00 pm
Friday, 8:00 pm
Saturday, 10:00 am

Balsam Lake - Methodist Church 715-405-3085

Tuesday, 8:00 pm

Dresser-Peace Lutheran Church 715-755-3495

Thursday, 7:00 pm AA/Big Book

Frederic - Pilgrim Lutheran Church No Phone

Monday, 7:00 pm AA/Alanon

Milltown - Lutheran Church 715-825-3416

Saturday, 7:00 pm

Osceola - Methodist Church 715-294-4052

Monday, 8:00 pm
Thursday, 8:00 pm, AA/ Big Book

St. Croix Falls - Alano Club 715-405-3085

Sunday, 10:00 am & 8:00 pm 715-294-4386
Monday, 6:30 pm Women’s Group
Tuesday, 7:00 pm
Wednesday, 10 am & 8 pm
Thursday, 6:00 pm
Saturday, 10 am & 10 pm

ALZHEIMER’S ASSISTANCE

Eau Claire Region Alz. Assoc. 800-835-7050

Amery Region Alz. Association 715-268-6644

Alzheimer’s Association Helpline 800-272-3900

Polk County Alz. Support Group Bonnie Prazak 483-0272

Last Tues. of every month at 1pm at the Julie Pool 483-9815
Good Samaritan Society.

MEMORY CLINICS

Marshfield Clinic - 715-858-4444

Indianhead Center, Rice Lake 866-333-1996

Spooner Health System

Memory Clinic 635-2170 ext. 442

UW Health Family Medicine

Clinic, Eau Claire 715-839-5175

HOME MODIFICATION & REPAIRS

Center for Independent Living 800-228-3287

Habitat for Humanity 715-349-7477

Interfaith Caregivers 715-485-9500

State Reverse Mortgage 800-731-2262

*Home Repair Loans/Grants - Rural Development..715-635-8228
ext. 4 Loan and grants available for those with very low income.*

WEATHERIZATION

West Cap(for low-income to improve home) 800-606-9227

HOMELESS SHELTERS

Northwood's Homeless Shelters 268-5730

Crisis..... 715-554-0137

Salvation Army (Assistance) 715-485-9266

Serenity Home 715-485-1221

Somerset... 715-247-2944

WOMEN SHELTERS

CRA - Community Referral Agency 715-825-4414

Crisis..... 715-825-4404 or
800-261-7233

COMPLAINTS & INVESTIGATION

Consumer Protections	800-422-7128
Home Health Care	800-642-6552
Landlord/Tenant	800-422-7128 or 839-3848
Medicare Fraud Spotters	800-488-2596
Nursing Homes/Group Homes/Community Options	800-242-1060
Office of the Commissioner of Insurance	800-236-8517
Ombudsman Helpline	800-815-0015

DOMESTIC VIOLENCE

CRA - Community Referral Agency <i>(Shelter for Abused Women & Children)</i>	715-825-4414 Crisis Line 715- 825-4404 or 800-261-7233
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GUARDIANSHIP ASSISTANCE

Guardianship Helpline	800-488-2596
Polk County Benefit Specialist	715-485-8593
Polk County Human Services	715-485-8400

FARM CRISIS

Wisconsin Dept. Of Agriculture Trade & Consumer Protection	800-942-2474 (Job Retraining, Financial, Mental Health, & Legal)
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INSURANCE INFORMATION

Benefit Specialist/Aging Polk County Aging Department	715-485-8593
Medigap Hotline	800-242-1060
Office of the Commissioner of Insurance	800-236-8517
Medicare Fraud & Abuse	800-447-8477
Medigap Helpline (SHIP)	800-242-1060

Check your local phone directory under Medical Equipment. Pharmacies also carry medical equipment.

MEDICAL EQUIPMENT

Power Chairs and Scooter Store 651-674-4669
Medical Supply
Polk County

Veterans Service Office 715-485-8243

Amery

Home Health Resources 715-268-9164

Frederic

Frederic American Legion
Phil Knuf 715-327-4986

Siren

Hawkeye Medical 715-349-2221

WisLoan

Center for Independent Living 800-228-3287 or
Assistive Technology Loan Program 715-233-1070

DIABETIC SHOES

Jensen's Shoes, Rice lake 715-234-1636

Buck & Buck Shoe Company 800-458-0600
(Catalog Only)

Power Chairs and Scooter 651-674-4669
Store Medical Supply

DIABETIC SUPPORT & EDUCATION

Luck Senior Citizens Center 472-8285
31 Second Avenue West

Osceola Medical Center 294-2111
2600 65th Ave

HOSPICE SERVICES

Polk County Hospice Evaluations	715-485-8530
COP- Polk County Human Services	715-485-8400
Adoray	800-359-0174
Home Instead Senior Care	866-689-0023
Stillwater	
Lakeview Home Care & Hospice	800-732-1422
St. Croix Hospital Rep.	715-483-3413
Amery Rep.	715-268-1381
Regional Hospice	715-635-9077

LONG-TERM SUPPORT SERVICES

Polk County Human Services	715-485-8400
Adult Family Homes-(Certification)	
Polk County Human Services	715-485-8424

NURSING AGENCIES

Indianhead Home Health Services	715-472-8922
Polk County Home Care	715-485-8530
Adoray	800-359-0174
Stillwater	
Lakeview Home Care & Hospice	800-732-1422
Good Samaritan Society—	715-483-5505
Home Care	

PERSONAL CARE

Home Instead Senior Care	866-689-0023
Indianhead Home Health Services	715-472-8922
Polk County Home Care	715-485-8530

FINANCIAL ASSISTANCE

Benefit Specialist,	
Polk County Aging Department	715-485-8593
Food Stamps,	
Human Services Department	715-485-8400
WHEAP/LIHEAP	715-485-8400
(fuel assistance)	608-266-7601
Medical Assistance (Medicaid),	
Human Services Dept	715-485-8400
Medicare	800-772-1213
Reverse Mortgage Programs,	
Polk County Aging Department	715-485-8593
Social Security Administration	800-772-1213
Social Security, Rice Lake	715-234-7586
WHEDA (WI Housing and Economic	
Development Authority)	800-755-7835

TAXES

Federal Taxes/IRS	800-829-1040
Property Tax Deferral Program,	
Polk County Aging Department	715-485-8593
WI Department Of Revenue	715-234-7889

LEGAL ASSISTANCE

Benefit Specialist	
Polk County Aging Department	715-485-8593
Center for Public Representation	608-251-4008
Lawyer Referral Service	800-362-9082
Wisconsin Judicare	800-472-1638
Elder Law Center (CWAG)	800-488-2596

FOOD & NUTRITION

Share - Food Buying Club

(offers food at reduced cost)

800-548-2124

Distribution Site, Holy Trinity

Church...715-485-3363

Leave message @ 715-641-0773

FOOD PANTRIES

Amery: Amery Area Food Pantry

715-268-5999

230 Deronda Street (Old Hospital Building), Amery WI

Located in the former medical center
Entrance is located on the south side
of the building off Deronda Street

Thurs 2-6pm

Must call in advance.

Clear Lake: Lifeline Food Pantry

715-263-3846

560 5th Street—Located in the community
center previously known as the old high
school building

Mon 8:30-12 & Thurs 2-6 pm Ser-
vice Area: Clear Lake and Clayton
areas

Frederic: Frederic Area Food Shelf

Thurs 2-6 pm

Located behind the clinic through the alley
entrance by Car Quest

Service area: Frederic School
District

Luck and Unity School District:

Tues & Thurs 11-1pm

Loaves & Fishes Interfaith Food Pantry

Service area: Luck & Unity School
Districts including Luck, Mill-
town, Balsam Lake and Centuria

400 Main Street South—located behind
Mutual Insurance Office

Osceola: The Open Cupboard Food Shelf

715-294-4357 leave message

402 2nd Avenue East

Mon & Wed 9-12 & Thurs 11-4pm
Service Area: All of Dresser &
Osceola school districts

St. Croix Falls:

715-483-9494

St. Croix Falls Food Shelf

Mon 9-11 & Thurs 3-6 Service

809 Pine Street— under blue water tower in
the Industrial Park

Area: St. Croix Falls school dis-
trict and Dresser Elementary and
Chisago County

St. Croix Falls:

715-483-2920

Family Pathways

Tues 9-12, Wed 12-6, Fri 9-3, Sat
9-12

2205 Hwy 8—west of Marketplace Foods

Service Area: St. Croix Falls
school district and Centuria

IN-HOME SERVICES continued

Chores/Housekeeping/Daycare Services

Indianhead Home Health Services 715-472-8922

Interfaith Caregivers 715-485-9500

Home Instead Senior Care 866-689-0023

Comfort Keepers 866-552-6730

Emergency Response System

Trans-Alarm 952-894-1700

St. Croix Regional (Medi-Mate) 715-483-0267 or
800-642-1336

Advance Security Solutions 888-860-8098

Philips Lifeline 800-543-3546
ext. 3050

Stealth Optimum Security 715-483-3900

Alpine Medical Alert, Inc. 877-546-2349

Foster Care

Adult Family Homes-(Certification)

Polk County Human Services 715-485-8424

EMPLOYMENT

Workforce Resource - Job Center

(Age 55+, disabled, training available.) 715-485-3115

Telework -

Center for Independent Living

800-228-3287 or

Wisconsin Telework Loan Program

715-233-1070

Please contact us with all updates & changes
that need to be made:

715-485-8599

800 NUMBERS

American Cancer Society	800-227-2345
American Kidney Fund (financial assist. For low income, dialysis, transplant)	800-638-8299
Cancer Information Service	800-422-6237
Diabetes Information	800-232-3472
National Parkinson's Foundation	800-327-4545
National Kidney Foundation	800-543-6393
Information on Financial, Mental Health, Legal, & Job Retraining	800-942-2474

IN-HOME SERVICES

Caregiver Relief (In-Home Respite)

Polk County Home Care	715-485-8530
Comfort Keepers	866-552-6730
COP-Polk County Human Services	715-485-8400
Indianhead Home Health Services (24hr Personal Care & Household Chores)	715-472-8922
Interfaith Caregivers (Housekeeping etc... Volunteers)	715-485-9500
Good Samaritan Society—Home Care P.O. Box 807 St. Croix Falls	715-483-5505
I Wish, Inc.—Providing Care in the Home	715-372-8788
www.iwishhomehealthcare.synthasite.com	800-391-9316

Caregiver Relief (Outside of Home Respite for short-term)

Amery - Golden Age Manor	715-268-7107
Frederic Nursing	715-327-4297
Luck - United Pioneer Home	715-472-2164
St. Croix Falls - Good Samaritan	715-483-9815

FOOD SHARE (Quest Card)

Polk County Human Services 715-485-8400

Ruby's Panty

Luck—School Bus Garage—12:00 pm to 1:00 pm
3rd Tuesday of even months \$15.00 donation appreciated

HOME DELIVERED MEALS

Polk County Aging Department 715-485-8599

TRANSPORATION TO STORE

Interfaith Caregivers	715-485-9500
Amery Senior Center	715-268-6605

GROCERY DELIVERY

Amery

Dick's Fresh Market 715-268-7513
\$3.00 Charge for In-Town delivery (Delivery— Tuesday's)
Call by 8 or 9 am on Tuesday

Clear Lake

Nilssen's 715-263-2513
No Charge-Call by 9 am Wednesday

Frederic

Super Valu 715-327-4855
\$2.50 Charge for In-Town delivery (Delivery- Wednesday's)
Call by 11 am on Monday

Horse Creek

Horse Creek Store 715-294-3410
Call for Information

Osceola

Dick's Fresh Market 715-294-2158
\$3.00 Charge - Call by Tues. Morning (Delivery-Tuesday's)

Turtle Lake/Clayton/Almena

Becker's Super Value Store 715-986-2244
No Charge - Call by 9 am (Delivery-Mon.& Fri.)

SENIOR DINING SITES

Amery	<u>Congregational Church</u>	715-268-6818
	201 Harriman Ave. N	Serving Mon-Fri 11:45 am
Clear Lake	<u>Ridgeview Apartments</u>	715-263-4356
	390 5th Street NW	Serving Mon-Fri 11:45 am
Dresser	<u>Peace Lutheran Church</u>	715-755-3795
	2355 Clark Rd	Serving Mon-Fri 11:45 am
Frederic	<u>Senior Center</u>	715-327-4112
	109 Elm Street	Serving Mon-Fri 11:45 am
Milltown	<u>Milltown Community Center</u>	715-825-2518
	301 2nd Avenue SW	Serving Mon-Fri 11:30 am
	<i>(Menus for all five locations are printed monthly in the Senior Voices and local newspapers.)</i>	

NUTRITION COUNSELING

Polk County Health Department	715-485-8500
St. Croix Tribal Health Department	800-236-2195

DIETITIANS

Amery Regional Medical Center	
....Jill Norstrem, Cheri Rott, Kari Flom	715-268-8000
Osceola Medical Center	
.....Andrea Peterson	715-294-2111
St. Croix Regional Medical Center	
.....Robin Herr	715-483-3261

DIABETIC SUPPORT & EDUCATION

Luck Senior Citizens Center	715-472-8285
31 Second Avenue West	
Osceola Medical Center	715-294-2111
2600 65th Ave	

FITNESS FACILITIES

Amery:	ARMC - Fitness Center	715-268-1008
	A Touch of Life	
	Family Fitness Center	715-268-4609
	Snap Fitness	715-268-4001
	Senior Center-Circuit Breakers	715-268-6605
Clear Lake:	Fitness Center	715-263-3111
Milltown:	Snap Fitness	715-825-2277
	Body Logic	715-825-3488
Osceola:	Wild River YMCA	715-294-2164

SCHOOLS

Amery	715-268-0220
Clear Lake	715-263-3339
Frederic	715-327-4868
Luck	715-472-2152
Osceola	715-294-2127
St. Croix Falls	715-483-9823
	ext, 224
Unity	715-825-4599
Unity Pool	715-825-2131

Contact the community education director for classes or early morning walking.

HEALTH INFORMATION

Polk County Health Depart.	715-485-8500
St. Croix Tribal Health Depart.	800-236-2195
WI Foundation Of Dentistry for the Handicapped	414-276-0370
Cardiac – Support Groups	
Amery Regional Medical Center	715-268-7191
Osceola Medical Center	715-294-1111