

A white rectangular card with rounded corners is centered on a solid blue background. The card has a hand-drawn black border with small dots at the corners. Inside the border, the words "LOCAL RESOURCES" are written in a simple, hand-drawn, uppercase font. The word "LOCAL" is on the top line and "RESOURCES" is on the bottom line.

LOCAL
RESOURCES

LOCAL FARMS

Deutsch Family Farm

Osseo, WI

- Beef
- Chicken
- Pork
- Soap



Website: <https://www.deutschfamilyfarm.com>

Facebook: <https://www.facebook.com/DeutschFamilyFarm>

Siverling Centennial Farm

Bloomer, WI

- Beef
- Canned goods from farm produce
- Organic field crops
- Plant sales
- Vegetable Sales & CSA Shares



**SIVERLING
CENTENNIAL
FARM**
Bloomer, WI

Website: <https://scfarm.eatfromfarms.com/>

Facebook: <https://www.facebook.com/Siverling-Centennial-Farm>

White Star Poultry

Fall Creek, WI

- Chicken
- Eggs
- Honey

Facebook: <https://www.facebook.com/whitestarpoultry>



Purely Local LLC offers handmade, organic, and locally sourced goods — from self-care essentials to artisan crafts — all designed to support your health and holistic lifestyle.

Handmade. Organic. Local. Purely for you.



405 S State St, Mondovi, WI 54755



(715) 410-3380



purelylocalllc@gmail.com



purelylocalllc.com

HEART ATTACK

SIGNS AND SYMPTOMS MAY INCLUDE

- Chest discomfort-pressure, tightness, that may radiate to jaw and arms.
- Nausea
- Sweating
- Shortness of breath
- Denial
- Feeling of weakness

Women present more with shortness of breath, extreme fatigue, or flu-like symptoms. About a third of women experience no chest pain.

Ensure the victim does not have an allergy, recent internal bleeding or are on blood thinners before offering the aspirin.



TREATMENT

Recognize the signs and symptoms of a heart attack, activate EMS, have patient remain in a position of comfort, offer 1 adult dose aspirin or 2-4 chewable baby aspirin, and keep the patient calm and quiet.



STROKE

Stroke is the 5th leading cause of death in the United States.

Strokes can be one of two types:

- Ischemic** | a clot in a blood vessel; or
- Hemorrhagic** | a ruptured blood vessel.

In either case, the blood flow to the brain is restricted, depriving the brain of oxygen and tissue starts to die. Damage to brain tissue continues until the stroke is recognized and treated.

SIGNS AND SYMPTOMS

The acronym **FAST** helps in assessing a stroke:

F – facial droop, **A** – Arm drift, **S** – Speech, **T** – Time of onset/Time to call

OTHER SIGNS AND SYMPTOMS

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



TREATMENT

Recognize the signs and symptoms of a stroke, activate EMS, give nothing to drink or eat, and keep the patient calm and quiet. The best chance of treatment occurs if the patient gets help in less than 3 hours, the sooner the better though. Monitor patient and be prepared to start CPR if necessary.

OPIOID OVERDOSE

OPIOID OVERDOSE

Opiates and opioids are Central Nervous System (CNS) depressants that can slow down breathing, eventually causing it to stop.

Opiates are naturally occurring, while opioids are synthetic drugs. Anyone taking these drugs can overdose, especially when taking drugs illegally, when a person takes more than what was prescribed by the doctor, combines opiates or opioids with other CNS depressants, or has an unknown condition that makes them more sensitive to overdose.



Common opiates

- Codeine
- Heroin
- Methadone
- Morphine
- Oxycodone, also known as OxyContin or Percocet

Common opioids

- Fentanyl
- Carfentanil

Common drugs that may cause similar signs, but are not opioids or opiates: (Naloxone has no effect on these drugs)

- Cocaine
- Ecstasy
- LSD
- Marijuana
- Tranquilizers

Signs and Symptoms:

- Bottles of drugs or drug paraphernalia near the patient
- A very slow respiration rate or not breathing
- Pinpoint pupils

TREATMENT

For a patient with a suspected opiate or opioid overdose, trained rescuers should administer 2 mg of intramuscular or intranasal naloxone, if available. Full effect can take 3-5 minutes.

- For patients suspected to be in cardiac arrest, standard resuscitative measures should take priority over naloxone administration, with a focus on high-quality CPR.
- If there is no change in 3-5 minutes after the first dose of naloxone, a second dose may be considered while continuing CPR.

CPR SUMMARY

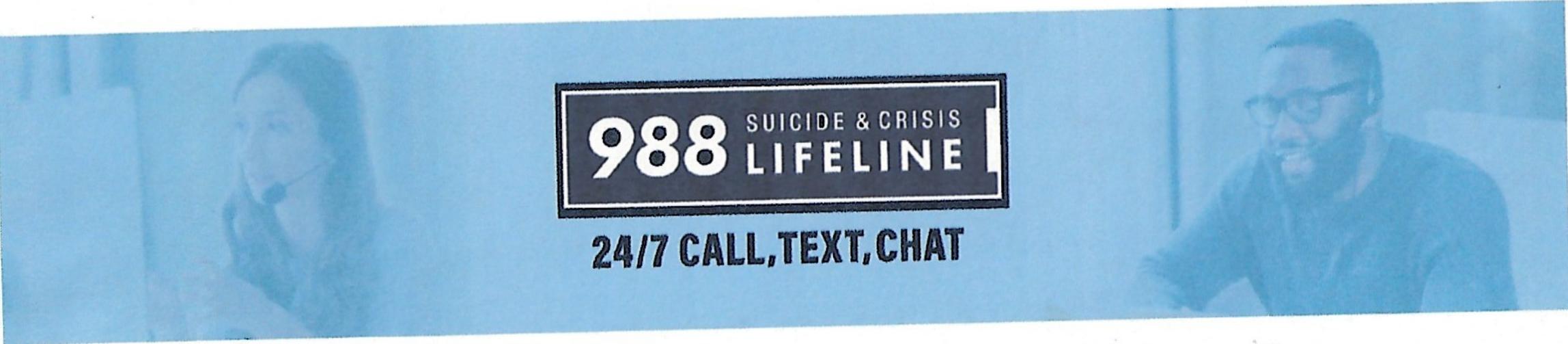


1. Check the Scene for Safety
2. Check the person for responsiveness and normal breathing
3. Call 911
4. Give 30 Chest **Compressions**
 - Rate of 100-120 per minute
 - Appropriate depth
 - Adults 2-2.4 inches
 - Children and infants one-third ($\frac{1}{3}$) depth of chest
 - Full chest recoil
5. Open the **Airway**
6. Give 2 **Breaths**
7. Continue cycles of 30 compressions to 2 breaths

POISON CONTROL
National Capital Poison Center

Two ways to get help for a poisoning:

1. Use the [webPOISONCONTROL®](#) online tool to get specific recommendations based on age, substance, and amount, **OR**
2. Call Poison Control at **1-800-222-1222** for expert guidance.



988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

<https://988lifeline.org>

The Lifeline
is **FREE**,
confidential, and
always available.

HELP
a loved one,
a friend,
or yourself.

Community crisis centers
answer Lifeline calls.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

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CMHS-SVP-0126

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Learn the
Warning
Signs.

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ❖ Talking about wanting to die or to kill oneself.
- ❖ Looking for a way to kill oneself, such as searching online or buying a gun.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about feeling trapped or in unbearable pain.
- ❖ Talking about being a burden to others.
- ❖ Increasing the use of alcohol or drugs.
- ❖ Acting anxious or agitated; behaving recklessly.
- ❖ Sleeping too little or too much.
- ❖ Withdrawing or feeling isolated.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings.

Suicide Is Preventable.

Call the Lifeline at 1-800-273-TALK (8255).

With Help Comes Hope



NAMI Wisconsin

National Alliance on Mental Illness

NAMI Wisconsin is the state organization of the National Alliance on Mental Illness.
Our mission is to improve the quality of life of people affected by mental illness and to promote recovery.

Find your Local NAMI!



- (608) 268-6000
- www.namiwisconsin.org
- 4233 W Beltline Hwy
Madison, WI 53711



BEING TOGETHER

NAMI Wisconsin State-wide virtual mental illness support groups

Directory of state-wide virtual mental illness support groups in Wisconsin



www.namiwisconsin.org/being-together

NAMI Wisconsin Resource Guide

An in-depth guide for people living with a mental illness and their families.



www.namiwisconsin.org/resource-guide



QUICK GUIDE

to Wisconsin Mental Health Resources

Brief overview of mental health resources in Wisconsin

English



Español



MEMBERSHIP APPLICATION

Join NAMI Chippewa Valley

When you join now, you become a member of your NAMI Affiliate, your NAMI WI State Organization and the national NAMI organization. **Yes, I want to:** (please check one)

Join NAMI
 Renew membership for one year
 Make a donation \$ _____ Amount

Membership Dues:

\$60 Household \$40 Individual
 \$5 Open Door

Title: Mr. Mrs. Ms. Dr.

Name(s): _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Payment Information: Check or Cash
Enclosed

Credit Card Payment: Visa MasterCard
 American Express

Name as it appears on card: _____

Account Number: _____

Expiration: _____

Validation Code: _____

Signature: _____

Send to: NAMI Chippewa Valley, 800 Wisconsin St, Mailbox 88, Eau Claire, WI 54703-3612 or Join/Donate online through our website www.namicv.org.

NAMI Chippewa Valley
Banbury Place
800 Wisconsin Street, Mailbox 88
Building #2D, Suite 420F
Eau Claire, WI 54703-3612

715-450-6484

email: namicv@yahoo.com

website: www.namicv.org

facebook: www.facebook/NAMICV

NAMI Helpline: 1-800-965-6264

HOPELINE (Emotional Support 24/7)
Text Subject "Hopeline" to 741741

Northwest Connections (Crisis Center): (888) 552-6642

National Suicide Prevention:
1-800-273-8255

Police/Fire/Medical Emergency:
911



Scan to view our Website!



National Alliance on Mental Illness

Chippewa Valley

Why Care?
Mental health care is health care!

Banbury Place
800 Wisconsin Street, Mailbox 88
Building #2D, Suite 420
Eau Claire, WI 54703-3612
715-450-6484

email: namicv@yahoo.com
website: www.namicv.org
facebook: www.facebook/NAMICV

NAMI Chippewa Valley was founded in December of 2010. We are a volunteer non-profit organization funded by memberships, donations and grants. Our mission is to provide education, support and advocacy for individuals and families living with a mental illness. We are affiliated through NAMI Wisconsin as your local affiliate of NAMI. We are governed by our bylaws and our board of directors. All individuals interested in volunteering or supporting our organization should contact us.

"Never doubt that a small group of thoughtful, committed citizen's can change the world. Indeed, it is the only thing that ever has."

Margaret Mead

**Join or donate online at our website:
www.namicv.org**

NAMI Chippewa Valley is a 501(c)(3) non-profit organization so all memberships and donations are tax deductible, check with your financial advisor for specifics to your situation.

OUR PROGRAMS:

NAMI Family Support Group: Usually meets the first Thursday of every month from 6:30-8pm, check our website or call for more information. All friends and family members of individuals living with a mental illness are invited to join us as we support each other in a confidential and caring group setting. FREE and open to the public.

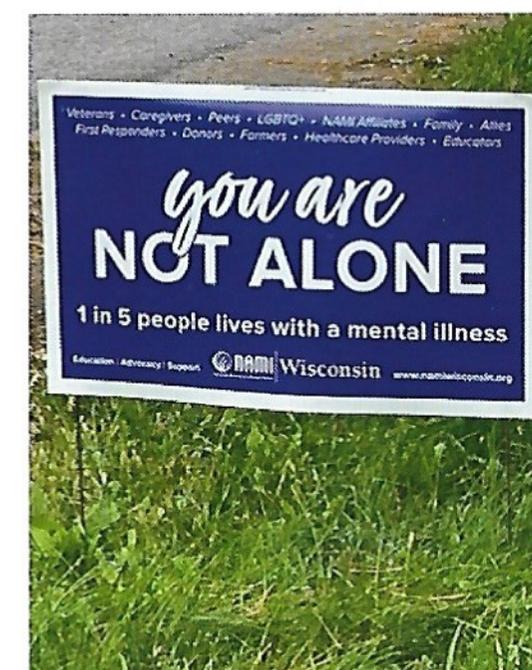
NAMI Family-to-Family Class: FREE weekly classes held for eight successive weeks. Pre-registration is required, please call for information on our next class schedule. This evidence-based program is designed for friends and family of adult individuals living with a mental illness, provides education, coping skills and interaction with others in a similar situation. Led by NAMI trained facilitators.

NAMI Basics: FREE weekly classes held for six successive weeks, for parents and primary caregivers of children and adolescents who have psychological, emotional or behavioral issues that might be indicators of future mental health concerns. Led by NAMI trained facilitators. Pre-registration is required, please call for information. Also available online, please check our website for more info or call.

IOOV (In Our Own Voice): NAMI trained presentations provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition.

CIT(Crisis Intervention Training): We proudly support the Eau Claire Police Dept program to train their officers.

Education Meetings: Check our website or call for info on scheduled meetings and topics. FREE and Open to the Public.





Minneapolis VA Health Care System
One Veterans Drive
Minneapolis, MN 55417

VA | U.S. Department
of Veterans Affairs

Terri Hathaway, RN-BC, BSN, PHN

Community Education and Partnerships Coordinator
Mental Health Patient Service

Suicide Prevention

612-629-7068

Cell: 651-357-3518

Terri.Hathaway@va.gov

Veterans Crisis Line: 1-800-273-8255, Press 1



**Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**

Confidential crisis chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)
or text to **838255**

RECOGNIZE THE SIGNS OF SUICIDE RISK

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.
- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

The presence of these signs requires immediate attention. Call us if you experience any of these warning signs.

U.S. Department of Veterans Affairs

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**Karen Hauck
Consultant**

Certified Aging In Place Specialist

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cvaginginplace@yahoo.com

chippewavalleyaginginplace.com



**Karen Hauck
Consultant**



Serving Northwest Wisconsin

715-829-0707

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Good for the Sole
FOOT AND NAIL CARE, LLC

LISA POLHAMUS, RN, BSN, WCC

lisapolham@gmail.com

715-723-7602



IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, PLEASE CONTACT ME AS SOON AS POSSIBLE.

715-723-7602 | lisapolham@gmail.com | 6872 189th St Chippewa Falls, WI 54729



HOLLY'S PLACE EQUESTRIAN AND THERAPEUTIC CENTER

Our Mission

"A place where bonding with horses
heals hearts and encourages
individuals to overcome obstacles
whether they struggle with mental
health, physical limitations or
behavioral difficulties."



Why Choose Us

Holly's Place provides programs to improve self-esteem and mental health for children, youth and adults. We feel it is important to work with members of the community of all ages who can benefit from equine therapy, both on the farm and in school and facility settings.

Some of the benefits from working with the horses are:

- Increase self-worth
- Improve trust and self-confidence
- Develop healthy relationships
- Decrease impulsive and self-destructive behaviors
- Learn anger management and coping skills
- Heal from trauma or loss
- Reduce feelings of isolation, loneliness and anxiety
- Gain respect for diversity and individuality
- Learn to work with animals
- Learn routine and rhythm by working on the farm
- Learning proper care for someone/something other than ones self
- Promote the importance of teamwork and community

Highly Recommend



My daughter has been taking lessons for almost a year and she has learned so much more than just riding; horsemanship, patience, gentleness and responsibility.

→ Horse Boarding

We offer a safe place for horses of all ages. On the farm there is outdoor space, indoor stalls. Indoor and Outdoor arenas & last but not least a beautiful nature riding trail.

→ Horsemanship Lessons

Horses are sensitive creatures, they respond to the emotions of their humans and they do not hide them. If someone approaching a horse angrily can cause the horse to shy away. Horses mimic humans feelings and behaviors. This is very beneficial when horses are working with children, teens and adults to work through trauma, fear, anger, loss, etc. Working with the animals can help people to become happier and healthier by learning coping skills and gaining confidence that is invaluable.

→ Therapy & Memory Care Partnerships

We partner with memory care facilities & local schools to bring the mini horses in to provide therapeutic sessions.

FOR MORE INFORMATION
CONTACT US



+715-944-5600



hollyschindler@msn.com



www.hollysplaceofhappinesswithhorsesllc.com/



Holly's Place Equestrian and Therapeutic center



**NO KID SLEEPS
ON THE FLOOR
IN OUR TOWN!**

WI – CHIPPEWA VALLEY CHAPTER

**REQUEST A FREE BED
FOR YOUR KIDS**

MAKE A REQUEST OR REFERRAL ONLINE at
SHPBEDS.ORG Click on the "REQUEST A BED" link!

Donate

Request Bed

Volunteer



Chippewa Valley, Rusk, and Barron Counties

WHO IS SHP?

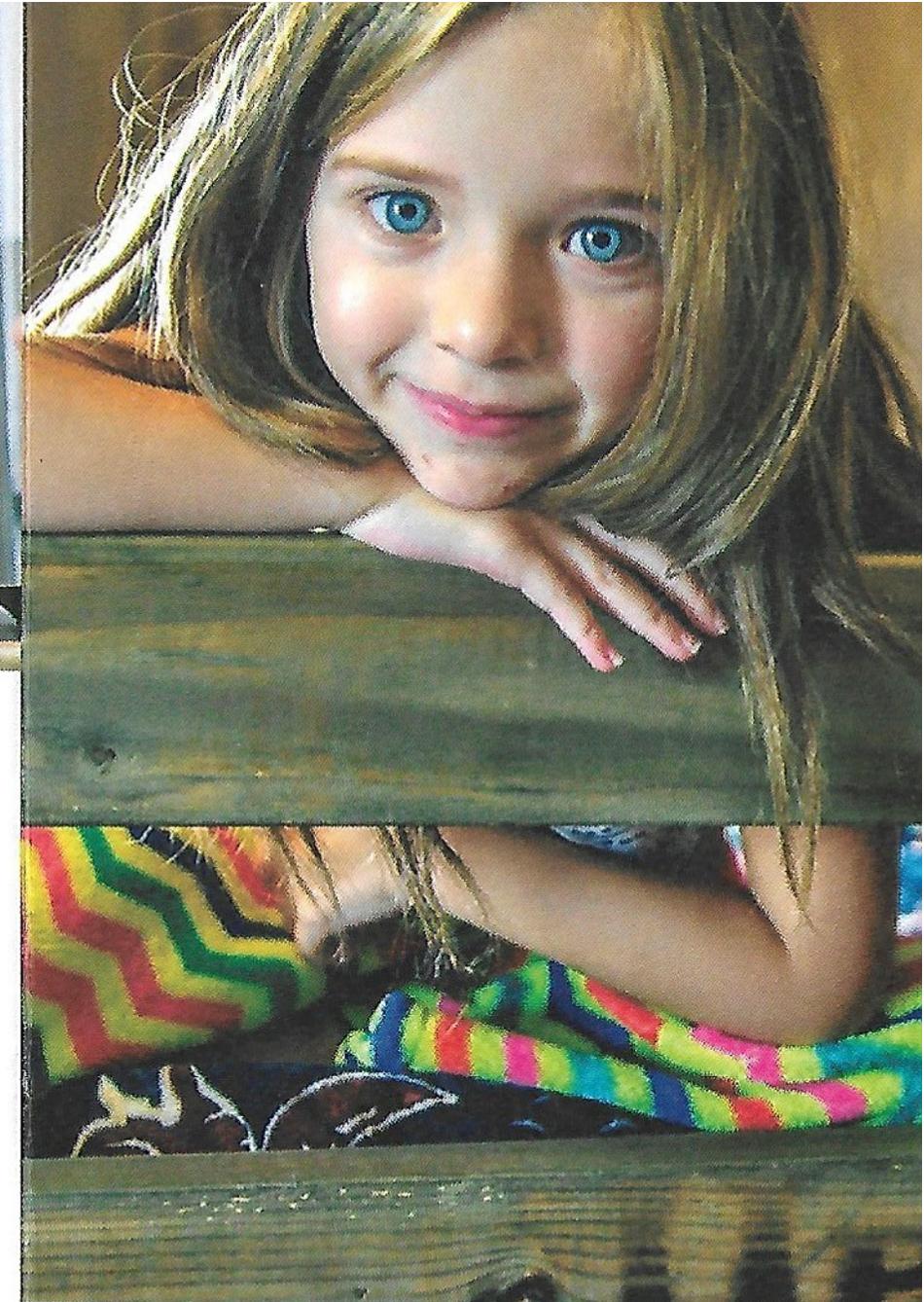
Founded in Kimberly, Idaho in 2012, Sleep in Heavenly Peace (SHP) is THE ONLY charity providing hand-made bunk beds to children who don't have beds of their own. Not only do we deliver these beds to kiddos in need, but we partner with organizations, churches, businesses and individuals like you to build them at events called Build Days!

With so many great charities providing clothing, meals and toys, little help goes to something as permanent as providing suitable beds and bedding. SHP is a group of volunteers dedicated to finding those young children living without the luxury of sleeping on a bed or even laying their heads on a pillow. Through the wonderful efforts of volunteers and generous donations, bunk beds are built, assembled and delivered to those children who are otherwise sleeping on couches, blankets or even floors. At SHP, we have a mission:

NO KID SLEEPS ON THE FLOOR IN OUR TOWN!

HOW CAN I HELP?

Every bed we build is handcrafted and constructed by volunteers willing to donate their time to help children in their community, funded by the generous donations of many. The joy that comes from delivering our beds to a child that otherwise doesn't have one is a life-changing adventure that our volunteers and sponsors can experience firsthand. Visit our website or give us a call and find out how you can donate, volunteer or host a Build Day!



CONTACT INFORMATION

SLEEP IN HEAVENLY PEACE

- 📍 PO BOX 116/Kimberly ID 88341
- 📞 1-844-432-BEDS EXT. 5555
- 📱 @SHPChippewaValley
- 🌐 SHPbeds.org
- ✉ derrick.laufenberg@shpbeds.org

Visit [SHPbeds.org](https://shpbeds.org) for information about a SHP Chapter near you!



**NO KID SLEEPS
ON THE FLOOR
IN OUR TOWN!**

SHP
SLEEP IN HEAVENLY PEACE





SHP is a registered 501(c)(3) non-profit serving children in need. And the best part? As a volunteer-driven organization, 100% of donations go toward building children's beds.

Because every child deserves a safe place to sleep.



SHP continues to grow with multiple locations throughout the country to serve your community. Visit our website to find the nearest chapter where you can get involved.

We can even come to your city!



Visit our website or call us to find out how you can donate, volunteer, or tell us about a child sleeping on the floor. We want to make every town our town because...

NO KID SLEEPS ON THE FLOOR IN OUR TOWN!

COME SHARE THIS EXPERIENCE WITH US. WE PROMISE THE SAME JOY WILL COME TO YOU.



DONATE

Donate to a family in need.



VOLUNTEER

Help us build and deliver beds!



SPONSOR

Help us continue our mission.



NO KITS HERE

Our bunk beds are built from scratch and built to last a lifetime.



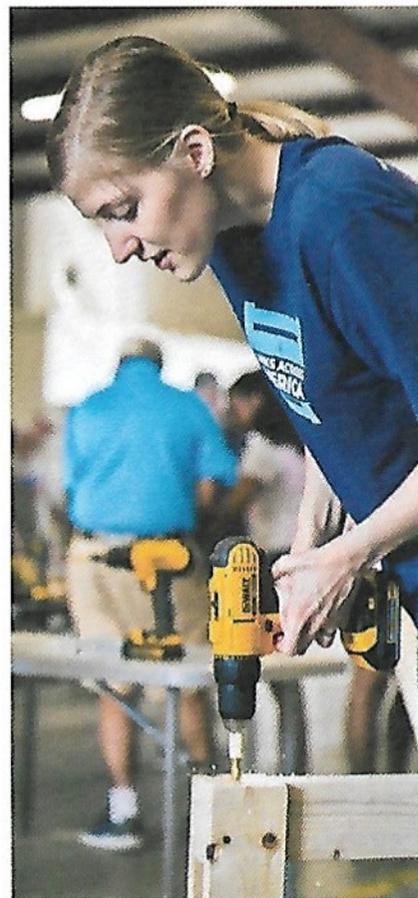
NO EXPERIENCE NEEDED

The builds follow SHP's simple and easy-to-follow bunk bed design and require no previous woodworking experience.



READY TO SLEEP

Each bed is delivered and assembled to an appreciative home, complete with mattresses, pillows and bedding.



SHP and their partner organization schedules an event called a "Build Day" where volunteers build bunk beds:

- Inexperienced volunteers are trained and supervised by experienced ones from SHP
- All power/hand tools are supplied by SHP who will be on site for the Build Day
- Volunteers learn valuable trade skills
- Build Days let employees network and build relationships
- Volunteers provide necessary and critical support to the local community

With your kind donations and just a few volunteers...



...together we can give some children new beds so they can **Sleep in Heavenly Peace.**



Tina Putney

Certified Parent Coach



808 Macomber St Apt 7 Chippewa Falls, WI
54729

763-219-9462

<https://www.tinaputney.com/>

putneylighthouse@gmail.com



Come to the Lighthouse
PARENT COACHING

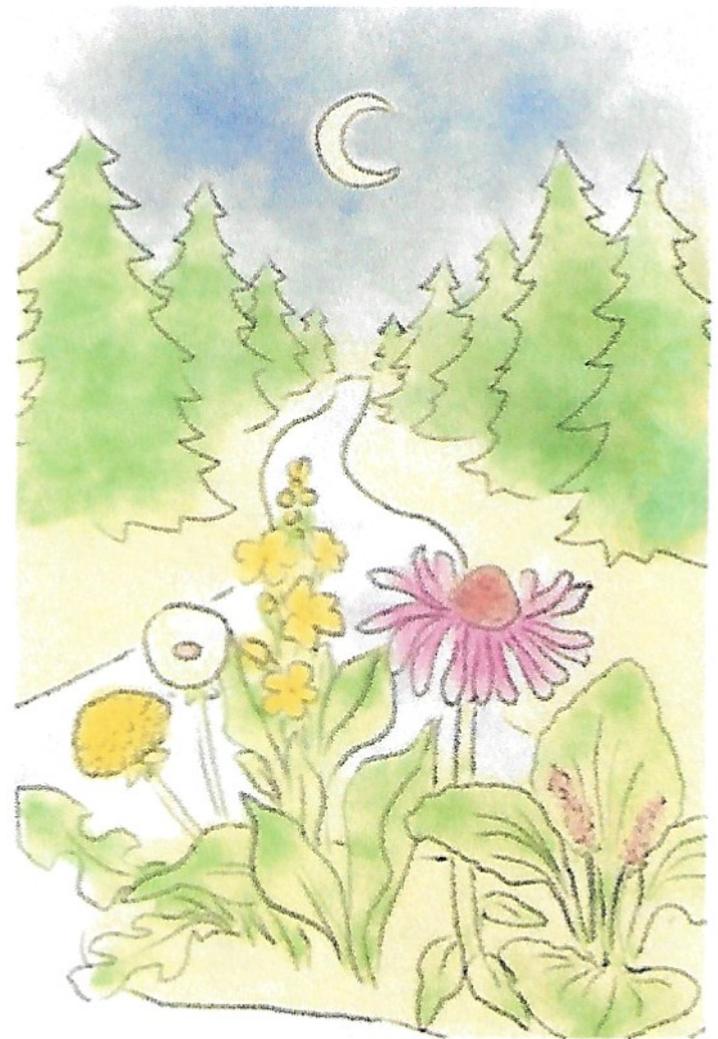
Join my Free parenting group on Facebook!
Confident Parenting Leads to Hope

Temperance

Herbals & Healing

Apothecary & Healing Center

For Mini-Retreats



◆ Mountain Rose Herbs for Sale

◆ Free Rotating daily Sacred Blossom Teas from
Gilmanton, WI

Check out their website: <https://www.sacredblossomfarm.com>

◆ Enjoy music on the record player (Mine or bring your own)

◆ Shop for Tea, self care items, such as bath salts, room sprays, healing balm, herbal satchels, eye masks, and more. An assortment of Crystals for sale.

◆ Come for a free Guided Meditation. Free crystal or tea diffuser for trying Meditation.

Hours

Tuesday 8-4

Wednesday 8-11am and 2-8pm

Thursday 8-10 and 12-8pm

Friday 7-11am

Saturday 8-2pm

Closed Sunday & Monday

OPENING March 19th

Temperance Herbals & Healing

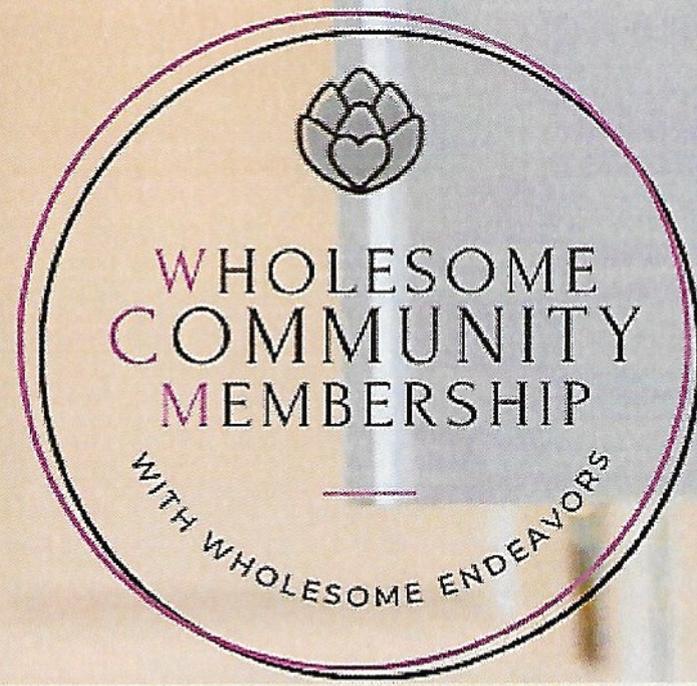
Apothecary & Meditation Center
800 Wisconsin St. Bldg 2, Suite 405K
Eau Claire, WI 54703

www.temperanceherbalsandhealing.com

Amanda Talford
(715)505-4795

Herb Infused Body Products
Sacred Blossom Teas
Bulk Herbs
Astrology Readings



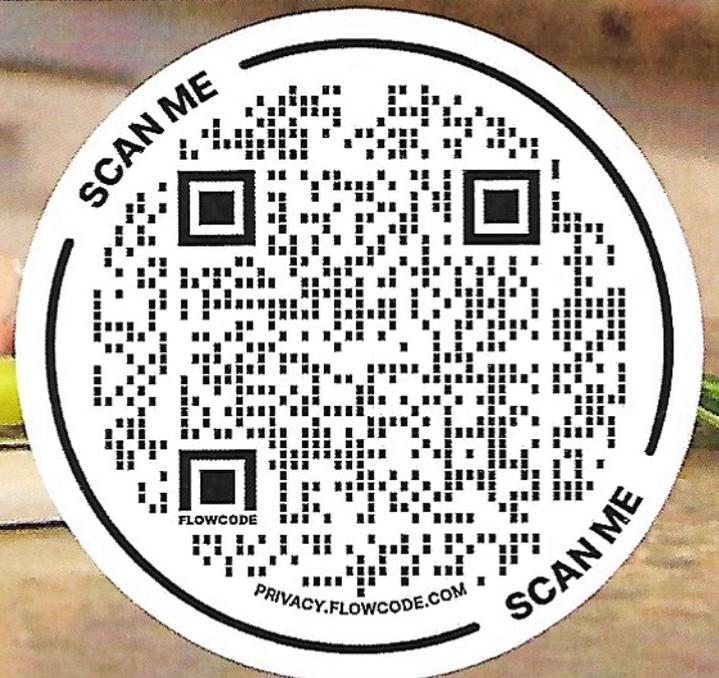


CHANGE THE HISTORY OF YOUR
HEALTH JOURNEY!
CREATE A HEALTHY LIFESTYLE
THAT YOU AND YOUR FAMILY
WILL LOVE.

Monthly:

- HANDS-ON EDUCATION IN WORKSHOPS/DEMOS
- EMPOWERMENT WITH NUTRITION EDUCATION & MORE
- GROUP SUPPORT AND CONNECTION VIA ZOOM
- COMMUNITY OF MOTIVATED MEMBERS
- WORKBOOK & RESOURCES

Learn more:



Focusing on your
Gut Health &
Hormone Health

HEALTHY & *Wholesome*

Getting to the Root Cause of Your Symptoms and Living a Balanced Life



About Penny Welke

Certified Functional Medicine Health Coach
Certified Health Coach • Integrative Nutritional Health Coach
Specializing in Gut Health & Hormone Health

Penny has endured a health journey that has challenged her physically, mentally, and spiritually. Through these experiences, she has discovered that success in life is balance...in functional medicine, nutrition, lifestyle education, exercise, holistic therapies, and extensive learning. She is excited to use her combined experience to help others in getting to the root cause of their health issues, so that they not only survive, but thrive!

Book a FREE Discovery Call!

If you are excited to make some great changes in your life, I invite you to book a complimentary 30-minute discovery call with me. I can't wait to get to know you and see how I can help you in your journey in wellness!

Focusing on your Gut Health & Hormone Health
3119 Golf Road, Suite 103 • Eau Claire, WI 54701
(715) 450-4781
penny.healthyandwholesome@gmail.com
www.healthyandwholesome.net



Focusing on your
Gut Health &
Hormone Health

HEALTHY & *Wholesome*

Getting to the Root Cause of Your Symptoms and Living a Balanced Life

My Specialties

You're ready to take the first step in your wellness journey. Here's how I can help you! Depending on your individual needs, I consider the following when I'm customizing your personal health plan, just for you:

*Hormone
Health*

*Gut
Health*

*Weight
Management*

Longevity

*Detox
Programs*

*Pantry
Makeovers*

*Grocery
Shopping
Trip*

*One-on-One
and Group
Programs*

Do something good for your health!

Get started today - sign up for a FREE 30-minute Discovery Call/Consultation with Penny. **Start now!**

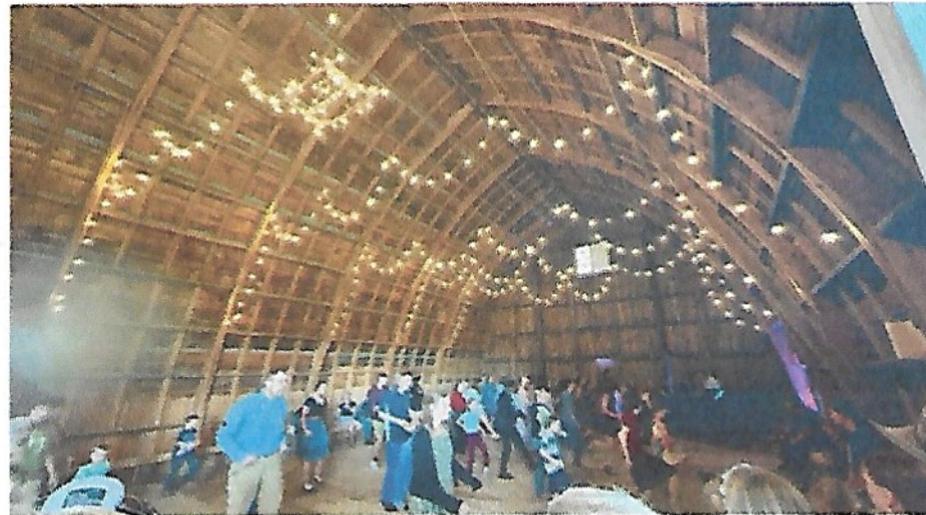
3119 Golf Road, Suite 103 • Eau Claire, WI 54701
(715) 450-4781
penny.healthyandwholesome@gmail.com
www.healthyandwholesome.net



Schumacher Valley Events

A barn wedding event center with rustic charm and elegant ambiance.
Located on picturesque farmland.

Wedding Venue · Concert Band · Event Planner



Contact information:

📍 7665 Schumacher Rd, Fall Creek, WI, United States, Wisconsin

☎ (619) 507-2752

✉ Kcnyseth@hotmail.com

🔗 <http://Woodenvalor.com/>

📘 <https://www.facebook.com/profile.php?id=61557544388546>

SENIOR PORTRAITS

TAMI KAY PHOTOGRAPHY



DOWNTOWN - COUNTRY - ON LOCATION

tamikayphotography.zenfoliosite.com

tamikayphotography13@gmail.com

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FIRST TIME
CUSTOMERS**



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FOLD OR HANG



IRONING



**FREE PICKUP &
DELIVERY**

CALL OR TEXT NOW! 715-864-7666

LAUNDRY ON THE FLY

CHECK US OUT ON FACEBOOK FOR MORE INFO