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The ADRC staff wishes everyone a



Many of us, like many of you, are glad to put 2020 behind us! It feels good to look forward to a year where we will hopefully be receiving an effective coronavirus vaccine as early as possible and to as many people as possible.

The new year brings that time-honored tradition of laying out our New Year's Resolutions. A resolution that we'd like you to consider is this:

"Help the ADRC develop the three-year Aging Plan for Oneida County."

How can you help? It's actually pretty easy — tell us what you think about how the ADRC can make getting older in our community a successful enterprise. We want to know what being healthy looks like to you, what services you value, what things concern you about getting older here, and how we can work to promote our shared vision for older adults in Oneida County.

Tell everyone that you know that their input is welcome — all ages, income levels, and living arrangements — everyone can weigh in.

Watch this newsletter for opportunities to speak your mind over the next several months. To get started, **please complete our short survey on page 5.**



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WHO'S WHO

ADRC STAFF

ADRC Manager, Joel Gottsacker
 ADRC Specialists: Traci Caswell, Laura Javenkoski,
 Jennifer Sackett, and Anne Sponable
 Disability Benefit Specialist, Elizabeth Erickson
 Elder Benefit Specialist, Kris Schiek
 Activities Coordinator, Stephanie Swanson
 Account Clerk, Maria Cox
 RSVP Coordinator Dawn Johnson
 Nutrition & Transportation Coordinator, Heather Beach

Senior Dining Site Managers

Cassian, Jeanne Merwin
 Lake Tomahawk, Elaine Carpenter
 Nokomis, Debbie Jelinek
 Rhinelander, Richard Eades
 Sugar Camp, Eleanor Yeager
 Three Lakes, Diana Kern
 Woodruff, Herbert Hackworthy

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Aging & Disability Resource Center of Oneida, Rhinelander, WI

A 4C 01-1366

DEPARTMENT NEWS



From the Manager's Desk

ADRC Manager, Joel Gottsacker

Happy New Year!

I'm hoping for a prosperous and healthy new year for everyone. I'm not sure when the COVID-19 vaccine will be available to us here in Oneida County, but I'm hoping that everyone who can get the vaccine, WILL get the vaccine. On the same note, if you haven't gotten your flu vaccine yet, please consider getting that taken care of. It is important to understand that the flu can be a very serious disease, too.



You'll note on page one that we are starting the process for our County Aging Plan for 2022-2024. Please consider responding to the survey on page 5. It is vitally important that citizens voice their opinions and

let us know what is important for successful aging in Oneida County.

If you are looking for some activities to engage in during the winter months, check out the offerings on pages 6 and 18. These classes provide valuable and useable information for taking care of yourself and others. The classes are engaging and past attendees can attest to how their lives have been positively impacted.

And now for the announcement everyone is here to read: Cathy Jensen is *again* the winner of the free lunch gift certificate for finding at least one spelling error in our December newsletter. If YOU find a spelling error in this January issue, call or stop by and your name will get entered in the drawing for a free lunch too!

There are many ways to get this Newsletter

The ADRC of Oneida County newsletter is published monthly to keep you informed of programs and activities important to older adults and their families. You can receive this newsletter FREE each month by:

1. Picking up a copy at one of our seven (7) Senior Dining Sites (for locations see bottom of menu on page 9)
2. **Send us your email to adrc@co.oneida.wi.us and we will sign you up to receive it FASTER by a monthly email.**
3. All Meals on Wheels participants will receive an issue with their meal each month.
4. Stopping by one of the community distribution locations listed here:
 IN RHINELANDER: ADRC of Oneida County, Rhinelander District Library, Grace Lodge, Milestone, YMCA, Days Inn, Country Terrace, Rennes & Friendly Village. IN MINOCQUA/WOODRUFF: Generations Senior Center, One Penny Place, Minocqua Public Library, Lake Shore Assisted Living and Milestone.
 IN THREE LAKES: Reiter Center, Demmer Memorial Library IN PELICAN LAKE: Musky Mart
5. Paying \$1 per month to have this newsletter mailed to you (complete and return the form below)

Sign up to have this newsletter mailed to you each month!



Name _____ Phone _____

Mailing Address _____

City _____ State _____ Zip _____

You have the January newsletter in your hand,. The next eleven issues (February—December 2021) can be mailed to you for \$1 per month, for a total of **\$11 dollars.**

Just complete this form and return with your check payable to the ADRC of Oneida County
To : "Newsletter Subscription", 100 W. Keenan St., Rhinelander, WI 54501

CHECK THIS OUT

VOLUNTEERS
Your forms are
due by Feb. 1st!



Please submit ALL of your
2020 paperwork including:

- ✓ Volunteer hours
- ✓ Home Delivered Meal Mileage
- ✓ Escort Driver Mileage

Please double check all forms to make sure they are complete and include your signature.

We want to pay drivers for mileage while our
2020 books are still open!

**P.S. The new IRS mileage reimbursement
rate for 2021 has not yet been announced.**



Activities Coordinator,
Stephanie Swanson

**All Activities
suspended until
further notice**

**Looking for
something to
read, watch, or
listen to?**

“Books on the Go” is a free
program of the Rhinelander
Public Library.

If you live in Rhinelander and
receive Meals on Wheels, the
Rhinelander Public Library
will take your book, audio-
book, or movie preferences
and send items over to the
ADRC for delivery with your
meal.

**This service is available now,
so take advantage during the
winter months!**



SURVEY

We greatly appreciate your responses to this survey. Thank you in advance for taking the time. A successful Aging Plan in Oneida County depends on your input and insights.

Answering this section is optional. This information will be kept confidential and your name will not be shared with any party.

Name: _____ Age _____

Town or Community: _____ I live alone: YES NO

May we contact you regarding your responses? YES NO Telephone Number: _____

What services that Oneida County offers or hosts have you used? Please include any service, e.g., flu shots, tax assistance, public transportation, etc.

In your opinion, what services are lacking for older adults in Oneida County?

What are the three most important issues facing older adults today?

What areas would you like to learn more about? (Use of technology, government, nutrition, etc.)

Please provide any other comments/interests/ideas you have regarding growing older in Oneida County:

**Return survey to: ADRC of Oneida County
100 W. Keenan St.
Rhinelander WI 54501**



Help Yourself to Better Health

Living with a chronic condition such as arthritis, cancer, heart disease, or another on-going health problem can be physically, emotionally and financially draining.

Taking care of yourself is important. And you can! But you need the tools and knowledge to help you.

Living Well with Chronic Conditions can show you the way!

There's a Living Well with Chronic Conditions workshop starting soon near you!

Dates: Mondays,
January 11-February 15, 2021

Time: 1:00-3:30 p.m.

Location: Online Virtual Workshop

(Must have access to or be able to get access to Zoom via Computer, Tablet, or Smart Phone)

Each Participant receives a copy of Living a Healthy Life with Chronic Conditions
Suggested Donation is \$20

To register, call ADRC of Oneida County
at 715-369-6170
or 800-379-7499

Space is limited; register early!

We can walk you through setting up Zoom Account if needed

What is Living Well with Chronic Conditions? And why should I take it?

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help family caregivers:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



wiha
Wisconsin Institute
for Healthy Aging

THINGS YOU NEED TO KNOW

YOU can be an Advocate!

At the local, state, and federal levels of government, issues that affect older adults are often discussed and decided upon without enough input from the older adults for whom those decisions are made. It is difficult for many of us to keep abreast of these issues and discussions, no less have the opportunity to offer an opinion.

The ADRC of Oneida County would like to recruit older adults and their friends and family to join our advocacy team. What is involved? You provide us with an e-mail address where we can send you information on the latest breaking news and notifications for needed advocacy. This information will include the issue for which advocacy is needed, a prepared script to either e-mail or call your representative, and contact information.

Types of issues of interest to older adults and needing advocacy in the recent past were the reauthorization of the Older Americans Act and coronavirus pandemic relief. Issues that need ongoing advocacy include shoring up Social Security; economic security for older adults; and helping workers adequately prepare for retirement. Every two years, Wisconsin develops a new budget — and the budget directly affects older adults.

The 65-plus population in Wisconsin and Oneida County continues to grow. Currently 25% of Oneida County residents are aged 65 or older. By 2040, that number will be closer to 35%.

Our county supervisors, State legislators, and Federal representatives and senators *want* to hear from you on issues that directly affect you. Please consider joining the Oneida County ADRC Advocacy Team. Let us know you will join by e-mailing us at adrc@co.oneida.wi.us.



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NUTRITION NEWS

5 Reasons to Eat Frozen Fruits and Veggies

Studies show similar, sometimes better nutritional benefits to fresh produce

The U.S. Department of Agriculture recommends five to nine servings of fruits and vegetables a day, and conventional wisdom traditionally has been that fresh is best. But recommendations are changing as more studies show there is no significant nutritional difference between fresh and frozen. Here are five reasons why you may want to stock up on healthy treats while in the frozen food aisle.

1. Nutrition

New research from the University of Georgia found that frozen fruits and veggies are just as nutritious as their fresh counterparts — and some even retained more nutrients, especially when it comes to vitamin A.

In a separate comparison cited in the *New York Times*, researchers at the University of California Davis found that vitamin content was higher in some frozen foods, including broccoli, corn, green beans and blueberries. The freezing process typically keeps the nutrients of freshly picked produce intact, while fresh produce may sit in transport or grocery stores for days, losing nutrients along the way.



2. Convenience

A recent study conducted by the Frozen Food Foundation found people who buy frozen fruits and veggies consume more produce overall than those who don't. This finding mirrors what nutritionist Cynthia Sass learns from her own clients, according to her story on *Health* magazine's website. "While I'm a big fan of fresh produce, I'm also serious about helping people fit in at least five servings of fruits and veggies per day every day. I've found that when my clients keep their freezers stocked with frozen produce, they're much more likely to hit that mark." Frozen veggies are usually prewashed and precut, making heating them in the microwave or pan fast and easy.



3. Affordability

Frozen produce can be cheaper than fresh, making it accessible to more people. Frozen organic spinach costs about 50 cents less than fresh organic spinach — for twice the volume, Sass says. Similarly, a 10-ounce bag of frozen organic raspberries is the same price as six ounces of the fresh fruit.

4. Smoothies

Frozen fruits and berries make great filler for quick protein drinks during your morning routine. Sass recommends whipping frozen berries, cherries and leafy greens into your morning smoothie. You may also try adding thawed scoops of frozen fruit to oatmeal or yogurt.

5. Flexibility

Frozen veggies can be used far longer than their fresh counterparts. So instead of replenishing your fresh produce supply every few days, you can stretch out the shopping trips. Frozen veggies are also a great alternative to canned ones, which are usually packed with salt to preserve them. Chef Daniel Thomas writes for AARP that frozen vegetables, for the most part, are cooked to a very high temperature before being quickly frozen for flavor and color conservation, so salt and preservatives aren't necessary.

—Kim Hayes, AARP

JANUARY 2021 MENU

ADRC of Oneida County Senior Dining				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation or adults 60 & older \$3.50 Carry-out \$4.25 Home Delivered</p> <p>\$8.15 required payment if under 60</p>	<p>Chef Salad option is for Carry-Out diners. Please note your choice of ham, turkey or chicken as your meat choice when reserving.</p>	<p><i>Delicious Meals</i> by <i>Lynn's Catering</i></p>		<p>1</p> 
<p>4</p> <p>Lemon Pepper Fish Tartar Sauce Baby Red Potatoes Asparagus Pineapple Multi-grain Bread Cookie</p>	<p>5</p> <p>Honey Mustard Pork Baked Sweet Potato Pacific Island Veggies Raisin Bread Cinnamon Applesauce</p>	<p>6</p> <p>Chicken Fajitas w/ Red & Green Peppers & Onion Sauté Tortilla Sour Cream Refried Beans Mexi Corn Chocolate Cherry Cake</p>	<p>6</p> <p>Lasagna Carrots Tossed Romaine Lettuce Salad w/ Dressing Garlic Breadstick Fruit Jell-O Dessert</p>	<p>8</p> <p>Meatloaf Mashed Potatoes Gravy Whole Kernel Corn Whole Wheat Bread Pumpkin Bar</p>
<p>11</p> <p>Chili w/ Macaroni Crackers Cheddar Cheese Tossed Romaine & Spinach Salad w/ Dressing Apple Slices Lemon Bar</p>	<p>12</p> <p>Oven Baked Rosemary Chicken Baked Sweet Potato Cauliflower Cornbread Grapes</p>	<p>13</p> <p>BBQ Pork Whole Wheat Hoagie Scalloped Potatoes Coleslaw Diced Pears Cookies</p>	<p>14</p> <p>Chicken Broccoli Casserole Pacific Veggie Blend Whole Wheat Bread Grape Juice Bananas & Vanilla Pudding</p>	<p>15</p> <p>Beef Tips w/ Mushrooms Noodles Peas Cinnamon Apples Fudgy Black Bean Brownies</p>
<p>18</p> <p>Savory Balsamic Chicken Baby Reds Brussels Sprouts Dinner Roll Mandarin Oranges, Strawberries, Raspberries & Yogurt</p>	<p>19</p> <p>Beef Vegetable Stew Biscuit Country Trio Veggie Blend Tossed Romaine & Spinach Salad Dressing Cookie</p>	<p>20</p> <p>Turkey Tetrazzini Carrots Sliced Pickled Beets Whole Wheat Roll Peach Upside Down Cake</p>	<p>21</p> <p>Brat on a Bun Steamed Onions Baked Beans Potato Salad Strawberry Jell-O Pretzel Dessert</p>	<p>22</p> <p>Salmon Filet Tartar Sauce Twice Baked Mashed Potatoes Creamed Peas Whole Wheat Bread Spice Cake</p>
<p>25</p> <p>Ham on Marble Rye w/ Romaine Leaf & Tomato Slice Mustard/Mayo Hearty Bean Soup Crackers Pear Slices Cookie</p>	<p>26</p> <p>Pork Roast Mashed Potatoes Gravy Pea, Cheese & Onion Salad Whole Grain Bread Blueberry Cobbler</p>	<p>27</p> <p>Chicken Breast w/ Mushroom & Bacon Sauce Brown & Wild Rice Blend Winter Squash Apple Slices Rich Chocolate Cake</p>	<p>28</p> <p>Seasoned Baked Fish Parsley Buttered Potatoes Tarter Sauce Red Cabbage Slaw Rye Bread Banana Cream Pie Bar</p>	<p>29</p> <p>Italian Rigatoni Casserole Green Beans Romaine Lettuce Salad & Dressing Garlic Breadstick Carrot Cake</p>

Call your local meal site at least one day in advance to make or cancel your meal reservation

Cassian: Tues. & Thur. 715-277-4190
Lake Tomahawk: Mon. & Wed. 715-614-2908
Nokomis: Mon. & Wed. 715-499-5026
Rhinelander: Mon. thru Fri. 715-369-6170

Sugar Camp: Tues. & Thurs. 715-499-5027
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Woodruff: Mon. thru Fri. 715-892-4045

FUN AND GAMES

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C T I K P W H S S A L G R U O H F
E S W S C E U I C B P Y K O G I F
L A W N H O A W B K R U T S R P H
E O S O S E N S I A G B N E R U V
B T P I D R S F U S A O W C U V S
R H C T N P E N E L I O Y T H R Y
A O A U E G A K L T R J H Y E O S
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E I E O R N S V S M I I K E I J D
I D N S F O R F C N E R M T N G A
H A D E M E L L D H A S R C T C R
F Y A R S S O I A P E A I G E L A
E T R E I C M T S T P Y T O R G P
Y V R B K S S G N I G N I S N N F

Happy New Year!

- | | | | | |
|-----------|-----------|-------------|--------------|-----------|
| CALENDAR | DINNER | HOURLASS | PARTIES | SPARKLERS |
| CELEBRATE | FIREWORKS | JANUARY | PEAS | STREAMERS |
| CLOCK | FOOTBALL | KISSING | PUNCH | TOAST |
| CONFETTI | FRIENDS | MIDNIGHT | RESERVATIONS | WINTER |
| COUNTDOWN | HATS | NOISEMAKERS | RESOLUTIONS | WISHES |
| DANCING | HOLIDAY | PARADES | SINGING | |

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THIS AND THAT



WINTER REMINDERS



Home Delivered Meal Participants

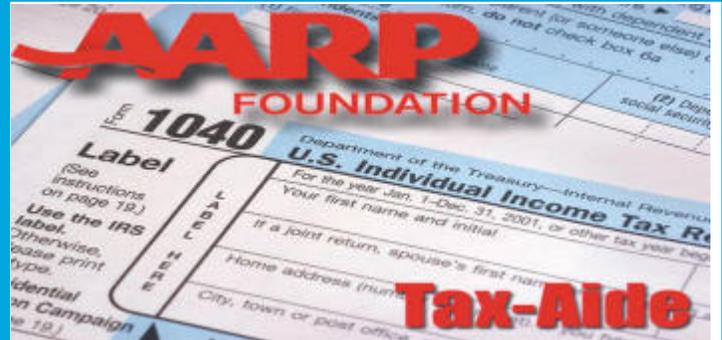
Arrange to have your driveway and sidewalks clear so the volunteers can deliver your meal.

Dining Site Meal Participants

If there is bad weather check with your site to see if it is open, or watch for closing announcements.

Visitors to the ADRC of Oneida County Building in Rhinelander

Please be careful walking outside our building. Parking lot and sidewalks are impossible to keep clear 100% of the time in Wisconsin!



Trained volunteers are getting ready to help prepare your income tax forms.

Appointments start in February

You may start calling to make an appointment on or after Monday, January 7th

(see page 2 for contact information)

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Aging & Disability Resource Center of Oneida, Rhinelander, WI

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ONEIDA COUNTY ELDER BENEFIT SPECIALIST



FoodShare and Energy Savings Elder Benefit Specialist, Kris Schiek

Update on FoodShare Renewals and Six-Month Reports

By Kris Schiek, Elder Benefit Specialist

In a continued effort to help protect the health and safety of members during the COVID-19 pandemic, the Wisconsin Department of Health Services (DHS) will be postponing FoodShare renewals and eliminating FoodShare Six-Month Reports that were due in December 2020, January 2021, and February 2021.

DHS is able to make these temporary program adjustments due to provisions in the federal Continuing Appropriations Act, 2021 and Other Extensions Act.



FoodShare members who would have had a renewal due in December, January, or February will now need to complete their renewal in June, July, or August 2021. They will receive a renewal letter prior to having to complete their renewal.

Additionally, FoodShare members who would have had a six-month report due in December 2020, January 2021, or February 2021 will not receive a paper report form in the mail and will not need to complete and submit their report.

Reprinted with permission from the GWAAR Legal Services Team

Free Energy Efficiency Packs

If you've ever considered making your home or apartment more energy efficient but are unsure where to start, an organization called Focus on Energy partners with 107 Wisconsin electric and natural gas utilities to distribute free energy packs to take that first step. You can find out if your utility provider participates in the program here: <https://www.focusonenergy.com/about/participating-utilities>.

If your utility provider participates in the program and you are a Wisconsin resident, both homeowners and renters are eligible. Renters, however, must obtain permission from their landlord. In addition, you cannot have participated in the Simple Energy Efficiency Program within the last three years. There is no cost, and there are no income or asset tests for eligibility.

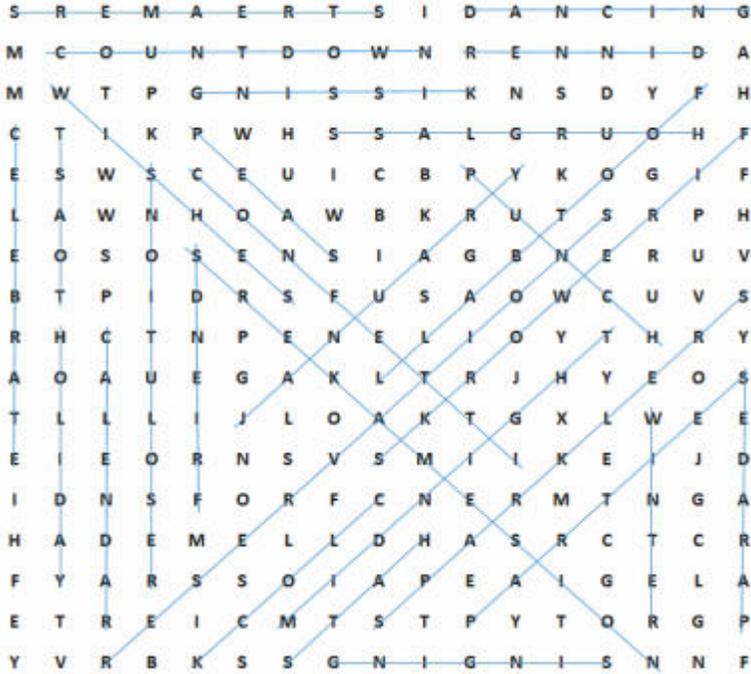
You may choose one energy pack per household, which can include things such as Energy Star LED bulbs, high efficiency showerheads, water-saving bathroom faucet aerators, advanced power strips, and pipe insulation.

How to order your pack

Complete the online order form to choose the pack that works best for your home. You will need to your utility account information, but *you do not enter any credit card information* – the packs are free. Then, once your pack arrives, install your products and enjoy the energy savings! For more information, visit: <https://focusonenergy.com/residential#program-energy-saving-packs>



FUN AND GAMES SOLUTIONS



Do you know someone who is concerned about their options for continuing to live independently?



Call the caring professionals at the **Aging & Disability Resource Center (ADRC) of Oneida County**

*Options to help you live your best life!
On the phone, in our office or in your home.*

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MEMORY MATTERS



Wisconsin Teleconference / Webinar Family Caregiver Support Groups

For Persons Living with Mild Cognitive Impairment (MCI)

2nd Wednesday, 10:00 AM — 11:00 AM

General Family Caregivers

1st & 3rd Tuesdays, 5:30 PM — 7:00 PM

2nd & 4th Thursdays, 1:00 PM — 2:30 PM

Family Caregivers for a Loved One with Dementia Living in a Facility

Fridays, 10:00 AM — 11:30 AM

Male Family Caregivers

2nd Wednesday, 6:30 PM — 8:00 PM

3rd Wednesday, 5:30 PM — 6:30 PM

3rd Thursday, 10:00 AM — 11:00 AM

4th Thursday, 1:00 PM — 2:30 PM

Family Caregivers for a Loved One with Dementia in the Early Stages

2nd Tuesday, 9:30 AM — 11:00 AM

2nd Wednesday, 3:00 PM — 4:30 PM

4th Tuesday, 10:00 AM — 11:30 AM

Spanish Speaking Family Caregivers: Grupo de Apoyo en Español

2nd Tuesday, 10:00 AM — 11:30 AM

2do Martes de cada mes, 10:00 AM — 11:30 AM

Llame a Virginia Zerpa (414) 431-8811

Family Caregiver for a Loved One with Frontotemporal Degeneration (FTD)

3rd Wednesday, 6:00 PM — 7:30 PM

To attend any of our Support Groups, please verify your attendance by calling (800) 272-3900. You will receive connection information after you register

www.alz.org
(414) 431-8811

24/7 Helpline (800) 272-3900

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Aging & Disability Resource Center of Oneida, Rhinelander, WI

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RSVP



Meeting Community Needs in Wisconsin: Last year more than **9,100** Americans of all ages and backgrounds met local needs, strengthened communities, and expanded economic opportunity through national service in Wisconsin. The Corporation for National and Community Service (CNCS) invested more than **\$18.5 Million** to support cost-effective community solutions, working hand in hand with local partners to empower citizens to solve problems. AmeriCorps members and Senior Corps volunteers are preparing today's students for tomorrow's jobs, reducing crime and reviving cities, connecting veterans to services, fighting the opioid epidemic, helping seniors live independently, and rebuilding communities after disasters. Service members served at more than **900** locations across Wisconsin, including schools, food banks, homeless shelters, health clinics, youth centers, veteran's facilities, and other nonprofit and faith-based organizations. Through a unique public-private partnership, CNCS, its grantees, and project sponsors generated more than **\$17.9 Million** in outside resources from businesses, foundations, public agencies, and other sources in the last year. This local support strengthened community affect and increased the return on taxpayer dollars.

Senior Corps

Senior Corps taps the skills, talents, and experience of Americans age 55 and over to meet a wide range of community challenges. Last year, more than **7,800** Wisconsin seniors met critical community needs while contributing to longer, healthier lives through one of three Senior Corps programs:

RSVP volunteers conduct safety patrols, renovate homes, protect the environment, tutor and mentor youth, respond to natural disasters, and provide other services.

RSVP volunteers strengthened the impact of **480** organizations across the state.

To learn more: Contact Dawn Johnson, RSVP Coordinator at 715-369-6307 or email djohnson@co.oneida.wi.us



**AmeriCorps
Seniors**

CAREGIVER'S CORNER

Skip the Resolutions and Set New Year's Goals

Most New Year's resolutions are discarded pretty quickly. Studies have shown that less than 25% of people remain committed after 30 days. Yet there is value in setting goals to make things work more smoothly and to be sure you are living in a way that is true to yourself rather than always fulfilling the needs and expectations of others.

Before setting New Year's goals this year, I encourage caregivers (myself included) to begin by taking some time to think about this quote from author K. L. Toth, *"One of the greatest tragedies in life is to lose your own sense of self and accept the version of you that is expected by everyone else."* Caregiving is a role often defined by the expectations of other people – the person you're caring for; other family members and friends; and medical, legal, and human services professionals. Take a little time to focus on your needs and what you might like to bring into your life as you look ahead to a new year. Think about how you can practice self-kindness, open yourself to new solutions as the caregiving landscape changes for you, and reach out for help when you need it.



A list of goals might include:

Committing to something enjoyable

This could be anything from scheduling a daily walk or setting aside time to read a good book to taking on a fun project like learning to knit, recreating a dish from your favorite cooking show, playing an instrument, or learning to paint. You could even take this a step further by finding an online book club or class for cooking, painting, yoga or other activity. Commit to one thing and schedule it. Carving out time that feels good and reflects your authentic self is critical to your health and well-being.

Delegating and asking for help

Delegating and asking for help ensures that you can keep your commitment to doing something for yourself. Can someone call and visit with your care partner while you attend your class, group, or practice? Is there a family member, friend, or neighbor who wouldn't mind regularly taking over a chore that would free up some time for you? If there isn't anyone who comes to mind, brainstorm with professionals at local resources to see what's available. Contact the ADRC of Oneida County at 715-369-6170 for programs and referrals.

Planning for your Care Partner's future

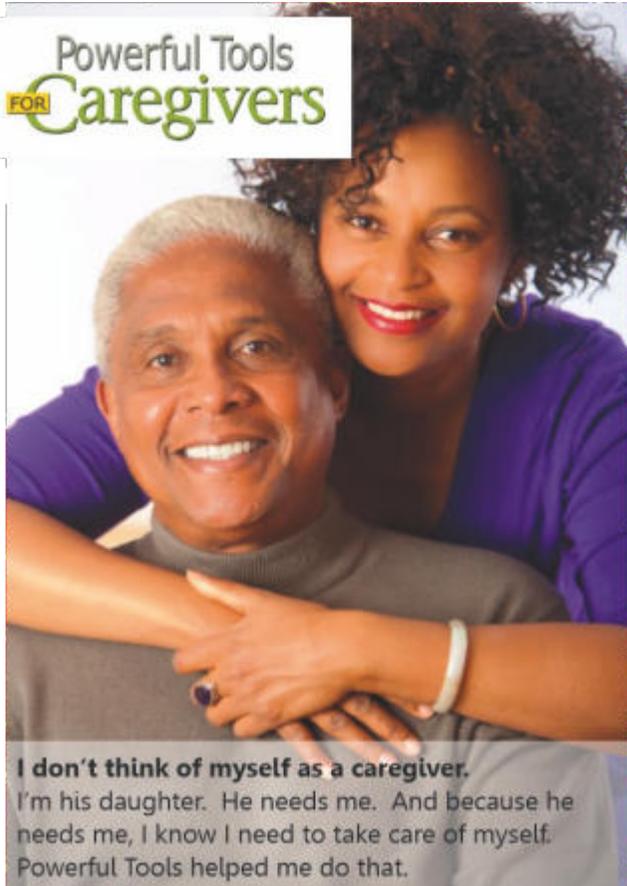
There may come a day when you are no longer able to provide care due to your own limitations or because your care partner's needs are too advanced to handle. Research available options knowing that doing so can save

time and stress in the future and can bring peace of mind now. And, difficult as it may be, determine who would provide care if anything interfered with your ability to do so. Designate that person as the alternate to care for your loved one in your will. Contact the ADRC of Oneida County at 715-369-6170 for assistance and referrals.



—Jane De Broux, Caregiver Program Coordinator

POWERFUL TOOLS FOR CAREGIVERS



There's a Powerful Tools for Caregivers workshop starting soon near you!

Dates: Tuesdays
February 2-March 9, 2021

Time: 1:00-3:00 p.m.

Location: Online Virtual Workshop
(MUST have access or be able to get access to Zoom via computer, tablet, or smart phone)

Suggested Donation of \$20
(Includes The Caregiver Helpbook)

To register call ADRC of Vilas County
at 715-479-3625
or 800-374-1123

Space is limited; register early!
We can walk you through setting up
Zoom Account if needed

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources



FLU SHOTS

Flu vaccine: Your best shot for avoiding influenza

Getting a flu shot often protects you from coming down with the flu. And although the flu shot doesn't always provide total protection, the experts at the CDC and Mayo Clinic say that it's definitely worth getting.

This year's annual flu shot will offer protection against three or four of the influenza viruses expected to be in circulation this flu season. A high-dose flu vaccine as well as an additional vaccine also will be available for adults age 65 and older.

Influenza is a respiratory infection that can cause serious complications, particularly in young children, older adults and people with certain medical conditions. Getting an influenza vaccine — though not 100% effective — is the best way to prevent the misery of the flu and its complications. The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone age 6 months or older.

Here are the answers to three of the most common questions about flu shots:

(1) When is the flu vaccine available and when should I get it?

Private manufacturers make the flu vaccine and take about six months to produce it. Health care providers begin vaccinating people as soon as the flu vaccine is available in their areas.

It takes up to two weeks to build immunity after a flu shot, but you can benefit from the vaccine even if you don't get it until after the flu season starts. It's usually best for people in the United States to get their flu vaccine in September and October; however, you can still protect yourself against late flu outbreaks if you get the vaccine in February or later.

(2) Why do I need to get vaccinated every year?

Because flu viruses evolve so quickly, last year's vaccine may not protect you from this year's viruses. New flu vaccines are released *every year* to keep up with rapidly adapting flu viruses.

When you get vaccinated, your immune system produces antibodies to protect you from the viruses included in the vaccine. But antibody levels may decline over time so this is another reason to get a flu shot every year.

(3) Who should get the flu vaccine?

The CDC recommends annual influenza vaccinations for everyone age 6 months or older. Vaccination is especially important for people at high risk of influenza complications, including older adults and especially if you have a chronic condition.



MYTH: I'm healthy and staying home – I don't need the flu shot.

FACT: If you're older, you're at higher risk of getting the flu and have more complications if you do – even if you're healthy.

Get your flu shot today!

wihealthyaging.org



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