

**February  
2021  
Newsletter,  
Volume 8,  
Issue 2**

**Forest  
County  
Office on  
Aging**

**Forest County  
Contact Numbers:**

**Office on Aging: 715-478-3256**

**Health Department: 715-478-3371**

**Veterans Office: 715-478-3722**

**Aging & Disability  
Resource Center: 1-800-699-6704**

**Hours of Operation:  
Monday-Friday  
8:30AM– 4:30PM**

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Commission on Aging  
Website: [fcaging.com](http://fcaging.com)**



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AMERICA 2021 MEMBER**



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### **Mark Your Calendars**

- 2/2: Groundhog Day  
 2/4: World Cancer Day  
 2/5: National Wear Red Day  
 2/7: Super Bowl  
 2/9: National Pizza Day  
 2/14: Valentine's Day  
 2/15: President's Day  
 2/16: Mardi Gras  
 2/17: Ash Wednesday  
 2/20: National Love Your Pet Day



### *From the Director's Desk*

**Tammy Queen**

**Forest County Office on Aging  
 200 E. Madison St. Crandon, WI**



Hello, hope everyone is doing well. I know many of you are probably ready to get the vaccine. I'm hoping that we will hear soon when our seniors can start getting vaccinated. As I write this, Centers for Disease Control is still only vaccinating frontline workers and they are hoping seniors will be soon. Please watch the Health Dept. and the Aging Dept. Facebook pages as well as the newspapers for most up to date information on when vaccines will be available. Stay tuned and please be patient!

Aging Unit is beginning to work on 2022-2024 Aging Plan for Forest County. We need your help developing a three- year plan for Forest County. How can you help? It's actually pretty easy. Tell us what you think about how the Aging Unit can make getting older in our community A SUCCESSFUL enterprise. We want to know what services you value, what things concern you about getting older and how we can work to promote our shared vision for older adults in Forest County.

Tell everyone that you know that their input is welcome. We want to hear from all ages, income levels and living arrangements, everyone can weigh in. Watch for opportunities to speak your mind over the next several months. We will be starting with a short survey that you can access using your smart phone or computer, iPad, etc. If you have a smartphone, all you have to do is use your phone camera and scan the code below to access the survey. Otherwise you can access the survey from a computer or any iPad, etc. by going to our website [www.fcaging.com](http://www.fcaging.com) and under 2022-2024 Aging Plan tab, you will be able to click on the link to take you to the survey. I was planning on putting a printed copy in this month's newsletter for those of you who don't like technology but we are having issues and working with Microsoft to fix the printing issue. If you don't see it in this month's edition, it will be in the March newsletter. If you are on Facebook please like our page so that you will see Aging Plan Community Engagement meetings and for other programming that we are offering. Speaking of programming...we are going to restart the Caregiver Support group starting on February 16 from 3:00 p.m. to 4:00 p.m. We will meet on the 3<sup>rd</sup> Tuesday of each month. The meeting will be **virtual** and we will be using Microsoft Teams. I am in the process of getting a call-in number for anyone to use if that is easier for some. Microsoft Teams is a free program that you can download onto whatever electronic device you are using (smart phone, iPad, tablet, computer, etc.). Microsoft Teams is similar to Zoom, go to meeting, Facetime, etc. There is a link that you will need to access the virtual meeting. You need an email address and you will be able to get access by contacting Tammy or going on our website to access the link to get on the virtual meeting. If you want to download the Teams app, you can go to [office.com](http://office.com) I am more than willing to assist anyone with getting Teams set up on your device.

←Aging Plan Community Engagement survey smartphone scan code.

## **Meet Our Staff**

### **Office On Aging**

Tammy Queen, Director  
Kayla Paquette, Receptionist  
Joan Ginter, Fiscal Agent  
Kathy O'Melia, Elder Benefit Specialist  
Christina Ritzer, Nutritionist  
Site Managers, see page 12  
Bus Drivers, see page 14

### **Commission On Aging Committee**

Cindy Gretzinger– County Board Chair  
Mike Miller, Chairperson  
Jack Matuszewski– Supervisor  
Bob Shepherd, Vice-Chairperson  
Larry Sommer  
Jean Jungwirth-Secretary  
Wendy Abney  
Mary Meier  
Jeannie Weyers

### **Contributors**

#### **Forest County Health Department:**

Jacee Shepard, Health Director  
Holli Denton, RN, BSN  
Kathryn Kincaid, RN

#### **Forest County Veterans Office:**

Robb Koplien, CVSO

#### **ADRC of the Northwoods**

Chef Adam Dewing  
Florence Kostka

#### **Crandon Public Library**

Stephanie Schmidt, Director

#### **Laona Public Library**

Felicia Albrecht, Director

#### **Wabeno Public Library**

Cindy Lemerande, Director

#### **Community Outreach Specialist**

Julie St. Pierre

#### **GWAAR**

Jane Mahoney

Pam Van Kampen, RDN CD

#### **UW Extension**

Karly Harrison

# TRIVIA

Challenge

1. How many soccer players should each team have on the field at the start of each match?
2. When Michael Jordan played for the Chicago Bulls, how many NBA Championships did he win?
3. Which boxer was known as “The Greatest” and “The People’s Champion”?
4. What is meteorology the study of?
5. Which planet is the hottest in the solar system?
6. Which natural disaster is measured with a Richter scale?
7. Which element is said to keep bones strong?
8. What kind of cells are found in the brain?
9. In Herman Melville’s novel “Moby Dick,” who was the loyal, reasonable first mate?
10. What was the name of the actor who played Jack Dawson in Titanic?
11. Which American president was involved in the Watergate scandal?
12. What are the surnames of the father-son duos who both served as US presidents?
13. How many presidents have been impeached?
14. Who has been the longest-serving monarch of the United Kingdom?
15. World War I began with the death of Archduke Franz Ferdinand, of which country?
16. How long is the gestation period of an African elephant?
17. What’s the scientific name of a wolf?
18. What’s the fastest land animal in the world?
19. What name is used to refer to a group of frogs?
20. Which animal symbolizes good luck in Europe?
21. Gregory Lee Johnson was convicted in Texas for what in 1989?
22. Who which queen was Julius Caesar involved with?
23. Which religion dominated the Middle Ages?
24. In which year World War I begin?
25. John F. Kennedy was assassinated in which city?

## **Find 10 Hearts**

## **ANSWERS ON PG. 20**

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# What's New at the Forest County Health Department?

## February is American Heart Month!

February is traditionally the month for love and all things heart related. February also reminds us to take care of our heart. It is American Heart Month. The annual celebration began in 1963 to encourage Americans to join the battle against heart disease. Make February your month to start being heart healthy and make it a way of life!

### COVID -19: YOU STOP THE SPREAD

We are all connected-by our health, by our actions, and by our commitment to each other. It is up to each of us to take simple steps, like staying home and wearing a mask, to protect ourselves, our loved ones, and our community from COVID-19. Your actions can help protect everyone in Wisconsin.



### Get Your Blood Pressure Checked

You should have your blood pressure checked once a year after you turn 40. Your risk for high blood pressure goes up as you get older. You can get your blood pressure checked at your local health department, your doctor's office, and at some shopping malls, pharmacies, and grocery stores. You can purchase a home blood pressure monitor at a drug store. If your readings are high, talk to your doctor. Normal blood pressure is lower than 120/80, elevated blood pressure is 130/85, (called prehypertension) and high blood pressure is 140/90 or higher.

### Heart Healthy Shopping List

When it comes to your heart, what you eat matters. Use this list for reference when planning heart healthy meals:

- Tomatoes, cabbage, carrots (fresh)
- Leafy greens for salads, fresh vegetables
- Canned vegetables (low sodium)
- Frozen vegetables with no added sauces or butter
- Fresh fruits like apples, oranges, bananas, pears
- Canned, frozen or dried fruit without added sugars
- Low fat or fat free dairy products
- Whole grain breads, bagels, English muffins
- Whole grain hot or cold cereals with no sugar
- Brown or wild rice, quinoa or oats
- Whole wheat pasta and couscous
- Fish and shellfish
- Chicken or turkey breast, lean ground chicken or turkey (93% lean)
- Pork-leg, shoulder or tenderloin
- Beef-round, sirloin, tenderloin or 93% lean ground
- Beans and peas, kidney beans, pinto beans, black beans, lima beans, black eyed peas, chickpeas, split peas and lentils
- Eggs
- Unsalted nuts and seeds
- Almond and peanut butter
- Tofu
- Margarine and spreads with no trans fats
- Vegetable oil (canola, corn, olive, peanut, safflower, sunflower or soybean).
- Nonstick cooking spray
- Low-calorie mayonnaise
- Salad dressings that are oil based



- *The Children's Train* by Viola Ardone & Clarissa Botsford
- *Meet Me in Bombay* by Jenny Ashcroft
- *Robert B. Parker's Someone to Watch Over Me* by Ace Atkins
- *The Children's Blizzard* by Melanie Benjamin
- *Twisted* by Steve Cavanagh
- *The Scorpion's Tail* by Douglas Preston & Lincoln Child
- *Saving Justice* by James Comey
- *Before She Disappeared* by Lisa Gardner
- *Yellow Wife* by Sadeqa Johnson
- *The Lost Boys* by Faye Kellerman
- *Possession* by Katie Lowe
- *The Russian* by James Patterson & James O. Born
- *Shiver* by Allie Reynolds
- *Our Darkest Night* by Jennifer Robson
- *Knock Knock* by Anders Roslund
- *The Perfect Guests* by Emma Rous
- *The Woman Outside My Door* by Rachel Ryan
- *Highland Treasure* by Lynsay Sands
- *At the Edge of the Haight* by Katherine Seligman
- *Neighbors* by Danielle Steel
- *American Traitor* by Brad Taylor



**Crandon Library Contact Information: (715) 478-3784**



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# ADRC of the Northwoods Important Time for Medicare Advantage Members

If you have a Medicare Advantage Plan, this is an important time for you! As you start the new year, if you are not completely happy with your current Medicare Advantage Plan you may be able to make a change. The Medicare Advantage Open Enrollment Period (MA OEP) begins January 1 and ends March 31st each year and is only available to people who are currently enrolled in a Medicare Advantage Plan.

Are you unhappy with your plan's network doctors or pharmacies? Are you concerned that you may be stuck in a plan that isn't suitable to you for another whole year? If you already have a Medicare Advantage Plan, this may be the perfect time to take another look at your 2021 options.

From now until March 31st,

- Current Medicare Advantage Plan members can switch to a different Medicare Advantage Plan, or
- You can drop your Medicare Advantage Plan and return to Original Medicare, and sign up for a stand-alone Medicare Part D (prescription drug) plan.

You may only make one change during this period and if you do so, it will automatically disenroll you from your previous Medicare Advantage Plan. A change made during this period will be effective the first of the following month.

Again, it is important to note that this enrollment period is only for people who already have a Medicare Advantage Plan. If you have Original Medicare, (Part A and Part B), this enrollment period does not apply to you. For more information or assistance with Medicare Advantage Plan comparisons, contact your local Aging and Disability Resource Center. In Forest County contact ADRC of the Northwoods at 800-699-6704.

	<p style="text-align: center;">Serving Rhinelander, Crandon, Phelps, Minocqua, Boulder Junction and Land O' Lakes</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Affordable Housing</b></p> <p>Current Vacancies</p> </div>  <p style="text-align: center;"><b>FEATURES</b></p> <ul style="list-style-type: none"> <li>• Rent is 30% of monthly adjusted income to eligible applicants</li> <li>• Smoke-free community spaces</li> <li>• Pet friendly</li> <li>• Safe, maintenance-free apartments and grounds</li> <li>• Off-street parking</li> <li>• Laundry facilities</li> <li>• Located near local amenities</li> </ul>  <p style="text-align: center;">CCB Housing Management An Operation of Catholic Charities Bureau</p> <p style="text-align: center;">(715) 369-2250 (800) 362-2550 www.ccbhousing.org</p> <p style="text-align: center;">880 E. Timber Dr. Rhinelander, WI 54501</p>	 <p style="font-size: 1.2em;"><b>Aging &amp; Disability Resource Center Of The Northwoods</b></p> <p style="font-size: 1.1em;"><b>800-699-6704   adrcofthenorthwoods.org</b></p>													
<p style="text-align: center;">Serving Forest &amp; Surrounding Counties</p>   <p style="text-align: center;"><b>Richard A. Denton</b> Broker/Manager-Crandon</p> <p>www.IntegrityRealtorsLLC.com 112 S. Lake Avenue Crandon, WI 54520 rickdenton55@gmail.com</p> <p style="text-align: right;">Crandon Office: <b>715-902-0233</b> Antigo Office: <b>715-627-4181</b> Cell: <b>715-902-0509</b></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="background-color: #e91e63; color: white; padding: 5px;">CRANDON PHARMACY</th> <th style="background-color: #e91e63; color: white; padding: 5px;">LAONA PHARMACY</th> </tr> <tr> <td style="padding: 5px; text-align: center;"> <p><b>101 N. Lake Ave, Cradon</b> DOWNTOWN CRANDON</p> </td> <td style="padding: 5px; text-align: center;"> <p><b>Mill St., Laona, WI 54541</b> ACROSS FROM LAONA STATE BANK</p> </td> </tr> <tr> <td style="padding: 5px; text-align: center;"> <p>Phone (715) 478-3313</p> </td> <td style="padding: 5px; text-align: center;"> <p>Paul E Linderud, R.P.H. Owner</p> </td> </tr> <tr> <td style="padding: 5px; text-align: center;"> <p>Phone (715) 674-2635</p> </td> <td style="padding: 5px; text-align: center;"> <p>Paul E Linderud, R.P.H. Owner</p> </td> </tr> <tr> <td colspan="2" style="padding: 5px; text-align: center;"> <p><b>Hours:</b> Mon. - Fri. 8:30 a.m. - 5:30 p.m. Sat. Pharmacy 8:30 a.m. - 12 noon</p> </td> </tr> <tr> <td colspan="2" style="padding: 5px; text-align: center;"> <p style="border: 2px solid orange; padding: 5px; display: inline-block;">We now accept all major credit cards, debit and check cards.</p> </td> </tr> <tr> <td colspan="2" style="padding: 5px; text-align: center;"> <p><b>Hours:</b> Mon. 9 - 12, 1-5. Tues. 9-12, 1-5 Wed. 9-12, 1-5. Thurs. 9-1 Fri. 9-12, 1-5</p> </td> </tr> </table>	CRANDON PHARMACY	LAONA PHARMACY	<p><b>101 N. Lake Ave, Cradon</b> DOWNTOWN CRANDON</p>	<p><b>Mill St., Laona, WI 54541</b> ACROSS FROM LAONA STATE BANK</p>	<p>Phone (715) 478-3313</p>	<p>Paul E Linderud, R.P.H. Owner</p>	<p>Phone (715) 674-2635</p>	<p>Paul E Linderud, R.P.H. Owner</p>	<p><b>Hours:</b> Mon. - Fri. 8:30 a.m. - 5:30 p.m. Sat. Pharmacy 8:30 a.m. - 12 noon</p>		<p style="border: 2px solid orange; padding: 5px; display: inline-block;">We now accept all major credit cards, debit and check cards.</p>		<p><b>Hours:</b> Mon. 9 - 12, 1-5. Tues. 9-12, 1-5 Wed. 9-12, 1-5. Thurs. 9-1 Fri. 9-12, 1-5</p>	
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# What's New at the Forest County Health Department?

## Staying Heart Healthy

You are at a higher risk of Heart disease if:

- Have high cholesterol or high blood pressure.
- Smoke.
- Are overweight or obese.
- Don't exercise regularly.
- Don't eat healthy.
- If you are a woman over age 55.
- If you are a man over age 45.
- Your father or brother had a heart attack before age 55.
- Your mother or sister had a heart attack before age 65.



5 things you can do every day to keep your heart healthy and feel your best:

1. Eat healthy fats, NOT trans fats. Limit salt.
2. See your dentist yearly. Practice good dental hygiene, especially flossing your teeth daily.
3. Get enough sleep, at least 7 to 8 hours of sleep most nights.
4. Don't sit too long at one time. Exercise daily.
5. Quit smoking if you smoke. Avoid second hand smoke like the plague.



Due to the current Pandemic call ahead for an appointment at the Forest County Health Department to have your blood pressure checked. Call 715-478-3371 for information.

## Simple steps to a Healthier Lifestyle

It's never too late to make better health choices. All you need is a goal, a plan and the desire to live better. Here are some simple steps to take:

- Don't smoke or use tobacco products.
- Get your blood pressure checked regularly. It should be below 120/80.
- Eat a healthy diet including fresh fruits and vegetables, whole grains and low fat dairy products.
- Try to eat fish high in omega-3 fatty acids (salmon, trout, herring) at least twice a week. Select lean cuts of meat, and skinless poultry, limit your intake of red meats.
- Get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity (or a combination) each week.
- Include muscle strengthening activity at least two days a week.
- Reach and maintain a healthy weight.
- Have your cholesterol checked. Talk with your doctor about your numbers and how they impact your overall risk.
- Keep your fasting blood sugar at less than 100 mg/dl.
- Limit how much saturated fat, trans fat and added sugars you eat.
- Choose and prepare foods with little or no sodium.
- If you drink alcohol, drink in moderation.

For more information on heart healthy ideas visit:

[www.heart.org/answersbyheart](http://www.heart.org/answersbyheart)





## DAV Transportation Route

The DAV Van runs Wednesday and Thursday to Iron Mountain VA Medical Center. Reservations are made on first come, first serve basis and appointments must be made no later than 4:00 p.m. the Thursday before the week the Veteran wants to ride. All riders must be ambulatory, the van cannot accommodate wheel chairs or oxygen containers and the driver cannot lift or attend medically to any patient.

To make a reservation please call: (715) 369-6227 from 8:00 a.m. - 4:30 p.m.

Address and time of pickup is as follows:

Crandon, 200 E. Madison Street (Courthouse, front parking lot) at 6:55 a.m.

Laona, 5271 Linden Street (Volunteer Fire Station, back parking lot) at 7:15 a.m.

Cavour, Corner of 8 & 139 (No physical address) at 7:30 a.m.

Armstrong Creek, 9343 State Hwy 101 (Maplewood Villa Assisted Living) at 7:45 a.m.

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WisconsinSeniorMedicarePatrol



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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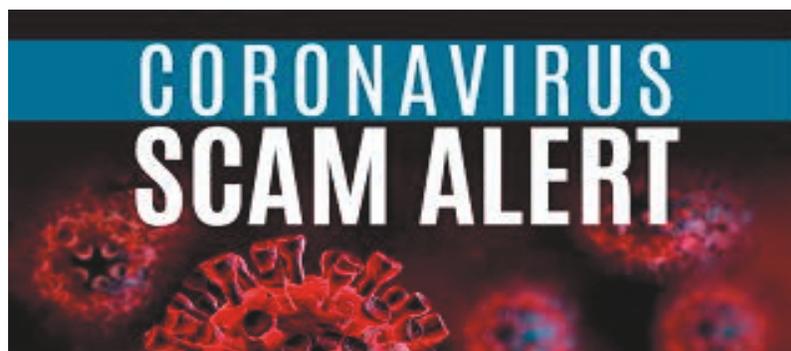


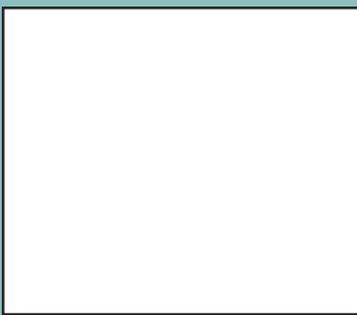
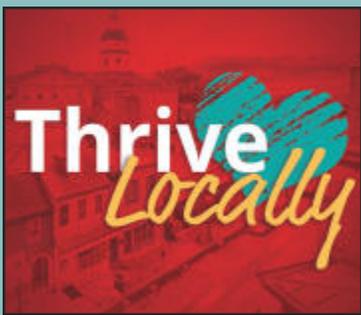
Every day the CDC is getting closer to releasing the COVID-19 vaccination to the general public. Here are some of those who are eligible to receive the vaccine as of January 1<sup>st</sup>, 2021; any and all medical staff, primarily those working in the Intensive Care Unit (ICU), nursing home or assisted living staff, elderly who are placed in those nursing homes or assisted living facilities. With this information being shared by truly reliable sources, such as the CDC your local government agencies, and your state health department, do not let yourself get scammed into what appears to be eligibility for the vaccine.

Some signs you might be getting scammed are:

1. *If you are being asked to put your name on a list to get the vaccine early*, this is not verifiable information, there is not list; You cannot put your name on a list to get the vaccine earlier than the public release date, which currently does not exist.
2. *If you are being told you need to pay anything out of pocket to get the vaccine*, this is a vaccine for a global pandemic and is a public health emergency; based on who your medical insurance provider is you will likely NOT have to pay anything out of pocket to receive the vaccine.
3. *If someone from your local or state Health Department is calling you regarding your information*, FACT: No one from your Health Department is going to contact you for this information, if someone is you need to report it to the police or your local Adult Protective Services Case Manager.
4. *Individuals claiming to be from a vaccination distribution site or are posing as a health care provider wanting to get in touch with or contacting you asking for your Medicare number, Social Security number or banking information is just looking to commit identity fraud on you*. No one from a vaccine distribution site will need to know that information over the phone; Your Medicaid, Social Security, and bank information are all considered private information, only to be shared with people who have your best interests (i.e. Power of Attorney for Finances and Estate, Power of Attorney for Health Care, AND/OR Guardians of Health Care and Guardians of Estate and Finances) if anyone is asking for this information over the phone please hang up and report it to your local officials.

For more information on the COVID-19 vaccine or if you believe you are being scammed please call, **Wisconsin Senior Medicare Patrol (WI SMP)** at **888.818.2611** or you may also contact **Michole Farrin, Forest County Department of Social Services, Adult Protective Services Case Manager** at **715.478.3351**.





### Health In Motion

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Since 1994, Health In Motion Physical Therapy has been

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A Thriving, Vibrant  
Community Matters

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# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed  
to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



# Your Meal Donation Does Make a Difference

*Last year participants donated 20%  
of the money  
we needed to serve meals.*

**Effective January 1, 2021**

**Congregate Donation Request: \$3.50**  
per meal for individuals age 60 or  
older or the spouse of an individual age  
60 or older.

**Home Delivered Donation Request:**  
\$4.25 per meal for individuals age 60 or  
older or spouse of an individual age 60 or  
older

**Full Cost of Meal: \$9.50** per individual  
under age 60 for Congregate Meal and  
10.00 for Home Delivered for anyone un-  
der the age of 60.

*Please only donate what you can af-  
ford. All donations are confidential  
and voluntary. No one will be denied  
a meal due to inability to pay.*



Alvin Town Hall

16942 Hwy. 55N  
Alvin, WI 54542

**Serving: 4:00 p.m.**  
On: Thursday

Site Manager: Florence Kostka  
Phone: 715-545-4063  
Assistant: Elaine Netherly  
Site Phone: 715-545-3323

Armstrong Creek Comm.  
Center

7860 Old 101 Rd.  
Armstrong Creek, WI 54103

**Serving: 11:30 a.m.**  
On: Tuesday & Wednesday  
Site Manager: Sharon Giles  
(Bobo)

Site Phone: 715-336-2218  
Phone: 715-674-3532

Crandon Community Building

601 West Washington St.  
Crandon, WI 54520

**Serving: 12:00 p.m.**  
On: Mon, Tues & Wed

Site Manager: Pat Raml  
Phone: 715-478-0742  
Site Phone: 715-478-3040

Laona Senior Citizen Center

5277 Linden St.  
Laona, WI 54541

**Serving: 12:00 p.m.**  
On: Mon, Tues & Wed

Site Manager: Peggy Alderton  
Phone: 715-889-3116

Wabeno Town Hall

4473 N. Branch St.  
Wabeno, WI 54566

**Serving: 11:30 a.m.**

Congregate: Mon, Tues & Thurs  
Home Del: Mon, Tues & Thurs  
Site Manager: Linda McEwen  
Phone: 715-889-0123

If unable to contact the meal site or site manager to register or cancel a meal  
please call Office on Aging at **715-478-3256**.

# February

Crandon Laona Wabeno Congregate Wabeno Home Del.	Armstrong Creek Crandon Laona Wabeno Congregate Wabeno Home Del.	Armstrong Creek Crandon Laona	Wabeno Congregate Wabeno Home Del.	Alvin 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	THURSDAY
<p><b>1</b> Roast Pork Parsley Potato Sweet &amp; Sour Cabbage Dinner roll Fruit cup</p>	<p><b>2</b> Turkey Tetrzzini Casserole w/ Noodles Carrots Spinach Salad Jello w/ fruit</p>	<p><b>3</b> Lemon Chicken Roasted Potato Mixed vegetables Fruit Wheat Bread Chocolate Cake</p>	<p><b>4</b> Lemon Chicken Roasted Potato Mixed vegetables Fruit Wheat Bread Chocolate Cake</p>	<p><b>NO MEALS</b></p> 
<p><b>8</b> Swiss Steak Mashed Potato Peas &amp; carrots Dinner roll Applesauce</p>	<p><b>9</b> French Toast bake Sausage Patty Breakfast potatoes Strawberries Orange juice</p>	<p><b>10</b> Minestrone Soup w/ Beans&amp; Sausage Lettuce Salad w/ ham Fruit, Italian Bread Peanut Butter Cookie</p>	<p><b>11</b> Minestrone Soup w/ Beans &amp; Sausage Lettuce Salad w/ ham Fruit, Italian Bread Peanut Butter Cookie</p>	<p><b>NO MEALS</b></p>
<p><b>15</b> Chicken Marsala Baked potato w/ Sour cream Broccoli Biscuit Peach Cobbler</p>	<p><b>16</b> Beef Stew w/ potatoes, carrots, onion &amp; celery Fruit Wheat Bread Pumpkin pie</p>	<p><b>17</b> Pork Chop Sweet Potatoes Cauliflower Dinner roll Applesauce</p>	<p><b>18</b> Pork Chop Sweet Potatoes Cauliflower Dinner roll Applesauce</p>	<p><b>NO MEALS</b></p> 
<p><b>22</b> Loaded Baked Potato Soup Chef's salad w/ Turkey, Egg, Tomato, Cucumber Bread stick Pear Crisp</p>	<p><b>23</b> Chicken Dijon Parsley Potato Cauliflower &amp; Broccoli Sourdough Bread Jello w/ fruit</p>	<p><b>24</b> Sloppy Joe on a Bun Carrot salad Baked beans Fruit Brownie</p>	<p><b>25</b> Sloppy Joe on a Bun Carrot salad Baked beans Fruit Brownie</p>	<p><b>NO MEALS</b></p>
			<p>Nutrition Sites Alvin-545-3323 Armstrong Creek-674-3532 Crandon-478-3040 Laona-715-889-3116 Wabeno-889-0123</p>	<p>all meals are served with low-fat white or chocolate milk, coffee and/or ice water. Please call Site Manager to reserve or cancel a meal 24 hours in advance if possible.</p>

**Forest County Office on Aging Expanding Bus Routes**

Forest County Office on Aging has made the decision to resume bus transportation out of county starting, Tuesday, February 2<sup>nd</sup>. As of right now, we will only be traveling to Rhinelander, WI. The bus will be traveling to Rhinelander every Tuesday in February and will be stopping at Walmart and Aldi’s. We will not be stopping for passengers to dine out. These routes will be “short routes” getting to Rhinelander no later than 10:00 am and departing no later than 1:00 pm. Due to inclement weather, the bus will not leave the bus garage until 8:00 a.m. We will be providing in County only bus route on the first Thursday of the month.

If there are residents who live in Alvin or Armstrong Creek areas and would like to utilize bus services, please call Tammy. We will accommodate those areas as well. We are testing the water to see how many residents are interested in going shopping outside of Forest County and we put a schedule together to see how things go. The schedules are subject to change. We are hoping to continue to resume these routes but if we feel that the safety of our driver and passengers are at risk, we will adjust routes as needed.

In order to keep everyone as safe as possible, all passengers will be **required** to wear a mask while on the bus and we are strongly encouraging all passengers to wear a mask while in stores. In addition, we will only be allowing 4 passengers to ride the bus per trip in order to provide appropriate social distancing. We ask that everyone sanitize their hands upon entering the bus with hand sanitizer.

If you have any other questions or concerns, please contact Forest County Office on Aging Department at 715-478-3256.

<p><b>February 2nd</b></p>	<p><b><u>Tuesday</u></b>  <b><u>“Short Route”</u></b>                  Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi’s only. No lunch. Depart Rhinelander at 1:00 pm. Bus Driver: <b>Pam Blank</b></p>
<p><b>February 4th</b></p>	<p><b><u>Thursday-Crandon Shopping Only</u></b>                  Hiles, Argonne, Crandon, Laona, Wabeno to Crandon by 9:00 A.M                  Depart Crandon at 12:00 P.M                  Bus Driver: <b>Pam Blank</b></p>
<p><b>February 9th</b></p>	<p><b><u>Tuesday</u></b>  <b><u>“Short Route”</u></b>                  Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi’s only. No lunch. Depart Rhinelander at 1:00 pm. Bus Driver: <b>Pam Blank</b></p>
<p><b>February 16th</b></p>	<p><b><u>Tuesday</u></b>  <b><u>“Short Route”</u></b>                  Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi’s only. No lunch. Depart Rhinelander at 1:00 pm. Bus Driver: <b>Pam Blank</b></p>
<p><b>February 23rd</b></p> 	<p><b><u>Tuesday</u></b>  <b><u>“Short Route”</u></b>                  Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi’s only. No lunch. Depart Rhinelander at 1:00 pm. Bus Driver: <b>Pam Blank</b></p>

**Ride the bus for only \$4.00 per day**



# Sip & Swipe Café

**FREE tablet training  
for older adults**

**To Sign up Call 715-478-3784**

Sponsored by Forest County Office on Aging,  
Crandon Public Library, Greater Wisconsin  
Agency on Aging Resources, Inc. and Generations  
on Line.



**Generations on Line**



Greater Wisconsin  
Agency on Aging Resources, Inc.

**THURSDAYS STARTING  
MARCH 4TH-MARCH  
25TH, 2021**

**11:00A.M.—12:00 PM.**

**CRANDON PUBLIC  
LIBRARY-LOWER LEVEL  
ACTIVITY ROOM**

**REGISTRATION IS  
REQUIRED AS WE HAVE  
LIMITED**

**SLOTS. BRING YOUR  
COMPUTER/TABLET OR  
SMART PHONE TO SET  
UP. TABLETS PROVIDED  
AS NEEDED.**

The Forest County Commission on Aging is looking for your thoughts and ideas that will help us improve the programs and services we offer to the residents of Forest County. The feedback that is provided will help us develop a Three-Year Plan that includes goals for developing new or expanded programs and services that help meet the need of people as they age. Please take a few minutes to complete this short survey. If you have any questions or would like to discuss your ideas more; you can call or email Tammy Queen, Aging Director at 715-478-7712 or email at [tqueen@co.forest.wi.us](mailto:tqueen@co.forest.wi.us). Thank you!

**Before you get started, I want you to think about where you will be 10-15 years from now. Where will your family, friends, or neighbors be 15 years from now? What would their community offer to make life more enjoyable? What will happen if one of you loses the ability to care for themselves? How would that person get to medical appointments or to the grocery store? What would be necessary to help people stay connected with each other? What if the pandemic persists and we have to stay isolated? How would your mental health change? What would be needed to live a quality life? There are a lot of unknowns, but sharing our thoughts and ideas can help make our communities better places to live now and in the future.**

1. What do you think you or your family, friends and neighbors will need in the next 10 to 15 years to help you remain as independent as possible? \_\_\_\_\_
2. Are there services or events you have seen or heard of in other communities that you think would be helpful to seniors in our county? \_\_\_\_\_
3. What are some services or ideas you feel might make your community easier or more enjoyable for you to live in? \_\_\_\_\_
4. What do you think are the main issues, problems, and challenges adults midlife and beyond in our community are facing now and in the future? \_\_\_\_\_
5. Where would you go to find more information about the Forest County Department on Aging? \_\_\_\_\_
6. What areas would you like to learn more about?
  - Use of technology (computers, smart phones, tablets, etc.).
  - Nutrition
  - Healthy Aging
  - How to Communicate with Someone with Dementia
  - Financial Issues (trusts, wills, power of attorneys, etc.)
  - Social Isolation/ Loneliness
  - Transportation
  - Caregiving
  - Volunteer Opportunities
  - Other

Submission of survey other than electronically

If you are completing a paper copy of the survey you can submit it to your Meals on Wheels Driver, Dining Site Manager, Volunteer, in person or by mail to:

Forest County Office on Aging Courthouse  
200 E. Madison St.  
Crandon, WI 54520

If you do not have enough room to write your answers, please use a second piece of paper. Thank you!

Veterans are considered to be catastrophically disabled when they have a severely disabling injury, disorder, or disease that permanently compromises their ability to carry out the activities of daily living. The disability must be of such a degree that the veteran requires personal or mechanical assistance to leave their home, or bed, or requires constant supervision to avoid physical harm to themselves or others. Veterans determined to be catastrophically disabled are eligible for VA Health Care and placed into a priority group 4 unless eligible for a higher priority group placement based on other eligibility criteria. A catastrophically disabled determination may be authorized when a VA clinician determines there is sufficient medical documentation without further evaluation (this would be for veterans already in the VA Health Care system but in priority group lower than 4). Veterans who are not in the VA Health Care system may request a catastrophically disabled evaluation by contacting the Eligibility and Enrollment Coordinator at their local VA Health Care Facility. It is a VA policy to provide a catastrophically disabled veteran an evaluation within 30 days of the request and there is no charge for this examination. Due to COVID, however, it may now take longer than 30 days.

Veterans determined by the VA to be catastrophically disabled are exempt from inpatient, outpatient and prescription copays. They are also exempt from copays applicable to the receipt of non-intentional respite care, geriatric evaluation, adult health care, homemade/home health aid, purchased skilled home care, home-based primary care and other non-institution alternative extended care services. Copays for other extended care services not mentioned, such as nursing home care, still apply.

The following is a list of some injuries, disorders and disease that may qualify as a catastrophic disability.

- ⇒ Spinal cord injury, quadriplegia and quadriparesis or paraplegia
- ⇒ Persistent vegetative state
- ⇒ Traumatic Brain Injury
- ⇒ Blindness
- ⇒ Amputations, two amputations but not on the same limb
- ⇒ Multiple sclerosis
- ⇒ Parkinson's Disease
- ⇒ Amyotrophic Lateral Sclerosis (ALS)
- ⇒ Neurological Disorders
- ⇒ Psychological Conditions

Catastrophically– disabled veterans may have unique and costly medical expenses and needs. The VA Health Care system may be able to help, which is why these veterans are eligible for VA Health Care. For more information, contact the Eligibility and Enrollment Office at the Oscar G. Johnson VA Medical Center, Iron Mountain, MI at (800)-215-8262, extension 32810.



STAYING WELL:

USING THE NUTRITION FACTS LABEL



UW-MADISON EXTENSION

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size 1 1/2 cup (208g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.

information provided by:  
U.S. Food and Drug Administration

**Servings per Container**

shows the total number of servings in the entire food package. One package of food may contain more than one serving. For example, if you eat/drink two servings, you are getting double the calories nutrients that are listed on the label.

**Serving Size**

based on the amount of food that is usually eaten at one time. Serving size is not a recommendation of how much to eat. The nutrition information listed on the label is usually based on one serving of the food; some containers may also have nutrition information listed for the entire package.

**Calories**

refers to the total number of calories in a serving of the food. 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level.

**% Daily Value (%DV)**

shows how much a nutrient in a serving of the food contributes to a total daily diet. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day

Florence County: 715-528-4480 ext. 4, Forest County: 715-478-7793  
Vilas County: 715-479-3702, Oneida County: 715-365-2750

An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements

## Winter Wonderland

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P R E R S F F U M R A E F W D L O C  
S O T T I N S Y B S L E Y Y D N I W  
T Z N R O N L E C A L P E R I F O I  
O E I B E C L H P S H O V E L V J E  
O N W T O O A L M T Y R A U R B E F  
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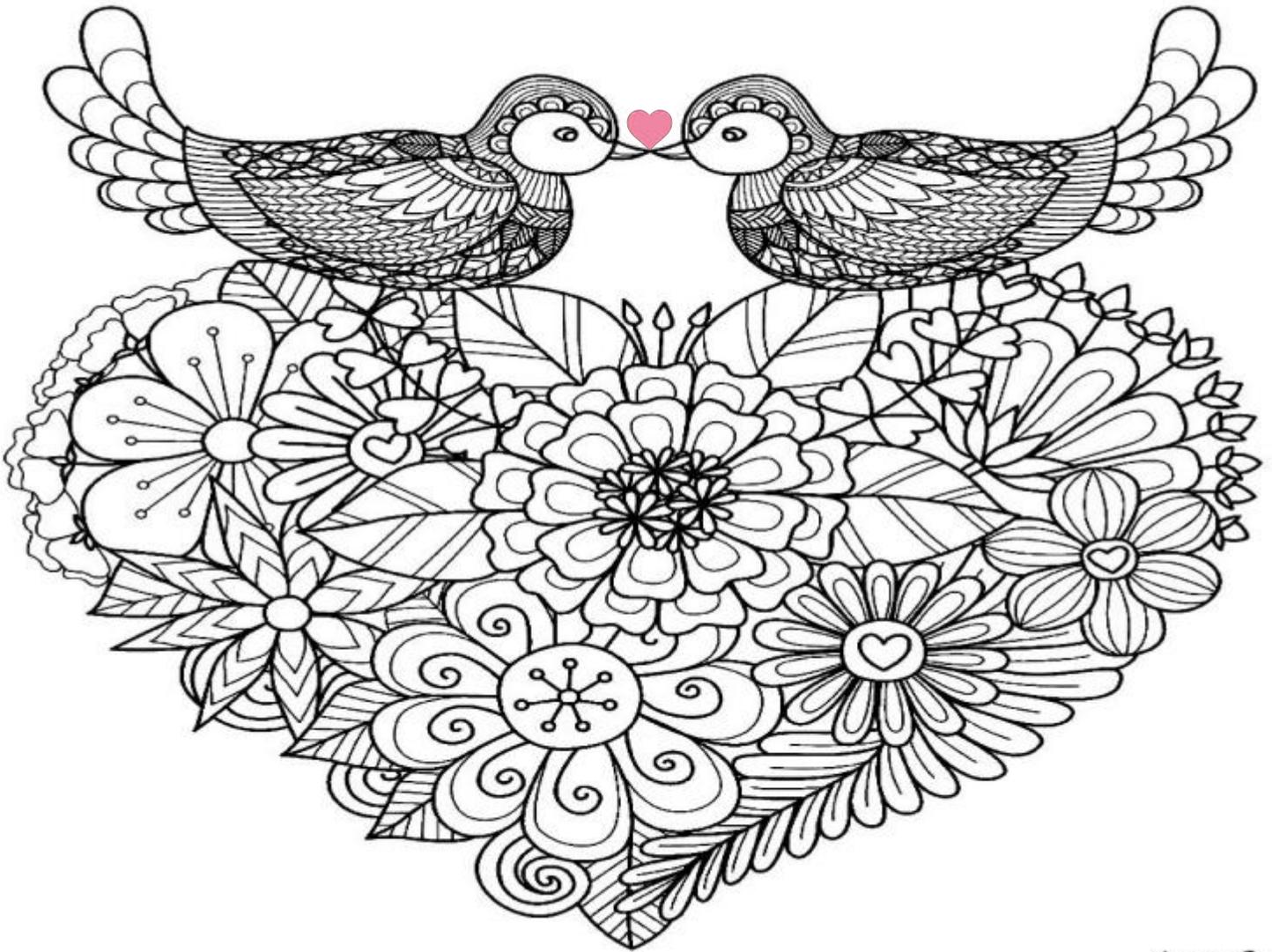
Word List:

BELOWZERO  
BOOTS  
COCOA  
FIREPLACE  
FROZEN  
HIBERNATE  
JACKFROST  
SHIVER  
SLED  
SNOWSTORM

BLANKET  
CABINFEVER  
COLD  
FLURRIES  
GLOVES  
ICICLE  
MITTENS  
SHOVEL  
SLIPPERY  
SNOWSUIT

BLIZZARD  
CHILLY  
EARMUFFS  
FROSTY  
HAT  
ICY  
PLOW  
SKATING  
SNOW  
WINDY

BLUSTERY  
COATS  
FEBRUARY  
FROSTY  
HEATER  
JANUARY  
SCARF  
SKIING  
SNOWMAN  
WINTER



**TRIVIA ANSWERS**

1. 11
2. Six
3. Muhammad Ali
4. The weather
5. Venus
6. Earthquakes
7. Calcium
8. Neurons
9. Starbuck
10. Leonardo DiCaprio
11. Nixon
12. Adams and Bush
13. Three
14. Queen Elizabeth II
15. Austria
16. 22 Months
17. Canis lupus
18. The Cheetah
19. An Army
20. Ladybug

21. Burning the flag
22. Cleopatra
23. Catholicism
24. 1914
25. Dallas

