

# Hello March



**March  
2021  
Newsletter,  
Volume 8,  
Issue 3**

## **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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Forest County  
Commission on Aging**

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



**MEALS ON WHEELS  
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## **Mark Your Calendars**

- 3/2: Read Across America Day  
 3/5 Employee Appreciation Day  
 3/8: International Women's Day  
 3/8: National Napping Day  
 3/11: World Kidney Day  
 3/14: Daylight Savings Begins  
 3/17: St. Patrick's Day  
 3/20: International Day of Happiness  
 3/21: World Down Syndrome Day  
 3/24: World Tuberculosis Day  
 3/28: Palm Sunday  
 3/29: Vietnam War Veteran's Day  
 3/30: National Doctor Day  
 3/30: World Bipolar Day

**March is also Women's History, Colorectal Cancer Awareness and National Nutrition Month**

## *From the Director's Desk*

**Tammy Queen**

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



Hello, hope everyone is doing well and waiting patiently for their vaccine if you have not already gotten it. The Health Dept. is working very diligently to get through their waitlist for individuals 65 and over. Our office has received several calls asking when they will be vaccinated. Please understand that Health Dept. can only vaccinate as many people that they have vaccines for. I promise you, if your name is on their list, they will contact you when your name comes to the top. If you are wanting to get on the waitlist, you can contact Health Dept. at (715) 478-3371. Most vaccination clinics are being done at the Crandon Community Center on Washington Street not at the courthouse. Please remember to verify where you need to go to get your vaccine when scheduling your appointment.

Last month, I put a survey in the newsletter asking everyone to complete it to help our office develop a three- year plan. After submitting the newsletter, I started thinking that many people may not be willing to fill out a six question, mostly open-ended survey. This month, I am putting in three question survey hoping I will get more responses. I am including a new QR code that you will be able to scan with your smartphone located on page 16. If you have not already completed a survey, it would be greatly appreciated if you could take the time to complete it. Your feedback is very important to us! I am also including the link to the survey that you can use with your computer or tablet. <https://forms.office.com/Pages/ShareFormPage.aspx?id=qFbtKwcAR02mGqLdDZP47Fr7ZQS4VupCucOqvW2rRV9UNUpNOVY2Qk5ZMERISVQ2RINPTUpYSDhMTy4u&sharetoken=OLvpVLa7MVGzyENC4hO4>.

Would you like to learn to use tablet or laptop to access the Internet? Covid-19 has reinforced how important technology can be to our lives. With internet access and a bit of training you can find information, explore the universe, reach out to your friends and family, grocery shop from home...the list goes on and on.

The Office on Aging along with the Crandon Public Library will be offering Sip and Swipe Technology training to a small group in a safe, social distancing, rule followed environment on Thursdays starting March 4-March 25 from 11:00 am-12:00pm at the Crandon Public Library lower level activity room. Registration is required and slots are limited. This training is free. If you have your own tablet or laptop, we highly encourage you to bring it to class. Otherwise tablets will be available to use as needed. Face covering (mask) will be required. Call the Crandon Public Library today at 715-478-3784 to register for this session.

## **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. “Adventure of Sherlock Holmes” was written by which writer?**
- 2. The book “Da Vinci Code,” was written by who?**
- 3. How many films did Sean Connery play James Bond in?**
- 4. What is a female donkey called?**
- 5. In what year did Steve Jobs die?**
- 6. Bill Gates is the founder of which company?**
- 7. How long did the Middle Ages last?**
- 8. How many Pyramids of Giza were made?**
- 9. On Sunday 18th June 1815, which famous battle took place?**
- 10. What is the name of the home of the Greek Gods?**
- 11. Which warrior’s weakness was their heel?**
- 12. In chess, the queen has the combined movement of which two pieces?**
- 13. What classic video game requires you to eat all the dots throughout a maze?**
- 14. In which US city is Broadway located?**
- 15. Which show is the highest-grossing production on Broadway ever?**
- 16. What is the longest-running Broadway show?**
- 17. What is the name of the most memorable/popular ballet of all time?**
- 18. What’s another name for a footrest?**
- 19. What is the smallest size bed available in the United States?**
- 20. Between 1933 to 1947, the Hoover Dam was called what?**

### **Riddle**

- 1. How can you drop a raw egg on the concrete floor without cracking it?**

**Find 5 Leprechauns and four-leaf-clovers**

### **ANSWERS ON PG. 20**

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## National Nutrition Month®

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

### A Kale of a Salad!



Try this simple salad that is packed with nutrients. Kale has more nutritional value than spinach, and contains fiber, antioxidants, calcium and vitamin K. The dark green color in Kale is chlorophyll, which has many health benefits.

#### Ingredients:

- 1 bunch organic Kale, chopped into 1 "pieces
- ¼ cup diced red onion
- 2 TBSP melted coconut oil
- 1 TBSP Organic lemon juice
- ½ tsp herbmare seasoning
- ½ tsp Garlic Powder
- 1 tsp. minced raw garlic

#### Instructions:

Place in a bowl and mix thoroughly with hands. Line a baking sheet with parchment paper and bake at 350 degrees for 15 minutes. Makes two servings. Enjoy!



### Eating Right Isn't Complicated.

Eating right does not have to be complicated-by shifting to healthier food and drink choices you can make a big difference. Try these recommendations:

1. Eat more fruit, vegetables, whole grains and low fat or fat-free milk and milk products.
2. Include lean meats, poultry, fish, beans, eggs and nuts.
3. Minimize saturated fats, Trans fats, salt (sodium) and added sugars.

### Make your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. Make sure most of your food choices are packed with vitamins, minerals, fiber and other nutrients, and lower in calories. If you make smart food choices every day, it will help you stay healthy, manage your weight and help you be more active.

### Focus on Variety

Eating a variety of foods from all the food groups will help you get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables like leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary the protein choices with more fish, beans and peas. Eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta every day.

### Know your Fats

To help reduce your risk of heart disease, look for foods that are low in saturated fat and Trans fat. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the Nutrition Facts label on food packaging.

"There are two ways to live your life. One is as though nothing is a miracle. The other is as though *everything* is a miracle."

-Albert Einstein



## New Books at the Crandon Library

- *Dangerous Women* by Hope Adams
- *The Power Couple* by Alex Berenson
- *A Simple Murder* by Linda Castillo
- *The Paris Library* by Janet Skeslien Charles
- *An Extravagant Death* by Charles Finch
- *The Wonder Boy of Whistle Stop* by Fannie Flag
- *Triple Chocolate Cheesecake Murder* by Joanne Fluke
- *Crimson Phoenix* by John Gilstrap
- *The Four Winds* by Kristin Hannah
- *The Survivors* by Jane Harper
- *Blink of an Eye* by Iris Johansen & Roy Johansen
- *Those Who Are Saved* by Alexis Landau
- *Dark Horses* by Susan Mihalic
- *The Sanitorium* by Sarah Pearse
- *Black Widows* by Cate Quinn
- *Faithless in Death* by J.D. Robb
- *Perestroika in Paris* by Jane Smiley
- *A Fatal Lie* by Charles Todd
- *The Burning Girls* by C.J. Tudor
- *The Keepsake Sisters* by Lori Wilde



- We're making paper bag Easter baskets!
- Limit of 10 adults
- Masks required
- Call the library at 715-478-3784 to sign up.

March 31st @ 12:00PM  
@ The Crandon Public Library



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Forest County Office on Aging, Crandon, WI

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Vaccines play an important role in preventing illness. However, knowing if and when Medicare pays for vaccines can be confusing. Most vaccines that your doctor recommends will be covered by your Medicare prescription drug plan. Medicare prescription drug plans are required to cover most commercially available vaccines. The only exceptions are the vaccines for flu, pneumonia, hepatitis B, and COVID-19, which are covered by Part B. Please note that SeniorCare does not yet cover any vaccines.

Vaccine	Medicare Coverage	Coverage Rules
Influenza (flu)	Part B	Part B pays for (and recommends) one shot every flu season. Additional flu vaccines may be covered if considered medically necessary.
Pneumonia	Part B	Part B pays for one shot, recommended for all adults aged 65+ and younger adults with chronic health conditions
Hepatitis B	Part B	Part B covers a series of three shots for high- or medium- risked individuals, including those with hemophilia, end stage renal disease, diabetes, and other chronic conditions that lower resistance to infection. ( A prescription drug plan may cover the vaccine for someone who does not satisfy Part B Coverage criteria. Contact your drug plan for more information)
COVID-19	Part B	Medicare Part B covers FDA-approved COVID-19 vaccines and the administration of the vaccines at no cost to beneficiaries. This applies to beneficiaries in both the administration of the vaccines at no cost to beneficiaries. This applies to beneficiaries in both Original Medicare and Medicare Advantage plans.
Shingles	All Medicare prescription drug plans must cover.	Two doses of Shingrix, separated by 2 to 6 months are recommended for health adults 50 years and older. Check with your plan to find out specific rules for administration and payment.

The amount you pay for your vaccine will vary depending on the vaccine. If you have Original Medicare, you will not pay any out-of-pocket costs for vaccines covered by Part B. Medicare Advantage plans are required to cover Part B vaccines without applying deductibles, copayments, or coinsurance if you meet the criteria for coverage and see an in-network provider.

When it is available, Medicare will cover the COVID-19 vaccine at no cost to you regardless of whether you have Original Medicare or a Medicare Advantage plan. For more information about vaccine availability in Wisconsin, please note that you cannot pay to put your name on a waiting list for the vaccine or to get early access to the vaccine. Do not share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for free.

For vaccines covered by your Medicare prescription Part D drug plan, check with your plan for information about how the plan covers vaccines. Your out-of-pocket costs will usually be lowest at in-network pharmacies or a doctor's office that can either coordinate with a pharmacy to bill your plan for the entire cost of the vaccination or can bill your plan directly for the vaccination. If you receive your vaccine before you have met your Part D plan's deductible, you will be responsible for 100% of the cost. However, if you get your vaccine after having met your deductible, you will simply pay a copay or coinsurance for the shot.

If you are vaccinated at an in-network pharmacy, you should only need to pay your plan's approved coinsurance or copay for the vaccination. If you get a vaccine at your doctor's office, ask the doctor to call your plan to find it if your plan can be billed directly. If this is not possible, you may have to pay the full out-of-pocket cost for the vaccination and then request reimbursement from your plan. You might also have to pay the full out-of-pocket cost for your vaccination if your provider cannot coordinate with a pharmacy to bill your plan for the entire cost. In this situation, you will also have to request reimbursement from your plan. You should be aware that your plan will only reimburse you up to the approved amount, so you will not be refunded for any amount you pay the provider above your plan's approved amount.

If you have Extra Help or the low-income subsidy (LIS), you can go to any provider or in-network pharmacy for vaccines. You will only be responsible for the Extra Help/LIS copay. However, if you get your vaccine from a provider who cannot directly bill your plan, you may need to pay the entire bill up-front and then request a refund from your plan.

By the GWAAR Legal Services Team

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 <p>"Inclusa's purpose is to make individuals feel that they're not alone, that they have some choice in their care."</p> <p>Local long-term care supports and services delivered with a focus on your life, your choice.</p>  <p>inclusa.org   877-376-6113</p>		 <p><b>SER JOBS FOR PROGRESS NATIONAL, INC.</b> SCSEP - Senior Community Service Employment Program</p> <p>Learn new job skills and re-enter the workforce!</p> <p><b>Paid job training for people 55+</b></p> <p><b>Crandon: 715-362-0300</b> <b>WWW.SER-NATIONAL.ORG</b></p>								



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

### March is National Colorectal Cancer Awareness Month!

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the colon or rectum, it is called colorectal cancer. Colorectal cancer affects men and women of all racial and ethnic groups, and is most often found in people who are 50 years old or older.

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. Colorectal cancer screening saves lives. Screening can find precancerous polyps-abnormal growths in the colon or rectum-so that they can be removed before turning to cancer. Screening can also find colorectal cancer at an early stage, when treatment leads to a cure. About 9 out of 10 people whose colorectal cancers are found early and treated appropriately are alive 5 years later.

If you are 50 years old or older, get screened now. If you think you may be at increased risk for colorectal cancer, speak to your doctor about when to begin screening, and ask which test is right for you, and how often to get tested.

### Are You at Increased Risk for Colorectal Cancer?

Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer
- You have inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- You have a genetic syndrome such as familial adenomatous polyposis (FA) or hereditary nonpolyposis colorectal cancer.

People at increased risk for colorectal cancer may need to be tested earlier and more frequently than other people. If you are 50 or older talk to your doctor about getting screened. For more information visit [www.cdc.gov/screenforlife](http://www.cdc.gov/screenforlife) or call 1-800-CDC-INFO (1-800-232-4636).

### Forest County Vaccine Update

The Forest County Health Department is currently helping to provide COVID-19 vaccine to frontline healthcare personnel, EMS, those who provide direct patient services or other healthcare services, law enforcement, fire personnel, and anyone 65 and older.

FCHD receives weekly vaccine allocations from the state. Individuals will then be scheduled based on our allocation and eligibility. We will continue to share more information about vaccine availability for other individuals and as it becomes available from DHS.



If you are interested in receiving the COVID-19 vaccine, please call The Forest County Health Department at 715-478-3371, or call your own health care provider to check on availability.

Please continue to practice every day preventative measures including:

- Practice physical distancing.
- Wear a mask in public.
- Wash your hands frequently.
- Avoid large gatherings.
- Stay home if you are sick and contact your healthcare provider to be tested.

You can learn more about Wisconsin's vaccination planning at <https://www.dhs.wisconsin.gov/covid-19/vaccine-about.htm>



## 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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[www.lakelandcareinc.com](http://www.lakelandcareinc.com)



DHS Approval 5/2/18

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[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)

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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When something in your house breaks, what do you do? Either call a repair man or fix it yourself, right? If it's an easy fix then all you do is look at the damage and think about what tools you'll need from your toolbox, then get right to starting the job.

Now, think about this: *why can't the same type of mindset be applied to taking care of your loved ones or if you are a caregiver for a family member?* When life suddenly changes and you find yourself in a role you never thought you'd be in, do you just fall completely apart OR do you face the situation with strength? Your first reaction to the sudden change might be fear-based and anxiety-ridden but creating your own resiliency toolbox will help you be more prepared for those difficult situations.

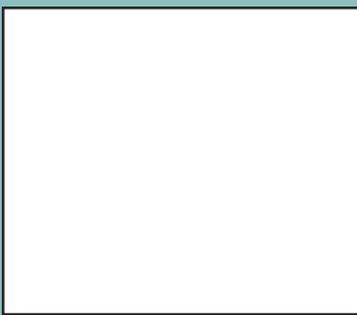
First, we have to understand what *resilience* is; so what is it? “Resilience is 1<sup>st</sup> the capacity to recover quickly from difficulties; toughness and 2<sup>nd</sup> the ability of substance or object to spring back into shape; elasticity; ability to bounce back” (Oxford Dictionary). Some people naturally have this skill and others are taught it through learned experiences. We can all become more resilient by adding these “tools” to our toolbox:

- **Solve the Right Problems.** Instead of overthinking about the things you can't change right away, you know the 5 second rule, if it can't be changed in 5 seconds don't overthink about it. Take COVID-19 for example, you alone can't make the virus disappear or change a bad fall your mother had the other day. However, you CAN find ways to add meaning to every single day and add safety precautions to prevent her from falling in the future.
- **Find Meaningful Activities.** As a caregiver, it can be very easy to lose your own sense of self when doing the daily to-do's of the day, especially during a pandemic. However, it is essential for you to carve out time to do something you love; something that gives you energy and recharges your battery (i.e. a 30 minute workout in the morning, going on a walk at night, reading a good self-help book, etc.).
- **Get Connected.** Staying connected to others and reaching out when you need help is NOT a sign of weakness but one of strength and wisdom. Even though we are in a pandemic, there are things you can do to stay connected, a friend can drop off a meal or visit with you and your loved ones by phone. Getting involved in virtual support groups or events with people who understand the situation you're facing can help you feel more positive about your circumstances.
- **Remain Hopeful.** Again, you can't change what has happened but you can focus on the positivity every new day brings and work towards the future. Encourage positive self-talk, find the successful moments of the day and focus on them. Actively welcome positive thoughts
- **Learn From Experience.** Reflect on difficult times you've faced and build on how you overcame those obstacles. When you make a mistake – like being frustrated and raising your voice – don't keep replaying that moment in your head on a loop. Figure out what caused you to be frustrated and fix it. Find practical reasons for your mistakes rather than self-blame and guilt yourself into thinking you're a “bad person”.

Caregiving is full of challenges and hardship, especially with all the current stressors of the pandemic. Using these “tools” and keeping them in your resiliency toolbox will help you become a more resilient caregiver that will help you overcome these sudden changes making you a stronger and more confident person in everything you do.



Written by: Michole Farrin, [michole@co.forest.wi.us](mailto:michole@co.forest.wi.us), 715.478.3351




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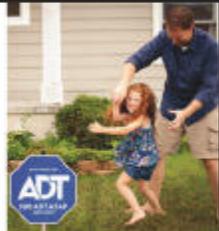
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# Your Meal Donation Does Make a Difference

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

**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 under the age of 60.

*Please only donate what you can afford. 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**.

# March

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
1 Baked Ham Sweet potatoes Cauliflower Bread Stick Apple crisp	2 Turkey in gravy Mashed Potato Green beans Fruit Sunflower Flax Bread Chocolate Chip Cookie	3 Chicken Alfredo over Pasta Spinach Salad Fruit Peach cobbler	4 Chicken Alfredo over Pasta Spinach Salad Fruit Peach cobbler	<b>NO MEALS</b> 
8 Beef Tips Mashed Potato Broccoli Dinner roll Raspberry Lemon Bar	9 Pork Chop Roasted potato Carrots Italian Bread Applesauce	10 White Bean Chili Turkey Sandwich on whole wheat Fruit Oh Henry Bar	11 White Bean Chili Turkey Sandwich on whole wheat Fruit Oh Henry Bar	<b>NO MEALS</b>
15 Chicken Stir Fry Stir Fry Veggies Brown Rice Fruit Egg Roll Jell-O w/ fruit	16 Beef Pot Roast Mashed Potato Harvard Beets Dinner Roll Apple Pie square	17 Pulled Pork on a Bun Potato salad Cole slaw Fruit Banana Cake	18 Pulled Pork on a Bun Potato salad Cole slaw Fruit Banana Cake	<b>NO MEALS</b> 
22 Vegetable Barley Soup Chef's salad w/ Turkey, Egg, Tomato, Cucumber Apple Cake	23 BBQ Chicken Roasted potato Baked beans Wheat Bread Peach cobbler	24 Beef Lasagna Green Beans Fruit Garlic Bread Jell-O w/ fruit	25 Beef Lasagna Green Beans Fruit Garlic Bread Jell-O w/ fruit	<b>NO MEALS</b> 
29 Pork Boiled Dinner w/ Potato, Carrots, Rutabaga & Cabbage Corn muffin Apple crisp	30 Fish w/ Tartar sauce Baked Potato w/ Sour cream Peas & Carrots Sourdough Bread Raspberry Lemon Bar	31 Chicken Thigh Spanish rice Corn O'Brien Fruit Mandarin Orange Jell-O	Nutrition Sites Alvin-545-3323 Armstrong Creek-674- 3532 Crandon-478-3040 Laona-715-889-3116 Wabeno-889- 0123	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.

**F. C. OFFICE ON AGING DOT BUS SCHEDULE**  
**Reservations call: Pam Blank: 715-784-1079**

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

Forest County Office on Aging has made the decision to resume bus transportation out of county. 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>March 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>March 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> <div data-bbox="1073 1194 1487 1339" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Ride the bus for only \$4.00 per day</b></p> </div>
<p><b>March 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>March 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>March 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>



## News Release

Public Affairs Officer  
Oscar G. Johnson  
VA Medical Center

325 East H Street  
Iron Mountain, MI 49801  
(906)774-3300, (800)215-8262  
Ext 32001  
[www.ironmountain.va.gov](http://www.ironmountain.va.gov)

FOR IMMEDIATE RELEASE

February 11, 2021

### VA is taking calls to schedule COVID vaccine appointments

**IRON MOUNTAIN, Mich.** – The Oscar G. Johnson VA Medical Center is now asking enrolled veterans who want the Moderna COVID-19 vaccine to call and schedule an appointment. Eligible veterans can call 906-774-3300 and dial extension 33115 between the hours of 1:30p.m. and 4:30p.m. CT, Monday through Friday, to speak to a scheduler. There are upcoming clinics at VA facilities in Iron Mountain, Ironwood, Hancock, and Sault Ste. Marie.

The Iron Mountain VA began receiving vaccines in mid-December and has administered more than 4,500 vaccines to Veterans and staff. The facility has been contacting veterans using the latest CDC guidelines for prioritization and is now opening clinics for those veterans who would like to call and make an appointment. These vaccination clinics are open to any veteran who is enrolled and participating in VA services.



Delivery of the Moderna COVID-19 vaccines continue to arrive at the Iron Mountain VA. Veterans and employees are categorized and scheduled according to the availability of the vaccine. More than 3,100 vaccines have been administered to date and more are scheduled for the next few weeks.  
*Photo by John Jamison, public affairs officer.*

Forest County Office on Aging is looking for your thoughts and ideas that will help us improve programs and services for the residents of Forest County as they age. Your answers will help us develop a Three– Year Plan.

1. What do you think are the **top three** things that need to improve to help adults in our community as they age? **Please circle three:**

- Alternative transportation options
- Food delivery options
- Access to healthy food
- Home health options
- Help with Social Isolation and Loneliness
- Help understanding Medicare and drug plan choices
- Ways to keep fit and healthy
- Help with home repairs and upkeep
- Affordable housing options
- Support for family caregivers
- Dementia supports and services
- Access for people with disabilities
- Other: \_\_\_\_\_

2. Are there services or events you have heard of in other communities that you think would be helpful to older people in our county?

3. What are some services or ideas you feel would make our community more enjoyable to live in as you grow older?

If you are interested in sharing more of your ideas about supporting older people in our community, please leave your name and contact information below.

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_



When you first learn that a loved one needs help it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started.

- **Learn about the person's illness, disease, or condition.** Understanding the nature of the disease, its symptoms and what to expect, is helpful in caring for the person. Talk to a health care provider, research the internet, or read books or pamphlets to help you understand what the person is dealing with and specific ways you can help.
- **Determine areas of need.** Write down your specific needs such as housecleaning, grocery shopping, meal preparation, help with bathing, and transportation to medical appointments. Then discuss possible ways to meet these needs with friends, family members, local agencies, and the person's health care provider.
- **Research community resources.** Contact Forest County Office on Aging for local resources and services. Explore options like home delivered or grab-and-go meals, in-home supportive care services, Lifeline, transportation services and adult day care. Contact organizations specific to the disease such as the Alzheimer's Association or the Stroke Foundation. Not all agencies are fully open, but staff will be available to answer the phone and assist you in meeting your needs.
- **Plan for immediate care.** Find out what the persons wishes are for immediate and long-term care. Adapt the environment by doing a home safety check as well as purchasing items for any special needs such as a walker, commode, wheelchair, or other adaptive equipment. Find a way to log the person's health such as eating patterns, symptoms, and medications. This information is helpful at medical appointments.
- **Enlist the help of others.** Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running errands or providing a meal. Many tasks can be completed while following social distancing guidelines.
- **Organize important information.** Write down pertinent medical information including doctors' names and phone numbers, insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also include copies of social security, driver's license and insurance cards of the person being cared for. Be sure to keep this information in a safe location that other family members know about.
- **Plan for the future.** Get information about the long-term prognosis in order to make appropriate plans. Assess the financial situation and contact a financial advisor who is familiar with caregiving issues if necessary. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.
- **Take care of yourself, too.** Find support through a friend, counselor, or support group. Many are meeting virtually during the pandemic and can be found here. Talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and keep doing some activities or hobbies that bring you pleasure. Make sure you are eating well, getting enough sleep and exercise and are staying connected with family or friends, at least by phone calls, to keep yourself healthy. Ask for help. No one can do it all!

Call Tammy Queen, Director at (715) 478-7712 for information on caregiver support groups, local caregiving resources, a home safety checklist or to talk to someone about specific caregiving issues.

Jane Mahoney  
Older Americans Act Consultant  
Greater Wisconsin Agency on Aging Resources

The Wisconsin Senior Medicare Patrol has received numerous reports from people in northeastern Wisconsin about concerning phone calls from people identifying themselves as representatives from their health care provider or Medicare. While the purpose of the call appears helpful, it is important to remember to be vigilant and not share personal information over the phone with anyone who calls you unexpectedly or who is unfamiliar to you. In some cases, it has been reported that the caller had a significant amount of personal information already, which is very alarming.

This particular scam seems to go one step further than most, in that, the caller appears to know some of your HIPPA protected information. The caller sounds very friendly and authentic. The caller states they are calling and checking to see how your specific medical condition, i.e., neck, shoulder, knee, hip, etc., is doing after being seen at your doctor's office for this very condition. The caller knows the name and location of your medical facility and in some instances your medication list. It appears the caller is attempting to get your Medicare number and to send braces for your medical condition.

Fraudsters spend lots of time searching the internet and other sources to piece together as much information about you as possible before calling. The hope is that they sound legitimate when calling so that you will feel comfortable talking with them and ultimately sharing additional information, which is often a Medicare number.

If you receive these types of phone calls, just hang up! Medicare will never call you with such an offer. Treat your Medicare number like a credit card. If you do need a brace or medical equipment, talk to your doctor. Sellers on the phone do not know what you need. If the caller has identified themselves as being a representative from your health care provider, call your provider and ask if they have called. If your provider has not called, ask to speak to the facility manager to report this serious incident. Also, please report this call to the Wisconsin Senior Medicare Patrol (SMP) by calling toll-free (888) 818-2611 to help prevent Medicare fraud.



- ◆ The color of St. Patrick's Day was originally blue.
- ◆ Legend says that each leaf of the clover has a meaning: Hope, Faith, Love and Luck.
- ◆ Your odds of finding a four-leaf clover are about 1 in 10,000.
- ◆ Shamrocks are the national flower/emblem of Ireland.
- ◆ The Shamrock Was Considered a Sacred Plant
- ◆ Corned Beef and Cabbage Was an American Innovation
- ◆ There are no female Leprechauns.
- ◆ The Real St. Patrick Was Born in Britain
- ◆ 9% of Ireland's population are redheads



### What's your LEPRECHAUN name?

**The first letter of your name:**

A - Adorable	H - Helpful	O - Outgoing	V - Vibrant
B - Bubbly	I - Itchy	P - Playful	W - Witty
C - Cheerful	J - Jolly	Q - Quiet	X - X-tra Special
D - Dreamy	K - Kind	R - Restless	Y - Youthful
E - Eager	L - Lucky	S - Silly	Z - Zany
F - Fussy	M - Musical	T - Timid	
G - Grouchy	N - Noisy	U - Useful	

**The month you were born:**

Jan. - McCheesy	May - McWiggles	Sept. - McBlarney
Feb. - O'Gratin	June - O'Lucky	Oct. - O'Doodles
March - McMuffin	July - McNoodles	Nov. - McWobbles
April - O'Really	Aug. - O'Wacky	Dec. - O'Goofy





# Sip & Swipe Café

**FREE tablet training  
for older adults**

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

Sponsored by Forest County Office on Aging,  
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**THURSDAYS STARTING  
MARCH 4TH-MARCH  
25TH, 2021**

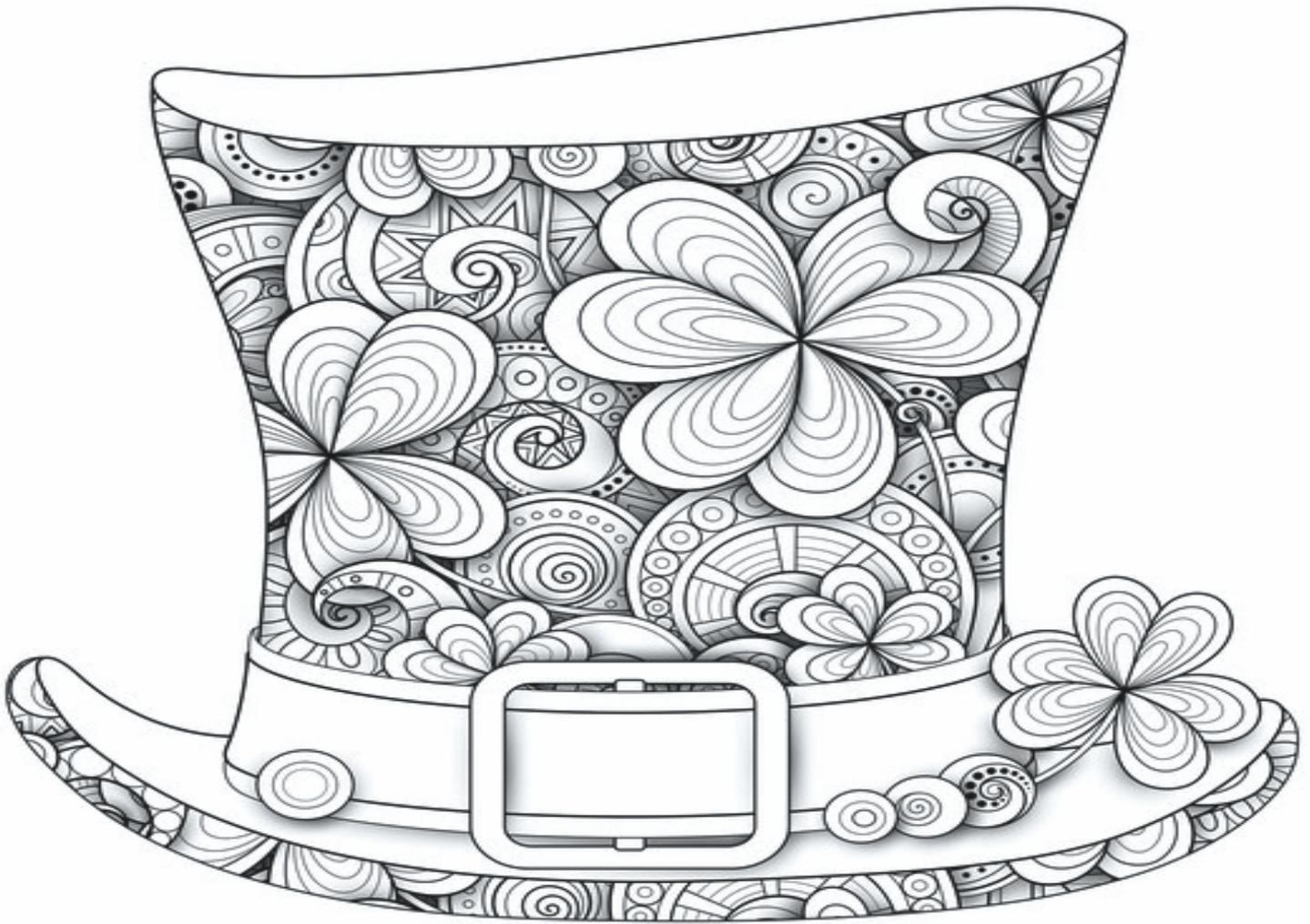
**11:00A.M.—12:00 PM.**

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

**REGISTRATION IS  
REQUIRED AS WE HAVE  
LIMITED**

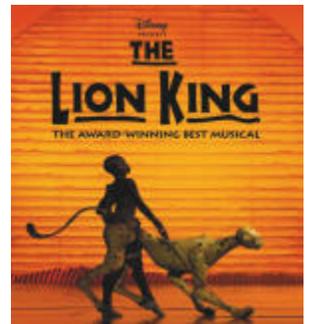
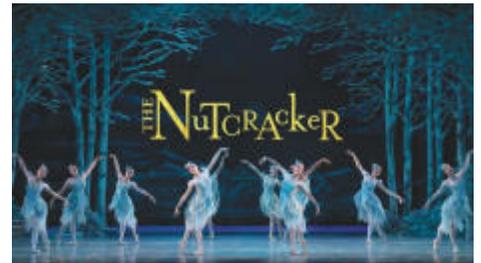
**SLOTS. BRING YOUR  
COMPUTER/TABLET OR  
SMART PHONE TO SET  
UP. TABLETS PROVIDED  
AS NEEDED.**

# Coloring Page &



## TRIVIA ANSWERS

1. Arthur Conan Doyle
2. Dan Brown
3. 7
4. A Jenny
5. 2011
6. Microsoft
7. About 1000 years
8. Three
9. The Battle of Waterloo
10. Olympus
11. Achilles
12. Bishop and rook
13. Pac-Man
14. New York
15. The Lion King
16. The Phantom of the Opera
17. The Nutcracker
18. Ottoman
19. Twin
20. Boulder Dam



**Riddle Answer: The egg won't crack the concrete floor**