



Communities of Strength



May 2021 Newsletter, Volume 8, Issue 5

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



**MEALS ON WHEELS
AMERICA 2021 MEMBER**



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Mark Your Calendars

- 5/1: May Day
- 5/1: Kentucky Derby Day
- 5/4: National Teacher's Day
- 5/5: Cinco De Mayo
- 5/6: National Nurses Day
- 5/7: Military Spouse Appreciation Day
- 5/9: Mother's Day
- 5/15: National Chocolate Chip Day
- 5/20: World Bee Day
- 5/28: National Burger Day
- 5/31: Memorial Day



From the Director's Desk

Tammy Queen

Forest County Office on Aging

200 E. Madison St. Crandon, WI



Happy Older American's Month. May is Older American Month. Every May we celebrate it. This year's theme is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong. This month, in honor of Older American Month, we will be drawing names for two Subway gift cards. In order to be eligible for the drawing, you will need to complete the Spring Bingo on page 18 of this newsletter. To be eligible for the drawing you will need to take photos of finds/activities and you can either email them or print them on a sheet of paper showing what you find. Remember it is like playing regular Bingo. You need to have a bingo up and down, across or diagonally. Please do not forget to submit your name and phone so we can add your name to the drawing. Everyone's submission must be submitted by May 31st at 4:30 pm to Kayla Paquette our amazing Receptionist who designed this fun game. To submit your Bingo, you can email the photos and your name and phone number to kpauquette@co.forest.wi.us. Or you can mail or drop off your submission to office located in the courthouse. Address: FC Office on Aging, 200 E. Madison St. Crandon, WI 54520. If you do not have a way to email or print, and your photos are on your phone, you can bring your phone in and show Kayla your bingo. Happy Hunting.

Finally, have you thought about riding the bus, but think I can drive myself, why bother? Wouldn't it be nice to go shopping and not have to deal with traffic and find parking? In hopes to encourage people to give the bus a try, May will be "Ride the Bus Free" month for everyone, new and veteran riders. The Forest County Commission on Aging has one bus that has routes that travel to Rhinelander, Iron Mountain, Michigan, Crandon and now once a month to Antigo. You can make doctor or dentist appointments based on the scheduled routes or spend the day shopping your favorite stores. Most riders can be picked up at their residence and will be returned home at the end of the day depending on the route schedule and where you live. Most trips last from 6 to 8 hours and include stops for lunch. Please see page 14 of this newsletter for dates and times when the bus routes run. You will need to call Pam, our bus driver at 715-784-1079 to reserve your spot. Starting June 1st, the bus fare will return to \$4.00 a day. If you have any questions, please feel free to call our office at 715-478-7712.

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
Larry Sommer
Jean Jungwirth-Secretary
Wendy Abney
Casey Sponable
Ann Koziol
Linda Roberts

Contributors

Forest County Health Department:

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

Forest County Veterans Office:

Robb Kopljen, 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. When was America Affected by Hurricane Katarina?
2. What is the largest Dam in the world?
3. Which invention is associated with the Wright Brothers?
4. When was the first Dollar Coin made?
5. How much water is present in a water mel-on?
6. Which fish will evaporate if left in the sun?
7. Where is the largest aquarium in the united states?
8. In which city was Martin Luther assassinat-ed?
9. Which country has not fought a war since 1814?
10. Who assassinated Abraham Lincoln?
11. What is the name of the Dog in the “Wizard of Oz”?
12. “When you got nothing, you have nothing to lose.” What famous movie does this dialogue belong to?
13. How many keys are there in a piano?
14. How many countries are the members of the United Nations?
15. Ailurophobe is an extreme fear from which animal?
16. What is the deadliest snake in the world?
17. Which American State was the first to allow women working in public offices and juries?
18. Which is the largest lake of the world?
19. What is the national dish of America?
20. Where is the Bermuda Triangle located?



ANSWERS ON PAGE 20

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What's New at the Forest County Health Department?

May is Mental Health Awareness Month

and an ideal time to educate people on the conditions that surround mental health, how to seek help if needed, and live a mentally healthy life! Mental health issues can cause changes in thinking, feelings, behavior, and physical activity, but it can be difficult to tell if you or your loved ones are affected by a mental health condition. Without seeking help, mental health issues could potentially impact careers, families, social interactions, and overall wellbeing.



Some symptoms and signs of mental health conditions:

- Feeling sad or nervous
- Muscle tension and weakness
- Headaches or other physical pain
- Irritability, anger, or "short temper"
- Decreased energy, motivation, or interests
- Problems functioning at home, work, or school
- Problems with attention, concentration, or memory
- Changes in sleep, appetite or weight
- Feelings of guilt, worthlessness, helplessness, or hopelessness
- Unhealthy behaviors (misusing drugs, alcohol, food, or excessive spending to cope with stress)

What can you do?

Talk to your Doctor or your mental health provider when anything is bothering you, or if you are having problems. If you or a loved one are experiencing any of the above mentioned symptoms, you owe to yourself and loved ones to get help. Know that you are not alone, and that there is help. Visit www.NAMI.org for information on mental illness.



1 in 5 adults in America experience a mental illness.

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.

Nearly 60% of adults in America with a mental illness did not receive mental health services in the previous year.

Ways to Get Help

- Talk with your doctor
- Connect with other individuals and families
- Learn more about mental illness
- Visit www.NAMI.org



- *The Soul of a Woman* by Isabel Allende
- *A Gambling Man* by David Baldacci
- *The Venice Sketchbook* by Rhys Bowen
- *The Devil's Hand* by Jack Carr
- *Come Fly the World* by Julia Cooke
- *Strongheart* by Jim Fergus
- *Flight of the Diamond Smugglers* by Matthew Gavin Frank
- *Sooley* by John Grisham
- *Go West, Young Man* by William W. Johnstone & J. A. Johnstone
- *A Distant Shore* by Karen Kingsbury
- *The Kew Gardens Girls* by Posy Lovell
- *The Bookstore on the Beach* by Brenda Novak
- *Death With a Double Edge* by Anne Perry
- *The Social Graces* by Renee Rosen
- *Ocean Prey* by John Sandford
- *The Last Exiles* by Ann Shin
- *Meet Me in Another Life* by Catriona Silvey
- *Finding Ashley* by Danielle Steel
- *Good Company* by Cynthia D'Aprix Sweeney
- *The Elephant of Belfast* by S. Kirk Walsh



Crandon Library Contact Information: (715) 478-3784



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Attorney Alan Hougum



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Many people assume that their family members would automatically be able to make decisions about medical treatments if they were to become incapacitated—for example, if they were unconscious or so ill they were unable to communicate.

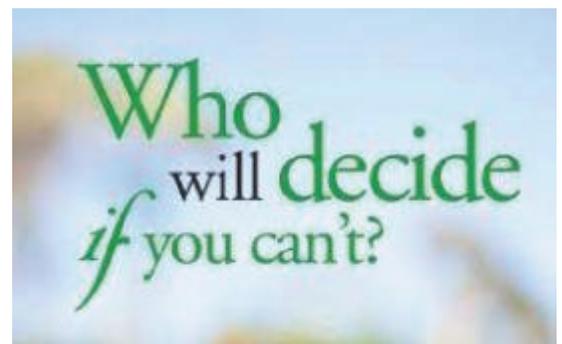
Rules vary from state to state, so it is important to have a plan ahead of time to avoid disagreements around treatment issues if you are incapacitated. These planning documents can help ensure that decisions made on your behalf meet your needs and preferences.

- **Advance directive:** A generic term for a document that you use to appoint an agent and/or record your wishes about medical treatment based on your values and preferences. If you have an advance directive, be sure to give those documents to the hospital each time you are admitted.
- **Health care proxy, also called a durable medical power of attorney:** A document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself. This document is considered durable because it remains in force if you are incapacitated.
- **Living will:** A written record of the type of medical care you would want in specific circumstances. It can be used to make treatment decisions if you can no longer communicate your wishes because you are incapacitated by a temporary or permanent injury or illness.
- **Power of attorney:** A document—typically prepared by a lawyer—that names someone you trust as your agent to make property, financial, and other legal decisions on your behalf.
- **Do-not-resuscitate order:** An order that tells medical staff in a hospital or nursing facility that you do not want them to try to return your heart to a normal rhythm if it stops beating or is beating unsustainably using CPR or other life-support measures. A do-not-intubate order tells medical staff that you do not want to be put on a breathing machine.
- **Physicians' Order for Life-Sustaining Treatment form:** A physician typically fills out and signs this form when you are at the end of your life or critically ill. You discuss with the physician the specific decisions that might need to be made on your behalf.

Who should I contact if I have questions?

In most cases, you do not need a specific form or a lawyer to create a living will or to make someone your health care proxy. Note that unlike a health care proxy or living will, power of attorney documents typically must be prepared by a lawyer. For help creating these documents or information on how to comply with your state's rules, contact:

- An elder law attorney
- Wisconsin attorney general office at 608-266-1221
- American Bar Association Commission on Law and Aging at 202-662-8690.
- The State Bar of Wisconsin at 800-362-9082.
- Your local hospital



Call 1-800-MEDICARE if you would like to appoint a representative to communicate with Medicare on your behalf.

Article continued on page 7

Contact Social Security to appoint a representative to communicate with Social Security on your behalf. Social Security's national helpline number is 800-772-1213. Due to the coronavirus public health emergency, your local Social Security office is available by telephone to answer your questions or online at www.socialsecurity.gov.

Contact the Eldercare Locator for help finding local legal, health, and other services for older adults and caregiver. Visit www.eldercare.acl.gov or call 800-677-1116

Contact the National Hospice and Palliative Care Organization for help with end-of-life issues and state-specific advance directive forms for all 50 states and Washington, DC. Visit www.nhpco.org or call 703-837-1500.

Contact your State Health Insurance Assistance Program (SHIP) if you have questions about Medicare costs or coverage or if you need help appealing a denial or discharge. In Forest County contact the ADRC of the Northwoods. Due to the coronavirus public health emergency, your local ADRC is available to assist by phone at 800-699-6704 and online at www.adrcofthenorthwoods.org

Contact your Senior Medicare Patrol (SMP) if you believe you have experienced Medicare fraud, abuse, or errors. In Wisconsin call 888-818-2611. Due to the coronavirus public health emergency, please leave your name and number on voicemail and your call will be returned. Online, SMP can be reached at www.smp-wi@gwaar.org

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<p>Serving Forest & Surrounding Counties</p>   <p>Richard A. Denton Broker/Manager-Crandon</p> <p>www.IntegrityRealtorsLLC.com 112 S. Lake Avenue Crandon, WI 54520 rickdenton55@gmail.com</p> <p>Crandon Office: 715-902-0233 Antigo Office: 715-627-4181 Cell: 715-902-0509</p>		<table border="1"> <tr> <th data-bbox="813 1346 1182 1388">CRANDON PHARMACY</th> <th data-bbox="1182 1346 1552 1388">LAONA PHARMACY</th> </tr> <tr> <td data-bbox="813 1388 1182 1482"> <p>101 N. Lake Ave, Cradon DOWNTOWN CRANDON</p> </td> <td data-bbox="1182 1388 1552 1482"> <p>Mill St., Laona, WI 54541 ACROSS FROM LAONA STATE BANK</p> </td> </tr> <tr> <td data-bbox="813 1482 1182 1535"> <p>Phone (715) 478-3313</p> <p>Paul E Linderud, R.P.H. Owner</p> </td> <td data-bbox="1182 1482 1552 1535"> <p>Phone (715) 674-2635</p> <p>Paul E Linderud, R.P.H. Owner</p> </td> </tr> <tr> <td data-bbox="813 1535 1182 1661"> <p>Hours: Mon. - Fri. 8:30 a.m. - 5:30 p.m. Sat. Pharmacy 8:30 a.m. - 12 noon</p> </td> <td data-bbox="1182 1535 1552 1661"> <p>Hours: 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> <p style="text-align: center;">We now accept all major credit cards, debit and check cards.</p>	CRANDON PHARMACY	LAONA PHARMACY	<p>101 N. Lake Ave, Cradon DOWNTOWN CRANDON</p>	<p>Mill St., Laona, WI 54541 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>Hours: Mon. - Fri. 8:30 a.m. - 5:30 p.m. Sat. Pharmacy 8:30 a.m. - 12 noon</p>	<p>Hours: 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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 <p>"It's my life and they respect that."</p> <p>Local long-term care supports and services delivered with a focus on Life. Defined by you.</p>  <p>inclusa.org 877-376-6113</p>		 <p>SER JOBS FOR PROGRESS NATIONAL, INC. SCSEP – Senior Community Service Employment Program</p> <p>Learn new job skills and re-enter the workforce!</p> <p>Paid job training for people 55+</p> <p>Crandon: 715-362-0300 WWW.SER-NATIONAL.ORG</p>								



What's New at the Forest County Health Department?

Lyme Disease Awareness Month

- Lyme disease is a bacterial infection primarily transmitted by Ixodes ticks, also known as deer ticks. They are typically found in wooded and grassy areas.
- About 300,000 people are diagnosed with Lyme disease in the U.S. every year.
- Most people get Lyme from the bite of an immature form of the deer tick. They are very tiny in this form and their bite is painless, so many people do not even realize they have been bitten.

Symptoms of Lyme:

Early

Fatigue
Headache
Rash
Fever
Muscle, neck, joint pain
Sleep issues



Chronic

Fatigue
Cognitive issues
Neuropathy
Depression
Heart related
Headaches

Try to avoid areas where ticks are likely to be. If you are in these areas, be sure to wear shoes, socks, long pants and sleeves. Check yourself, family members and pets for ticks after being outdoors.

It is important to see your provider if you believe you have had exposure to ticks or have been bitten and are experiencing these symptoms.

Osteoporosis Awareness Month!

Osteoporosis is a disease of the bone that makes a person's bones weak and more likely to break. Approximately 10 million Americans have osteoporosis.

1 in 2 women and up to 1 in 4 men will break a bone in their lifetime due to osteoporosis.

Diet, exercise, and a healthy lifestyle are key to preventing and managing the disease.

- Get the calcium and vitamin D you need every day.
- Do regular weight-bearing and muscle-strengthening exercises.
- Don't smoke and don't drink too much alcohol.
- Talk to your healthcare provider about your chance of getting osteoporosis and ask when you should have a bone density test.



COVID-19 UPDATE

It has been over a year now that we all have been dealing with the COVID-19 pandemic. We started out at the beginning of 2020 with many unknowns and struggles with business shut downs, and people being isolated in their homes. As we look ahead, let us all be encouraged by the progress that has been made to continue to keep our community members safe and healthy. While we are vaccinating people weekly, the overall goal is to have 80% of the population vaccinated which will help us all to be as safe as possible and to end the spread of COVID-19. It will take time to get everyone vaccinated, and your patience is very much appreciated.

We all want to get back to the business of normal lives, but we ask that people continue to follow what is being recommended by the CDC and DHS.

Please continue to social distance when out in public. Wear a mask, when out in public, wash your hands, and avoid touching your face. If you are sick, please stay home, and stay away from others. If you are interested in receiving the COVID-19 vaccine, please call the Forest County Health Department at 715-478-3371.



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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Cheri Wilson

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Throughout the decades, technology has become a very significant part of the younger generation's way of life. When you think about it, the youngest generation of current adults were raised with endless amounts of technological advances at their fingertips. There is no doubt that technology has come far from what anyone could have imagined. However, think about exactly *how* much it has changed over the course of older adults' lifetimes. Our older generations have witnessed men landing on the moon, dramatic medical advances, and the rise of the current generation creating an internet-dependent society. With so much information and technology at our disposal there are so many ways we can impact our seniors way of life. In the meantime, here are just five solutions that could help the older adults in your life remain healthy, safe, and socially connected.

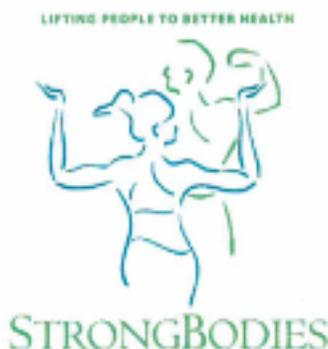
- **Social Connection** – we all understand that technology cannot replace that of in-person human interaction. However, video chat services like zoom, Skype, Facebook Messenger, or other internet-based communications can temporarily supplement social interactions when visits with family and friends are too infrequent. Seniors have the right to know how to use the internet and communicate with their families. If you work with someone who has no way of managing this on their own, take the time out of your day and show them how.



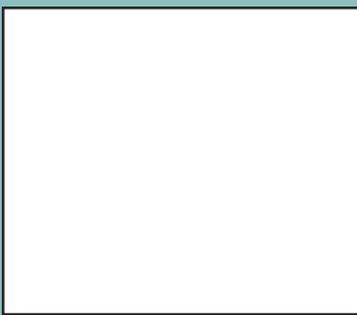
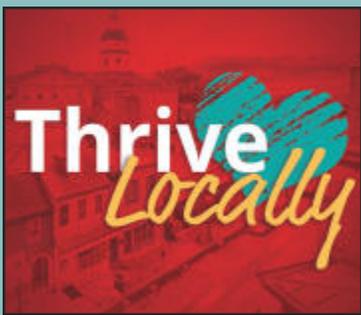
- **Safety** – Any senior that lives alone, or does independent tasks in their daily life, should have a Personal Emergency Response System (PERS). A PERS device allows the senior to call for help with a simple push of a button. Seniors and their families should create a plan involving PERS for emergency situations. **[an example of a PERS is Life Alert]** PERS aside, safety is a major concern for those who suffer from Alzheimer's disease or other dementia disorders, especially those known for wandering. If PERS doesn't seem like a suitable solution for your senior, there are multiple GPS tracking devices that can monitor locations, send alerts, and prevent potentially dangerous or deadly situations. **[examples of these GPS trackers are Tell My Geo and S-911 Bracelet ST Locator]**



- **Exercise** – Whether your senior is at home, in a nursing home, or assisted living, it is important to recognize the importance of moving your body at all ages of life. Especially in our older years. There have been nursing and assisted living communities across the country who have taken just that into account. These facilities have recognized the recreational and exercise benefits that video games, such as Wii sports and Switch, offer for elderly adults. These game systems can be set up at home and are simple to use. They offer a fun opportunity to engage in light physical activity from the comfort of where they reside. Mental exercises to suggest, if appropriate, would be Tetris (spatial recognition), Trivial Pursuit (fact recall), or Mahjong (memory and matching).



Article continued on page 15



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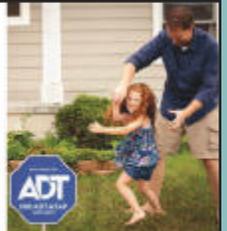
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Your Meal Donation Does Make a Difference

*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 volun-
tary. 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: Debbie Brock

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.

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>3 Swiss Steak Mashed Potato Green beans Dinner roll Applesauce</p>	<p>4 French Toast Sausage Patty Breakfast potatoes Strawberries Orange juice</p>	<p>5 Minestrone Soup w/ Beans and Sausage Lettuce Salad w/ Ham Fruit Italian Bread Peanut Butter Cookie</p>	<p>6 Minestrone Soup w/ Beans and Sausage Lettuce Salad w/ Ham Fruit Italian Bread Peanut Butter Cookie</p>	<p>NO MEALS</p> 
<p>10 Chicken Marsala Baked potato w/ Sour cream Broccoli Biscuit Peach Cobbler</p>	<p>11 Beef Stew w/ potatoes, carrots, onion & celery Fruit Biscuit Pumpkin pie</p>	<p>12 Pork Chop Sweet Potatoes Cauliflower Dinner roll Applesauce</p>	<p>13 Pork Chop Sweet Potatoes Cauliflower Dinner roll Applesauce</p>	<p>NO MEALS</p>
<p>17 Loaded Baked Potato Soup Chef's salad w/ Turkey, Egg, Tomato, Cucumber Bread stick Pear Crisp</p>	<p>18 Chicken Dijon Parsley Potato Cauliflower & Broccoli Sourdough Bread Jello w/ fruit</p>	<p>19 Sloppy Joe on a Bun Carrot salad Baked beans Fruit Brownie</p>	<p>20 Sloppy Joe on a Bun Carrot salad Baked beans Fruit Brownie</p>	<p>NO MEALS</p> 
<p>24 Baked Ham Sweet potatoes Cauliflower Bread Stick Apple crisp</p>	<p>25 Turkey in gravy Mashed Potato Green beans Fruit Sunflower Flax Bread Chocolate Chip Cookie</p>	<p>26 Chicken Alfredo over Pasta Spinach Salad Fruit Peach cobbler</p>	<p>27 Chicken Alfredo over Pasta Spinach Salad Fruit Peach cobbler</p>	<p>NO MEALS</p>
<p>31</p> <p>NO MEALS</p> 	<p>Nutrition Sites Alvin-545-3323 Armstrong Creek- 674-3532 Crandon-478-3040 Laona-715-889- 3116 Wabeno-889- 0123</p>	<p>MENTAL HEALTH AWARENESS MONTH</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>	

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

May 4th	Tuesday: Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi's only. Will stop for lunch. Depart Rhinelander at 2:00 pm. Bus Driver: Pam Blank
May 6th	Thursday: Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi's only. Will stop for lunch. Depart Rhinelander at 2:00 pm. Bus Driver: Pam Blank
May 11th	Tuesday: Nelma, Alvin, Laona, and Crandon to Iron Mountain by 10:00 A.M. Will stop for lunch. Depart Iron Mountain by 2:00 P.M Bus Driver: Pam Blank
May 13th	Thursday: Hiles, Argonne, Crandon, Laona, and Wabeno to Antigo. Walmart and Fleet Farm. Will stop for lunch. Depart Antigo by 3:00 P.M Bus Driver: Pam Blank
May 18th	Tuesday: Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi's only. Will stop for lunch. Depart Rhinelander at 2:00 pm. Bus Driver: Pam Blank
May 20th	Thursday: Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi's only. Will stop for lunch. Depart Rhinelander at 2:00 pm. Bus Driver: Pam Blank
May 25th	Tuesday: Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi's only. Will stop for lunch. Depart Rhinelander at 2:00 pm. Bus Driver: Pam Blank
May 27th	Thursday: Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi's only. Will stop for lunch. Depart Rhinelander at 2:00 pm. Bus Driver: Pam Blank

**RIDE
FREE**

FOR

**OLDER
AMERICANS
MONTH**



COMMUNITIES OF STRENGTH: MAY 2021

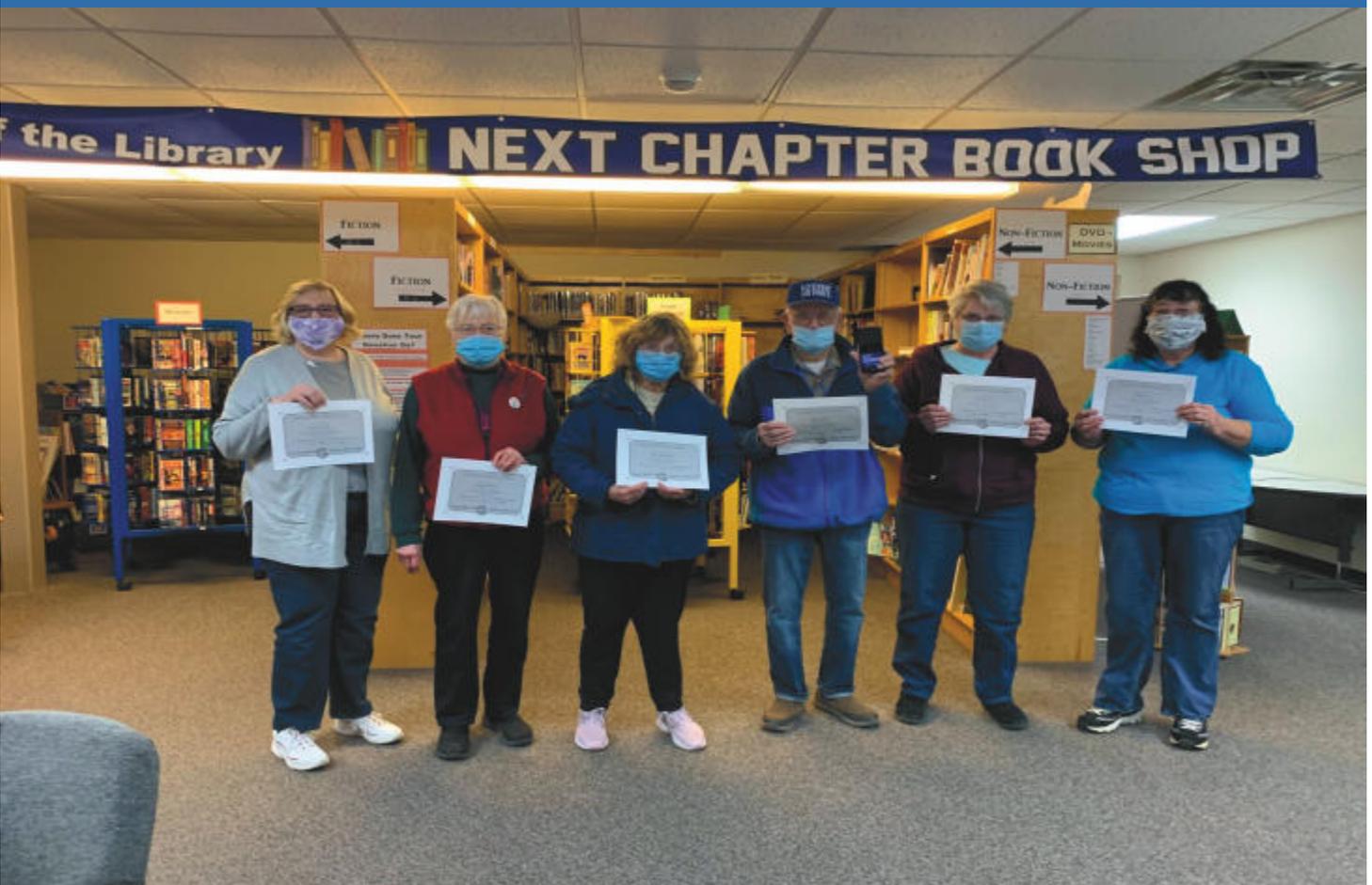
- **Medication Management** – A study conducted by Medco Health Solutions (2009) reported that over half of older adult respondents stated they took at least five different prescription drugs regularly, twenty-five percent stated they took between ten and nineteen pills per day. It's a clear reason that many seniors can find medication management challenging and difficult, the study says so. Technological solutions to mismanagement would be pill boxes with reminders of refill schedules or smartphone apps like *RxmindMe* or *Personal Caregiver* to help reduce missed medications and prevent mismanagement.
- **Health Tracking** – Smartphone apps and devices have aided seniors and caregivers monitor health information such as medical history, physician contacts, medication schedules, and health conditions. iPhones are capable of keeping such information in the “Health” app. Other apps accessible with smartphones, like Fitbit, allow for monthly health reports to be sent directly to you or your caregivers email that is easily accessible and shareable to doctors and other hands-on staff. Another app to consider is Me and My Caregiver that allows for easier senior care access by professionals to complete set information regarding the patient, thus allowing conversations to be had about informed treatment decisions.

Sources: 5 benefits of technology to share with seniors and their caregivers. (n.d.). Retrieved March 10, 2021, from <https://www.caregiverstress.com/geriatric-professional-resources/5-benefits-of-technology-to-share-with-seniors-and-their-caregivers/>

Alzheimer's wanderers and caregivers can benefit from gps tools. (n.d.). Retrieved March 10, 2021, from <https://www.caregiverstress.com/dementia-alzheimers-disease/elder-care/alzheimers-wanderers-gps-tools/>

Written By: Michole Farrin: Forest County Adult Protective Services Case Manager michole@co.forest.wi.us

First Graduates from the Sip and Swipe Class!



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?

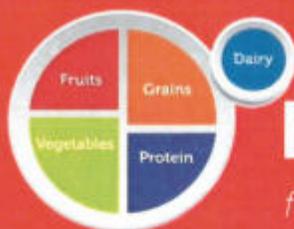
If you are interested in sharing more of your ideas about supporting older people in our community, please leave your name and contact information below.

NAME: _____

PHONE: _____

EMAIL: _____





NUTRITION NIBBLES

from FoodWise

Frozen Meatballs

Did you know there are several ways to use frozen meatballs? Here are some ways you can use frozen meatballs instead of just topping your spaghetti.

MEATBALL TIPS:

- Thaw meatballs and dice or break into smaller chunks to add to your favorite casseroles.
- Add frozen meatballs to soup.
- Cook meatballs in marinara sauce and serve in Italian sub rolls, or rolls of choice, and top with cheese. Have a salad on the side for a balanced meal.
- Place frozen meatballs in a crockpot and cook on low with your favorite sauce. Options include: barbeque, buffalo, pesto, sweet chili, and many more!

Cheesy Enchilada Meatball Casserole

1.5 cups cooked rice
 1 can (15oz) black beans, drained, rinsed
 2 cups shredded cheddar cheese
 1 pound frozen fully cooked meatballs, thawed
 1 can (10oz) mild enchilada sauce
Optional: fresh cilantro, green onions, sour cream

1. Preheat oven to 350 F. Spray a 13x9-inch baking dish with cooking spray.
2. In a large bowl, mix rice, beans, 1 cup of cheese, meatballs, and enchilada sauce. Mix well and transfer to baking dish.
3. Cover with foil. Bake 30 minutes. Uncover; top with remaining 1 cup of cheese. Bake 10-15 minutes or until cheese is melted and casserole is bubbly around edges.
4. Garnish with optional ingredients and serve.

Recipe adapted from: pillsbury.com



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Forest County: 715-478-7793
Oneida County: 715-365-2750

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COVID 19 SHOTS for VETERANS

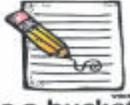
enrolled in the **Iron Mountain** VA system call

1-800-215-8262 ext. 33115

enrolled in the **Tomah** VA system call

1-800-872-8662 ext. 66274

SPRING BINGO

 See a puddle	 See a bird's nest	 Sit outside for 1 hour	 Go for a ride	 Start a new Hobby
 Decorate your home for spring	 Complete a puzzle	 Plant a seed	 Take a nap	 Compliment a Stranger
 Take a nature picture	 Read a Book	FREE	 Hang your bird feeders	 Go for a 10 minute walk
 Try a new recipe	 Smell a flower	 See a worm	 Watch a movie	 Drink 8 glasses of water
 See a Robin	 Make a bucket list for Summer Activities	 Drink a beverage outside	DO SOMETHING FOR YOU Do something for yourself	 Use an Umbrella

NAME:

NUMBER:

We work hard keeping our loved ones safe and healthy. We monitor diet and medications and activities as best we can. Something that is sometimes overlooked is basic home safety. Falls are the leading cause of injury deaths among people over 65. Over half of falls happen due to hazards in the home. Fortunately, performing a home safety check can help prevent accidents and falls. The following are some suggestions from the Centers for Disease Control and Prevention for keeping your home safe.

FLOORS: Be sure there is a clear walkway through each room. Move furniture around so the path is clear. Remove throw rugs and keep clutter (books, papers, blankets, etc.) off the floor. Be sure there are no cords or wires from lamps, phones, etc across the walkway.

STAIRS AND STEPS: Always keep stairs clear of any objects such as shoes, books, etc. Fix broken or uneven steps. Be sure there is ample lighting above the stairs at the top and the bottom. Furthermore, install a light switch at the top and bottom of the stairs so you never have to walk stairs in the dark. If there is carpet on the stairs, make sure it is firmly attached. Lastly, install handrails on both sides of the stairs. Be sure that they are as long as the stairs and are very secure.

KITCHEN: Rearrange your cupboards so that the things you use the most are at waist level, where they are easy to reach. If you need to use a step stool, use one that is stable and has a bar to hold on to. Never use a chair as a step stool.

BATHROOMS: The floor of the shower or bathtub should have a non-slip rubber mat or self-stick strips to keep it from being slippery. Install grab bars inside the tub and next to the toilet.

BEDROOMS: Place lamps within reach on either side of the bed and make sure they are easy to turn on and off. Make sure there is a clear path from the bed to the bathroom. Consider using a nightlight in the bedroom and bathroom.

In addition to making your home safe, consider these other tips to help prevent falls:

- Regular exercise makes you stronger and improves coordination and balance.
- Have your pharmacist or doctor check all the medicines you take (including over the counter) as some may make you sleepy or dizzy.
- Check your vision yearly. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Count to 10 before walking.
- Always wear shoes, outside and inside the house as well.
- Use bright bulbs in all rooms of your house. Having uniform lighting in each room is safest.
- Hang lightweight curtains or shades to reduce glare.

Paint a contrasting color on the top of all steps so you can see the stairs better.

The Centers for Disease Control and Prevention have created a checklist that you can use to ensure your home is safe. Access the checklist online: https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf Or you can call Forest County Office on Aging at 715-478-3256

Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources





TRIVIA ANSWERS

- 1. 2005**
- 2. Three Gorges Dam**
- 3. Airplane**
- 4. 1794**
- 5. Jelly Fish**
- 6. 92%**
- 7. Georgia Aquarium**
- 8. Memphis, Tennessee**
- 9. Sweden**
- 10. John Wilkes Booth**
- 11. Toto**

- 12. Titanic**
- 13. 88**
- 14. 193**
- 15. Cats**
- 16. Black Mamba**
- 17. Wyoming**
- 18. Caspian Sea**
- 19. Hamburger**
- 20. In the western part of the north Atlantic Ocean**