

# VILAS VIEW

May 2021

ADRC of Vilas County Newsletter

## Aging & Disability Resource Center of Vilas County

330 Court Street  
Eagle River, WI 54521

Phone: 715-479-3625  
Toll Free: 800-374-1123  
Fax: 715-479-3692

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Every May, we celebrate Older Americans Month, a national observance which dates back to 1963. President John F. Kennedy designated May as a month to honor older Americans and celebrate their contributions to our communities and our nation.

This year's theme is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

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.  
~ACL.gov

### Connecting During Older Adults Month

Older adults may experience loneliness & social isolation during this pandemic, which can have a serious impact on one's health. If you are an older adult or an individual with a disability, the opportunity to participate in our Kindness Calls Program can help you! Our Kindness Calls Program provides socialization, builds friendships, creates memories, and changes lives! To participate or learn more about our Kindness Calls Program, call the ADRC at 715-479-3625.





## Letter from the Director

Hello and Welcome!

We are excited to share our first monthly newsletter! You'll find it is filled with educational information, helpful hints and tips, events, and news. We want this newsletter to be valuable for you so *please, please* share your feedback and suggestions to help us improve.

It has long been a goal of ours to create our own newsletter. The COVID-19 pandemic was the perfect time to start this project to help keep us connected. We wanted to create something that is candid, genuine, and beneficial to our readers and we opted for a monthly schedule to ensure our correspondence is never overwhelming and the content delivered is relevant. Due to the support of advertisers, there is no cost to the ADRC to produce this newsletter.

The month of May is a time for celebrations, remembrance, and new beginnings. We celebrate Older Americans Month, Mother's Day, and Armed Forces. We also honor and mourn the military personnel who have died in the performance of their duties while serving in the United States Armed Forces. I always love that May is the time to start anew. We have all heard the saying, "April showers bring May flowers" and what a great time to stop and enjoy the sweet fragrance of the flowers.

Thank you for taking the time to read our first newsletter. Stay well and enjoy spring!

*Susan L Richmond, Director*

### COVID-19 Vaccine Information for Vilas County

If you are still in need of being vaccinated, please call the Vilas County Public Health line, 715-479-3656, and leave your name, phone number, and birthdate to be placed on the waiting list. You can also call the health care systems below.

**Ascension:** Ascension will contact their clients directly

**Aspirus:** 844-568-0701

**Lac View Desert Health Center:**  
715-337-2247

**Land O'Lakes Pharmacy:**  
715-547-3788

**Marshfield Clinic:**  
877-998-0880

**NEWCAP Inc:**  
715-479-3357

**St Germain Hometown Pharmacy:**  
715-479-7608

**Trigs Pharmacy:**  
715-479-6411

**Walgreens Pharmacy:**  
715-479-1069

**Wall Street Drugs-Health Care Pharmacies:**  
715-479-3306



## ADRC OF VILAS COUNTY ASSISTS HOME-BOUND INDIVIDUALS TO ACCESS COVID -19 VACCINE

If you are a substantially homebound person who lacks the ability to schedule an appointment or lacks transportation to get vaccinated, the ADRC is here to help!

If you or a family member lacks access to sign up for a vaccine or lack transportation in order to obtain a vaccine, call the ADRC at 715-479-3625 to request assistance.

ADRC staff will sign you up on the Public Health Department's website. When notice comes to ADRC staff that an appointment is available, we will call you to arrange a date and time, and if transportation is required, we will also arrange a ride. For the purposes of this initiative, the definition of homebound is very broad. You can be homebound due to any number of factors, including staying home to avoid exposure to the coronavirus. If you require assisted (wheelchair) transportation, that can be accommodated as well. We want to ensure that all older adults and persons with disabilities have access to a vaccine. Getting vaccinated will protect yourself and others. Give us a call to get started —we are happy to help!



## Aging & Disability Resource Center Programs & Services Offered

**Transportation:** Rides are provided by volunteers for Vilas County residents. Persons aged 60+ and those living with a disability are eligible for rides on a donation basis. General public passengers (aged <60/not disabled) are required to pay the total cost of the trip prior to transporting.

**Elderly Nutrition Program:** Provides seniors 60 years and older with low-cost, nutritious meals. Carry-out meals available at meal sites, and home delivered meals offered throughout the county for qualifying homebound seniors.

**Family Caregiver Support Group:** Help find support from other caregivers on issues, concerns, and the joy of caregiving!

**Evidence-Based Health Promotion Classes:** A variety of classes offered to help seniors improve their quality of life through home safety, fall prevention, medication management, and skills to live with chronic health conditions.

**Caregiver Support Programs:** Provides information and/or funding to caregivers of family members living in Vilas County.

**Information & Assistance:** Specialists provide you with knowledge about services, programs, and solutions for disability & long-term care issues, memory screens, public assistance, family care enrollment, assistive devices, etc.

**Benefits Counseling:** Elder benefit & disability benefit specialists provide accurate & current information about private & government benefits programs, assisting with Medicare, Social Security, and other benefits.

**Chore Services:** Provides assistance to older adults who need help with shopping, laundry, and light housekeeping.

**Kindness Calls:** A communication outreach program designed to help reduce isolation & loneliness for those who are homebound. Calls provide companionship & keep individuals socially connected.

FOR MORE INFORMATION ON ANY OF THESE PROGRAMS, CONTACT OUR OFFICE AT (715) 479-3625



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158 S. Anderson St, Ste 3, Rhinelander, WI 54501 (715) 365-3232



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Give us a call...**

**PROTECT** your personal information

**DETECT** suspected fraud, abuse, or errors

**REPORT** suspicious claims or activities

**Toll-free Helpline:**

**888-818-2611**

Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)

[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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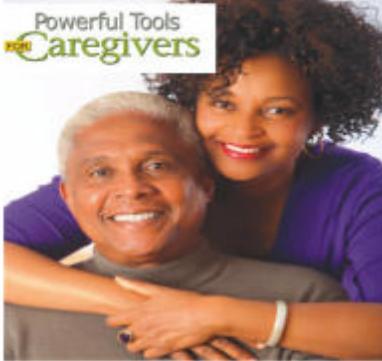


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## Find Support in Your Caregiving Role



I don't think of myself as a caregiver. I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

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

**DATES: WEDNESDAYS**

**June 9th - July 14th, 2021**

**TIME: 10 AM - NOON**

**LOCATION: Online Virtual  
Workshop**

**You must have access or be able to get access to ZOOM via computer, tablet, or smart phone.**

**Suggested donation of \$20 includes The Caregiver Helpbook**

**To Register: Call the ADRC of 715-479-3625 or 800-374-1123**

**Space is limited so register early!**

**We can walk you through setting up a ZOOM account if needed.**

**Caregiving is rewarding, but it can be challenging too. Caring for someone with an injury or illness-such as Parkinson's disease, stroke, or others can be physically, emotionally, and financially demanding. Taking care of yourself is important.**

**Powerful Tools for Caregivers (PTC) can show you the way! The class has been shown to reduce stress, guilt, anger, depression, and improve emotional well-being. You will master caregiving skills, use community resources, and communicate effectively with the person needing care, family members, doctors, and other helpers.**

Talk to someone who provides care for their aging loved one and they will tell you what a stressful job caregiving can be. The American Medical Association states that the role of caregiving places demands on the caregiver which leaves them at risk for health problems including serious illness and depression. And according to the American Journal of Public Health, middle-aged and older women caring for their spouses are six times more likely to suffer from depression or anxiety disorders than their non-caregiving counterparts. The result of this decline in health by the caregiver not only affects the person giving the care, but it may also compromise the care they are providing their loved one.

Reading information like this can make caregiving sound very bleak and discouraging. But we also know that caregiving can be a very rewarding job. The key difference between a caregiver who is barely hanging on and one who is managing successfully is having proper support in their role as a caregiver. Healthy and content caregivers not only receive help with the ongoing responsibilities of providing care but they also have found an emotional support network.

The American Medical Association suggests to physicians that "a referral to a support group should be recommended for all caregivers." Oftentimes, people hear the words "support group" and immediately tune out. They are uncomfortable with the idea of sharing their feelings. Or they think of a support group as a pity party or place to complain about their lives. But support groups are much more than that and the benefits they offer are valuable. Even amidst the pandemic, these groups continue to meet by phone or online.

The definition of a support group is a gathering (in person, by phone or video-conference) of people in similar situations who provide each other moral support, practical information, and coping tips. Here are some of the benefits of attending support group meetings.

- They provide valuable information that will increase your knowledge of caregiving. One of the best resources for caregivers is other caregivers!
- They teach coping skills. The information and advice that the group provides can assist in problem solving the many different challenging situations you may be experiencing.
- They are a place to share common concerns and joys. Others in similar situations can then offer encouragement and support.
- They are a safe place to identify and express stressful feelings with people who will understand and offer emotional support. Having this support can improve your mood and decrease feelings of distress.
- They provide affirmation and advocacy. The group serves as a source of validation and can offer avenues to local resources.

The benefits of attending support group meetings can help you feel less alone, give you new strategies to cope with day-to-day stressors and help you feel affirmed in your work as a caregiver. The result will be a healthier, happier you which in turn means better care for your loved one. By taking time to care for your physical and emotional needs, you will discover you can feel more joy and contentment in your caregiving role.

Currently there are dozens of support groups meeting virtually - by phone or video conference. You can find a list of them by visiting <http://wisconsin caregiver.org/virtual-events-for-caregivers> or contact the ADRC of Vilas County at 715-479-3625. If you have never attended a support group, give it a try. You might find it to be just the thing you needed to help you through another day or week of caregiving. If you are in need of other caregiver support or resources, please contact the ADRC of Vilas County at 715-479-3625.

Jane Mahoney, Older American's Act Consultant  
Greater Wisconsin Agency on Aging Resources

## EBS Corner

This month I celebrate 8 years as your Elder Benefit Specialist. It remains an honor to serve you, and I often learn as much from you as you learn from me, so I say THANK YOU!

In this segment, I'd like to tackle the most common misconception I hear in my day-to-day work, that of understanding the difference between what we call Original Medicare vs a Medicare Advantage plan. Many Medicare beneficiaries assume that if they choose an Advantage plan (technically known as Medicare Part C), then they have *BOTH* Original Medicare and the Part C Advantage plan they enrolled in/purchased, but this is not quite accurate and often leads to a great deal of confusion. Clients frequently say to me "no one ever explained this to me before", so I thought I would do so here.

The fact is for most cases when a person opts INTO an Advantage plan, they are choosing an ALTERNATIVE way to receive their Medicare benefits, so this means that although the individual is still a Medicare beneficiary, Original Medicare is no longer responsible for the processing of medical claims. For the purposes of medical services, the person has opted OUT of Original Medicare, and opted IN to the Advantage plan of choice. Along with this misconception, I often hear clients use the term "supplement" when they really mean to say they have a Part C/Advantage plan. If a person is enrolled in a Medicare Advantage plan, that plan is the sole payor for medical services, whereas a supplement (also known as a "Medigap" policy) serves as secondary payor for those who opt to stay in Original Medicare. A person can't have both a supplement and an Advantage plan, and often are not clear on the terminology, leading to even more confusion and frustration.

Bottom line, take the time to better understand your coverage choices and remember your Elder Benefit Specialist is here for you to offer guidance and clarity.

Submitted by Susan Corrieri, EBS

### SAVE THE DATE

#### WELCOME TO MEDICARE

**JUNE 23, 2021**

2:00 PM - 6:00 PM CT

A virtual Medicare fair for people turning 65 or those joining due to a disability. This class will teach you more about Medicare to assist you in your initial enrollment decisions. Get trusted, unbiased Medicare education to help you make the best decisions to meet your needs. There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. There will also be exhibitors from state health insurance assistance programs (SHIPs) to answer your individual questions. Register online at [www.shiphelp.org](http://www.shiphelp.org) or for more information, call 877-839-2675.

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## Mental Health Tips

### EVERYDAY HABITS THAT DRAIN YOUR ENERGY

1. Taking things personally.
2. Holding onto the past.
3. Over-stressing.
4. Sleeping in late.
5. Having a poor diet.
6. Complaining all the time.
7. Overthinking.
8. Gossiping.
9. Not living in the moment.
10. Trying to please everyone.



### IMMEDIATE EMPLOYMENT OPPORTUNITY

THE AGING AND DISABILITY RESOURCE CENTER OF VILAS COUNTY IS CURRENTLY SEEKING CARING INDIVIDUALS WHO ARE WILLING TO ASSIST OLDER ADULTS WITH LIGHT HOUSE-KEEPING AND/OR YARD WORK. QUALIFIED INDIVIDUALS WILL NEED TO PASS A BACKGROUND CHECK.

IF YOU OR SOMEONE YOU KNOW IS LOOKING FOR GRATIFYING WORK PAYING \$11.00 PER HOUR, PLEASE CONTACT THE ADRC OF VILAS COUNTY 715-479-3625.

## May is Mental Health Awareness Month

May is Mental Health Awareness Month, and each year millions of Americans face the reality of living with a mental illness. Mental illness affects all people regardless of race, ethnicity, or financial status. Schizophrenia, Bipolar Disorder, Anxiety, and Post Traumatic Stress Disorders are a few mental health diagnosis. Statistics show that one in five US adults experience mental illness, and one in twenty-five experience serious mental illness. Seventeen percent of youth (ages 6-17 years old) experience a mental health disorder. During this pandemic, our world has been enduring extraordinary circumstances, that have drastically and continuously changed our daily lives. One thing that has not changed, is having hope! We can all do our part to instill hope in ourselves and others. So what can we do to help? This May, lets do our job to raise awareness of mental health. NAMI, the National Alliance on Mental Illness, is a national organization that is spreading this awareness. Each year NAMI fights stigma, provides support, and educates the public, all while advocating for change. For more information on NAMI, visit our local chapter, the National Alliance on Mental Illness Northern Lakes Center, which serves Forest, Oneida, & Vilas Counties, by calling 715-420-1700, or [www.naminorthernlakes.org](http://www.naminorthernlakes.org).

~Data from NAMI

### Vilas Trivia

1. How many communities comprise Vilas County?
2. What is the largest lake in Vilas County?
3. True or False: The Wisconsin County with the most inland lakes is Vilas County with 1318 lakes.
4. Eagle River is known as the \_\_\_\_\_ capital of the World, while Mercer is the \_\_\_\_\_ capital of the World.
5. Winegar & Fosterville were the prior names of this Vilas County Town?

Answers listed on the back

### Gardening Goodness

The Olson Memorial Library Seed Library is a free program to encourage people to get out into their gardens, enjoy the growing season, and learn about seed saving for sustainable planting. You "check out" seeds and "return" any seeds that you are able to save after a successful harvest.

If you are unable to save your own seed, please consider donating a packet or two of fresh, commercially grown, open-pollinated (non-hybrid, non-GMO) seed to keep our library stocked. Returned seed will allow us to keep the

library well stocked for next season's gardeners! For more information, call the Olson Memorial Library at 715-479-2435

or check out their website <https://www.olsonlibrary.org/>

Gardening keeps your mind, body, and spirit active. Let's get gardening!

## Nutrition News

Vilas County Nutrition Sites are closed for congregate dining due to the Covid-19 pandemic. For carry-out meals, call the meal site nearest to your location.

Eagle River, The Rock Mission Center, More Than A Meal Café:

Jennie Johnson: (715) 891-1221

Phelps, Northern Exposure, Golden Years Café:

Judi Heikkinen: (715) 545-3697

St. Germain, Community Center, St. Germain Senior Café:

Nancy Moser: (715) 617-2795

Land O' Lakes, Gateway Lodge, Love of Life Café:

Anna Moore: (715) 547-6076

Boulder Junction, Boulder Beer Bar, The Lunch Bunch:

Josie Blaisdell-Allen: (715) 385-2617

Lac du Flambeau, Wellness Center: (715) 588-4388

Call 24 hours in advance to make reservations. Home-Delivered meals are available based on eligibility. To see if you are eligible for home-delivered meals please call the ADRC of Vilas at (715) 479-3625.



## Safe Sharps Disposal Sites

Ascension Eagle River Memorial Hospital  
201 Hospital Rd  
Eagle River, WI 54521  
715-479-0333

Three Lakes Pharmacy  
1790 Superior St  
Three Lakes, WI 54562  
715-546-3266

Howard Young Medical Center  
240 Maple St  
Woodruff, WI 54568  
715-356-8061

Peter Christensen Health Center  
129 Old Abe Rd  
Lac Du Flambeau, WI 54538  
715-588-3371

Trig's-Minocqua  
70 W Center  
Minocqua, WI 54548  
715-356-9456

Walgreens  
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## Spring Into Action



### Word List



- |            |            |
|------------|------------|
| ALLERGIES  | LILIES     |
| APRIL      | MARCH      |
| BASEBALL   | MAY        |
| BEES       | NEW LEAVES |
| CROCUSES   | PLANTING   |
| CYCLAMENS  | RAIN       |
| DAFFODILS  | RENEWAL    |
| DANDELIONS | ROBINS     |
| EASTER     | SEASON     |
| EQUINOX    | SNOWMELT   |
| FLOWERS    | SOFTBALL   |
| FROGS      | SPRING     |
| GOLF       | BREAK      |
| GRASS      | SPRING     |
| GREEN      | CLEANING   |
| GROWTH     | TULIPS     |
| IRISES     | WARMER     |

Vilas Trivia Answers: 1. 12; 2. Trout Lake; 3. True; 4. Snowmobile, Loon; 5. Presque Isle

## Need A Newsletter

The ADRC newsletter, *The Vilas View*, is published monthly to keep you informed of programs and activities important to older adults, adults with disabilities, and their families. Look to one of these following locations to receive a **FREE** copy each month.

- Read on-line at [www.vilascountywi.gov/departments/services/adrc\\_of\\_vilas\\_county](http://www.vilascountywi.gov/departments/services/adrc_of_vilas_county)
- Send us your email to [adrc@vilascountywi.gov](mailto:adrc@vilascountywi.gov)
- Pick up a copy from one of our meal site managers during a carry-out meal pickup
- All Home Delivered Meal participants will receive an issue with his or her meal each month
- Pick up a copy from the ADRC office at the Vilas County Courthouse

Do you have a question or topic you would like to learn more about in our newsletter? Send us your comments below and mail back to ADRC of Vilas County, 330 Court Street, Eagle River, WI 54521

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