

VILAS VIEW

August 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

OFFICE HOURS: M - F
8:00 AM - 4:00 PM
CLOSED MONDAY JULY 5TH

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STAFF

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Receptionists

Laura Rozga & Amie Rein & Kylie
Rhode -ADRC Specialists

Amie Rein - Wellness, Alzheimer's, &
Caregiver Support Coordinator

Susan Corrieri - Elder Benefit Specialist

Melissa Skeen - Disability Benefit
Specialist



National Senior Citizens Day

After a lifetime of changing diapers, wiping noses, baking cookies, coaching sports, refereeing squabbles, working, serving in the military, and contributing to the success of the U.S. in myriad ways, seniors deserve at least one day for themselves!

In 1988, President Ronald Reagan signed a proclamation declaring August 21st as National Senior Citizens Day in the U.S. Created to support, honor, and show appreciation to older adults, the day was also created to recognize their achievements and contributions to society.

“Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land.” - Ronald Reagan

National Senior Citizens Day is a great reminder to not let age stand in the way of success or happiness! Some notable Americans achieved both in their later years. Colonel Sanders, the founder of Kentucky Fried Chicken, founded the company at age 65, and went on to become a multimillionaire. Famed painter, Grandma Moses, picked up a brush at 75, and painted until she died at 101. Laura Ingalls Wilder, author of the Little House Books, published “Little House in the Big Woods” when she was 64, and published her last book, “These Happy Golden Years,” when she was 76.

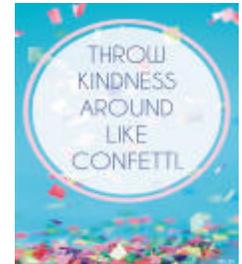
This year, be sure to take advantage of National Senior Citizens Day and celebrate either on your own, or better yet, with family and friends!

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Be Kind to Humankind Week August 25th-August 31st

Be Kind to Humankind Week is an annual celebration of kindness that is recognized globally the last week of August each year, with the belief that kindness can be contagious! It was founded in August of 1988, after Lorraine Jara decided to honor two men involved in a sad boating accident from her hometown. The men overturned in a rowboat, and were pulled into another boat by two young ladies. The ladies boat was not equipped with an onboard radio to call for help. Other boaters passed by, but didn't want to get involved, and one of the men died.

“People need people; it's as simple as that. In order to have the power to make the world a better place, we must first change our attitudes for the better. We can create our own good news if we choose to do so!” - Lorraine Jara



So let's celebrate each day this week, and get in the practice of being kind to others. Each day of the week has its own suggestions on what we can do to be kind to others. Encourage random and intentional acts of kindness throughout all aspects our Vilas County!

Info from: www.bk2hk.org



Letter from the Director

And, just like that it's already august! Parents are preparing their children to go back to school, families are sneaking in one last summer vacation, State fairs are serving up their best fried treats and wowing us with all their amusements, while the rest of us are just trying to enjoy the last month of summer!

On august 21st, we celebrate Senior Citizens Day, honoring the older generation is what it's all about. Show the most forgotten age group that you have not forgotten them, and show them that you appreciate all they have done for you.

August is also known as the Dogs Days of Summer, with August 26th, officially dubbed as "Dog Day", celebrating the ownership of man's best friend. For **elderly pet** owners, who often live alone, **pets** can help reduce stress, lower blood pressure, and increase social interaction and physical activity. A pet also can give you unconditional love.

In this month's Vilas View, I celebrate both Senior Citizens Day and Dog Day by sharing my father's journey with his best friend, Jasmine. Read on to find his story.

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

Vilas Trivia

1. How many different panfish are there in Wisconsin, and what is the most popular?
2. At the warming house of this trail, bring some birdseed to feed this backyard bird favorite?
3. What is the percentage of Vilas County (including state, federal, and county) lands open to public for recreational use? Is it 76%, 43%, or 82%
4. This forested area is home to the highest concentration of lakes in Wisconsin?
5. September 7th, 1916, was the 1st fair in _____ County, Wisconsin?

WELCOME ANNOUNCEMENT

Please join us in welcoming our new Aging and Disability Resource Center Disability Benefits Specialist, Melissa Skeen, to the ADRC of Vilas County. Melissa received her Bachelor of Science in Rehabilitation Psychology from UW-Madison in 2009. She also recently completed a program for her certification as a social worker. Melissa has many years of case management experience for adults with mental illness and disabilities. Melissa's most recent position was with outpatient behavioral health as a Social Services Coordinator.



In her free time, Melissa enjoys spending time with her husband and two daughters. She also enjoys reading, cooking, running, and being at the lake. Melissa and her family look forward to welcoming two new kittens to their family at the end of this month, names to be determined.



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: Provide information and/or funding to caregivers of family members living in Vilas County.

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

Benefits Counseling: Elder benefit and disability benefit specialists provide accurate and current information about private and 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 and keep individuals socially connected.

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



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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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ADRC of Vilas County, Eagle River, WI

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Alzheimer's & Dementia Support Group

Presented by:

Alzheimer's Association

ADRC of Oneida County

Third Thursday of Each Month from 1:00pm to 2:30pm

ADRC of Oneida County
100 Keenan Street, Rhinelander

Contact Diane Vanlandingham at (715) 401-4334 or
Julie St. Pierre at (715) 352-4091 for more information.

*Individuals who are not fully vaccinated against Covid-19
are asked to wear masks per host requirements.

Visit www.alz.org/wi to learn more about caregiver
programs and resources. To further extend your network of
support, visit ALZConnected®, our online community, at
alzconnected.org.

Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org

Pastime Club Adult Day Program is REOPENING!

Pastime is a Wisconsin Community-Based Licensed adult day program. This social model program is designed to meet the needs of memory impaired adults over the age of 50, and offer respite care for their caregivers. Its mission is to positively impact the lives of persons with moderate-minimal memory loss, as well as those who care for them.

Our program enhances opportunities for socialization, creates activities specific to memory care, provides time for family/caregivers to replenish, and educates our community about Alzheimer's/Dementia. We can offer referrals to other supportive care and education that families may need.

Volunteers from the community are a valuable resource for our program. They add enrichment and keep our members connected to our community. Pastime Club is open Mondays and Thursdays from 10:00 AM-2:00 PM. We are located at 7937 US Highway 51 S, Minocqua, WI 54548. If interested in volunteering or attending, please call (715) 358-3404 or Email us at Pastimes2007@yahoo.com.



EBS Corner

Need Help with Medicare Costs?

Provided with permission by the GWAAR Medicare Outreach Team

Those on Medicare facing challenges paying for health care may be eligible for programs that can help save money on medical and drug costs. Those with limited income and resources may qualify for Medicaid—a joint federal and state program that helps with medical costs.

Even if you don't qualify for Medicaid, the Medicare Savings Program may help to pay Medicare premiums and other costs. If your gross monthly income is \$1,449 or less for an individual, or \$1,959 for a couple, and your resources/assets are under \$7,970 for an individual or \$11,960 for a couple, you may already be eligible for one of these programs.

If you qualify for Medicaid or one of the Medicare Savings Programs, you'll automatically get Extra Help paying for prescription drugs. Extra Help is a Medicare program that helps offset Medicare prescription drug costs, like premiums, deductibles and coinsurance.

To find out more about these programs, contact your Elder Benefit Specialist here at the ADRC of Vilas County at (715) 479-3625.

Submitted by Susan Corrieri, EBS

FRAUD PREVENTION TIPS

- Do not give out any personal information.
- Secure your paperwork.
- Shred documents you don't need to keep.
- Freeze your credit report.
- Stop entering sweepstakes.
- Never give out your Social Security number.
- Guard your money.
- Add your name to the Do Not Call Registry: (888) 382-1222.
- Don't answer calls from numbers you don't recognize; HANG UP!
- Be wary of public Wi-Fi.
- Watch what you share on social media sites.
- Don't reveal your location.
- Don't fall prey to fear-based scams.

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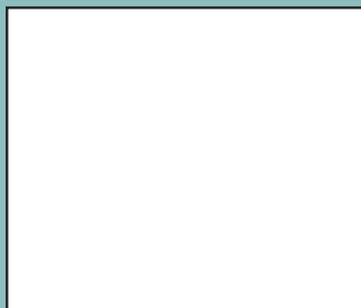
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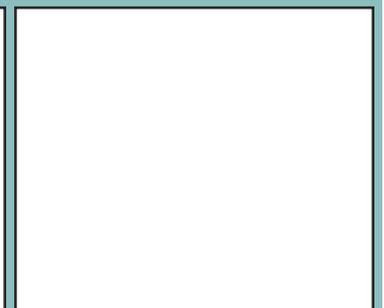
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Why Having a Pet Can Boost Your Mood and Keep Your Brain Healthy: Understanding How Animals Contribute to Good Health

Whether you're an older adult, a patient dealing with mental health conditions or a caregiver, it's easy to feel alone and overwhelmed. Depression isn't uncommon, either, a byproduct of isolation and loneliness. In these cases, bonding with an animal can help fill this void with social support and, from dogs in particular, unconditional love. Pets can also foster human connections for their owners. Take a dog for a ramble and strangers who would never dream of approaching you in other situations will strike up a conversation centered on the animal. Even a mere smile from a passerby is a connection that can brighten your day.

A survey of 14 community-dwelling adults aged 65 or older with pets by the journal *Aging & Mental Health* found that their pets might benefit them by "providing companionship, giving a sense of purpose and meaning, reducing loneliness and increasing socialization." But besides living up to the billing as a human's best friend, there's yet another benefit that pets, particularly dogs, can bring owners.

If your pet is a dog, especially an active one that loves walking, that can yield a second, equally important benefit: physical exercise, which is also key to a brain-healthy lifestyle. According to the Centers for Disease Control and Prevention, adults need at least 150 minutes a week of moderate-intensity aerobic activity for good health and double that amount for greater health benefits. Brisk walking (at least 3 mph, around 20 minutes per mile) qualifies as moderate-intensity activity. The payoff extends beyond enhanced brain health to weight control, improved cardiorespiratory fitness and muscular strength and reduced risk of chronic diseases and killers such as heart disease, stroke, cancer and diabetes.

Excerpts from <https://health.clevelandclinic.org>

"Life with Jasmine" By John Gerischer, West Allis, WI



It is said that certain events can change a person's life. For me, that event came on March 15th 2007, when I signed the adoption papers for Jasmine. But our story began a few weeks prior to this date, when I was volunteering as a dog walker with no intentions of taking on the responsibility of caring for a dog. Then one day, eight pups arrived and I helped work with them before they were put up for adoption. How strange that there is always one that stands out from all the rest, this beautiful pup that you just knew would draw attention from people wherever she went. I've heard it said a puppy chooses you, not you the pup. And, there I was, signing the adoption papers and we were on our way home. Little did I know that my life was about to change in a way I could not have imagined. She had already given me her love, and I had love to give back to her. Jasmine loved lots of attention, when she laid by my feet looking for it, no need to tell you she got it!

One of my favorite moments was when I would come home, and her tail would excitedly wag when she saw me. She was extremely laid back and loved everyone. She was also my toughest music critic, and headed for another room when I pulled out my guitar to play. She was happiest sharing outdoor adventures with me; I was a hiker! We hiked all summer, and sometimes in winter. Did I say lake? She loved the water, and found it, waiting for me to throw her a ball or frisbee. As you may have guessed Jasmine and I formed a special bond. *The one important thing I learned from my experience is that animals no matter what breed, have so much love to give when all they want is to be loved in return.*

It was destined that through the passing of time, would soon change my life for a second time, and we would be fixed in a moment together forever. How sad that all good things come to an end when you have to say "Good bye" to a dear and faithful friend. As I drove to the veterinarian, those two words that I dreaded to say filled my head, and the uncontrollable pending doom filled the pit of my stomach when I heard my life suddenly come crashing down. For I knew, I would not let Jasmine suffer any longer. It was in that moment, that the realization hit me that no longer would she hop into my car for another hiking adventure, nor waiting for me tail wagging at my door. Never again would I find her eyes fixed on me eagerly awaiting for me to wake up. Because of the love she was always willing to give, my life was made ever so rich.

"Good bye faithful friend, you are always in my heart."

Nutrition News

Vilas County Nutrition Sites are closed for congregate dining due to COVID-19 pandemic. Carry-out meal service is still available during this time. Home-Delivered Meals are available based upon eligibility. To qualify for Home-Delivered Meals, an assessment must conclude that a person aged 60+ is essentially homebound by reason of illness, disability, or isolation, or a spouse or domestic partner of a person eligible for a HDM as described above, regardless of age or condition, or an adult with a disability who resides with an eligible older individual participating in the program. All meal reservations or cancelations, must be made within 24 hours advance notice. For questions about the meal program, please contact the ADRC of Vilas County at (715) 479-3625.

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



Volunteer Spotlight



Josie Blaisdell-Allen

**Nutrition Manager
The Lunch Bunch
Boulder Beer Bar**

Most enjoyable aspect of your position? *Connecting with friends from years ago & meeting new ones, hearing their stories touches my heart.*

Most challenging aspect? *The weather-especially through the snowy months, and COVID!*

What did you want to be when you grew up? *A nurse.*

If you could have a superhero power, what would it be? *Wonder Woman, great strength & nice body!*

What is something people would be surprised to learn about me?

I graduated from the Boulder Junction grade school (only a few years ago)!

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Help Yourself to Better Health

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

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

Living Well with Chronic Conditions can show you the way!

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

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

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



National Suicide Prevention and Mental Health Crisis Lifeline

The Federal Communications Commission (FCC) has adopted "988" as a NEW three-digit number to be used nationwide to reach the National Suicide Prevention and Mental Health Crisis Lifeline, starting July 16, 2022. Customers must continue to dial 1-800-273-TALK to reach the Lifeline until July 16, 2022.

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

Starting on Wednesdays
September 1st, 2021-October 6th, 2021

Time: 9:30 AM- NOON

Location: Online Virtual Workshop

(MUST have access or be able to get access to WebEx via computer or tablet. We can walk you through setting up WebEx Account if needed.)

Suggested Donation: \$20 includes Healthy Living Book

Call the ADRC of Vilas County (715) 479-3625 to REGISTER

Loan Closets Conover Lion's Club & Medical Equipment Loan Closet:

PO Box 52
Conover, WI 54519
Lenny & Kathy Johnson: 715-477-0575
Victor Verdev: 715-350-2043

Lakeland Retirement Foundation/Generations:

103 Elm St
Woodruff, WI 54568
715-356-9118

Three Lakes Lion's Club:

1785 Superior Street
Three Lakes, WI 54562
Don Meeder: 715-360-3751

Vilas Trivia Answers

1. 11, Bluegill 2. Anvil, Black-capped Chickadee 3. 43% 4. Northern Highland-American Legion State Forest 5. Vilas

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
- Read and/or subscribe on-line at <https://www.mycommunityonline.com/find/adrc-of-vilas-county>
- Send us your email to 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

