

# VILAS VIEW

September 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

### Inside This Issue

Alzheimer's & Dementia .....	1
Letter from the Director.....	2
Congregate Opening .....	2
ADRC Services & Programs.....	3
Falls Quiz.....	4
EBS Corner .....	5
Fall Prevention .....	6
Nutrition News.....	7
Fun page .....	8

### STAFF

Sue Richmond - Director

Rebecca Gleason - Financial Specialist

Larry Bergum & Erica Pertile - 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



## World Alzheimer's Day-September 21<sup>st</sup>

Every September 21<sup>st</sup>, we observe World Alzheimer's Day, with a goal to raise awareness and break the stigma of Alzheimer's disease and dementia. Alzheimer's disease is the most common form of dementia. It is a progressive brain disease which results in loss of memory and thinking skills. The ten warning signs and symptoms include the following.

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgement.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

Alzheimer's disease is often called a family disease because of the chronic stress of watching their loved one slowly declining affects everyone. Alzheimer's is the 6<sup>th</sup> leading cause of death in the United States, affecting 5.7 million Americans. Early detection is the key! If you have someone in your life with this disease or know of someone that does, contact the ADRC of Vilas County to learn about resources, services, communication strategies, and more.

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The Vilas County Purple Tube Project goal is to assist families and first responders by providing information, which may be helpful in the event of a medical or behavioral emergency. Our desire is that those impacted by dementia be able to stabilize at home whenever possible. When this isn't possible, we want to make sure first responders and family members have needed information available quickly.

This project is a collaboration between law enforcement, EMS, and our countywide Dementia Friendly Community Network. As the number of people with Alzheimer's disease and related dementia grows, so does the need for positive emergency interventions. The Vilas County Purple Tube Project assists families coping with dementia to develop a crisis/safety plan, which includes information such as emergency contacts, a brief medical history, their POA for healthcare, and ways to best interact with the person with dementia. The Purple Tubes are available to Vilas County residents at no charge. Appointments can be scheduled with anyone interested to assist in filling out forms. For more information on how to get a purple tube, please call an ADRC specialist at (715) 479-3625.

## Letter from the 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



What is it with the smell of September that I just cannot put my finger on. My love for September simply awakens my senses and deeply comforts me. Frankly put, it smells like fall, when the leaves give back to mother nature in their simplest form. Or, how about just fresh! This change of season is one of my most favorite times when the nights bring good cool sleeping temperatures, while the days are still sunny. During this time, we get to experience the lunar spectacle of the Harvest Moon, the fullest moon of the year. So, grab a sweater, get outdoors, and enjoy all things that Autumn brings.

Along with Labor Day, September has other little-known holidays. National Grandparents Day is always celebrated on the first Sunday after Labor Day; this year it is on September 12<sup>th</sup>. One of my many blessings are my grandchildren. They can lighten up a room just by entering it. My only wish is that they all lived closer, so I could hug them every day. For those of you who are lucky enough to have your grandparents still with you, take an extra moment to appreciate all the joy and wisdom that grandparents bring to our lives.

Another significant holiday falling on September 17<sup>th</sup>, is Constitution Day, which marks the day that the US Constitution was adopted. This day honors the document that guarantees their essential rights and serves as the basis for all US laws.

May you all be comforted by the wonders that September brings!

*Susan L. Richmond, Director*

### Congregate Dining Sites to Re-Open

Welcome back, we missed you! Starting on September 1<sup>st</sup>, we will be able to serve meals at the following meal sites, once again, to enjoy a meal and some conversation together.

**Congregate Dining will take place at the following Meal Sites:**

**Eagle River – More Than A Meal Café: Monday-Friday, Noon**  
**Phelps – Golden Years Café: Monday-Wednesday, and Friday, Noon**  
**Land O'Lakes Love of Life Cafe: Tuesday and Wednesday, 11:30 AM**  
**Boulder Junction, The Lunch Bunch: Monday, Wednesday, & Thursday, 11:30 AM**

**St Germain Senior Café will remain CLOSED to Congregate Dining, but eligible participants may still order a carry-out meal to take home. Home Delivered Meals are available based upon eligibility.**

Reservations are required! Please call the site manager to reserve your spot. We will be taking temperatures and asking prescreening questions upon entering the meal sites. Please be patient. Anyone with a fever will not be able to join us that day and can take their meal as a carry-out home with them. If you are symptomatic, or do not feel well, **PLEASE STAY HOME**. We do not want to spread any virus or bacteria to anyone else, whether it is COVID, the flu, or just a nasty cold. No one likes to be sick. And, as we age, we develop complications where a simple cold can linger and cause negative effects for a long time. At our tables, we will try our best to maintain social distancing, and keep households together.

All of us at the ADRC and Senior Meal Sites know you are anxious to return. We missed everyone's smiles, laughter, conversations, and the fun we all had together. If you have any questions or concerns with our procedures, please call the ADRC at 715-479-3625.

COVID is still a concern in Vilas County, we hope those that wanted vaccines were able to get to, for those still needing or wanting a vaccine, contact the Vilas County Public Health at 715-479-3056.

Thank you and WELCOME BACK!!!

## 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](http://gwaar.org/senior-medicare-patrol)  
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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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# National Suicide Prevention Week

September 6 - 12, 2020

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## Crisis Text Line Suicide Prevention

Crisis Text Line serves anyone, in any type of crisis, providing FREE access to 24/7 support via a medium people already use and trust: text messaging.

To start, text either "HOME", "START", or "HELLO" to 741741 and you will be automatically connected with a crisis counselor.

### IN A CRISIS?

Text HOME to  
741741 to

connect with a Crisis Counselor

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## TEST YOUR KNOWLEDGE OF FALLS ANSWERS

- |              |       |
|--------------|-------|
| 1. D         | 2. B  |
| 3. A         | 4. B  |
| 5. D         | 6. B  |
| 7. D         | 8. B  |
| 9. A, B, & C | 10. A |

## TEST YOUR KNOWLEDGE OF FALLS

What you know, or don't know, about falls can make a world of difference in your risk for having one. Take the quiz and find out!

1. What are the chances a person 65 or older will have a fall this year?
  - A. 1 in 100
  - B. 1 in 38
  - C. 1 in 10
  - D. 1 in 4
2. Falls are a normal part of getting older, you can't do much to avoid a fall.
  - A. True
  - B. False
3. Hip fractures are a leading cause of nursing home admissions. What percentage of hip fractures are caused by a fall?
  - A. 95%
  - B. 67%
  - C. 42%
  - D. 12%
4. If you're at increased risk of falling, you are also at increased risk for:
  - A. A head cold
  - B. A car accident
  - C. Tennis elbow
  - D. All of the above
5. Having a fall makes people afraid of falling again. Fear of falling has consequences including:
  - A. An even greater risk of having another fall
  - B. Feeling lonely or socially isolated
  - C. Muscle weakness
  - D. All of the above
6. My doctor is the only one who can tell me how to avoid a fall.
  - A. True
  - B. False
7. Which of these factors can contribute to a fall?
  - A. Vision problems
  - B. Medications
  - C. Shoes/Footwear
  - D. All of the above
8. To avoid a fall in your home you should:
  - A. Stay in one place most of the time, moving is dangerous.
  - B. Get rid of scatter rugs and objects in your walkway or stairs.
  - C. Race to get the phone or answer the door, being in a hurry makes you more alert to fall hazards.
  - D. None of the above.
9. These are some good ways to avoid falling when you're out and about in your community (pick any that apply).
  - A. Pay close attention when walking to the terrain in front of you to avoid hazards.
  - B. Take a flashlight when walking outside at night to light your path.
  - C. Find and use a hand-rail when climbing the bleachers at sporting events.
  - D. None of the above.
10. You can reduce your risk of falling by taking a falls prevention class?
  - A. True
  - B. False

## EBS Corner - Don't Miss Your IEP!

By the GWAAR Legal Services Team

Are you going to become eligible for Medicare soon? If so, do not miss your initial enrollment period (IEP)! Most people are eligible for Medicare the month they turn 65 or after receiving Social Security Disability (SSDI) benefits for 2 years.

If you are receiving Social Security benefits, you will be automatically enrolled in Medicare Parts A and B when you're eligible. However, if you're turning 65 and not receiving Social Security benefits, you'll have to sign up with the Social Security Administration (SSA) to get Parts A and B. You can apply online at <https://www.ssa.gov/benefits/medicare/> or call SSA at 1-800-772-1213. If you worked for a railroad, call the Railroad Retirement Board at 1-877-772-5772.

If you're becoming eligible for Medicare because you're turning 65, your seven-month IEP begins the three months before you turn 65, includes the month you turn 65, and ends three months after the month you turn 65. Please note that if your 65<sup>th</sup> birthday falls on the first of the month, you will actually be eligible for Medicare the month before you turn 65. This means that the IEP begins a month earlier for people with first-of-the-month birthdays. Be advised there can be a late enrollment penalty for not signing up for Medicare when first eligible.

If you would like more information about Medicare enrollment, please contact your Elder Benefit Specialist at 715-479-3625.

Submitted by Susan Corrieri, EBS

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Victor Verdev: 715-350-2043

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### Three Lakes Lion's Club:

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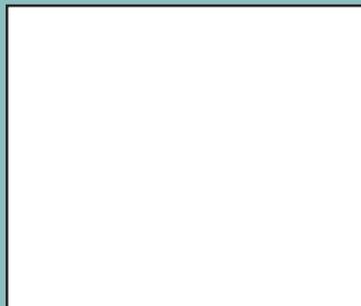
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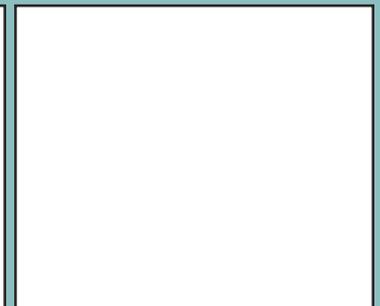


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## Debunking the Myths of Older Adult Falls: Falls Prevention for Older Adults

Many people think falls are a normal part of aging. The truth is, they're not. Most have the power to reduce your risk.

Exercising, managing your medications, having your vision checked, and making changes you can take to prevent a fall. To promote greater awareness and understanding about older adult falls according to the National Council on Aging.



**Myth 1: Falling happens to other people, not to me.** REALITY: Many people think that 1 in 4 older adults fall every year in the U.S.

**Myth 2: Falling is something normal that happens as you get older.** REALITY: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3: If I limit my activity, I won't fall.** REALITY: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

**Myth 4: As long as I stay at home, I can avoid falling.** REALITY: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

**Myth 5: Muscle strength and flexibility can't be regained.** REALITY: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways-including protection from falls.

**Myth 6: Taking medication doesn't increase my risk of falling.** REALITY: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

**Myth 7: I don't need to get my vision checked every year.** REALITY: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

**Myth 8: Using a walker or cane will make me more dependent.** REALITY: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist show you the walker or cane and instruct you to use it safely.

**Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.** REALITY: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

**Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.** REALITY: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.



The ADRC of Vilas County will be offering a six-week evidence-based  
Stepping On Fall Prevention Program starting  
September 30<sup>th</sup>, 2021.  
Call the ADRC at 715-479-3625 for more information.

## Toot Your Horn If You Can Help Us!

The ADRC of Vilas County **NEEDS** volunteer transportation drivers in all areas of Vilas County. Drivers use their own vehicles and are reimbursed mileage at the IRS reimbursable rate.

Volunteer drivers provide transportation to older adults and people with disabilities who need rides to medical appointments and/or shopping and errands. Drivers may assist passengers with an arm from their home to the vehicle, but passengers must be ambulatory and able to seat themselves in a normal passenger vehicle.

Drivers always have the option of accepting or declining to drive, depending on his or her own schedule or distance of trip.

New drivers need to register with the program and fill out paperwork. To volunteer, or for more information, please call the ADRC of Vilas County at 715-479-3625.



## Meal Site Spotlight



*Nancy Moser*

Nutrition Manager  
St Germain Senior Cafe  
St Germain Community  
Center

Most enjoyable aspect of your position? **Talking and interacting with people.**

Most challenging aspect? **When no one answers their door.**

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

What was your first job? **A volunteer candy striper at a hospital in their maternity ward.**

First Car? **A '49 Chevrolet convertible.**

What is something people would be surprised to learn about me? **I lived on a sailing ship, I was a Mariner Scout.**

What is something that made you smile recently? **A hen turkey walking with all her babies.**

# NEVER MISS A NEWSLETTER!

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## CHICKEN HUMOR

### Possible quotes, that were probably never said

**GRANDPA:** In my day, we didn't ask why the chicken crossed the road. Somebody told us the chicken crossed the road and that was good enough for us.

**BARBARA WALTERS:** Isn't that interesting? In a few moments, we will be listening to the chicken tell, for the first time, the heartwarming story of how it experienced a serious case of molting, and went on to accomplish its lifelong dream of crossing the road.

**DR. SEUSS:** Did the chicken cross the road? Did he cross it with a toad? Yes, the chicken crossed the road, but why it crossed I've not been told.

**NANCY GRACE:** That chicken crossed the road because he's guilty! You can see it in his eyes and the way he walks.

**MARTHA STEWART:** No one called me to warn me which way the chicken was going. I had a standing order at the Farmer's Market to sell my eggs when the price dropped to a certain level. No little bird gave me any insider information.

**ERNEST HEMINGWAY:** To die in the rain, alone.

**ARISTOTLE:** It is the nature of chickens to cross the road.

**JOHN LENNON:** Imagine all the chickens in the world crossing roads together, in peace.

**ALBERT EINSTEIN:** Did the chicken really cross the road, or did the road move beneath the chicken?

**TIM COOK:** We've just released iChicken, which will not only cross roads, but will lay eggs, enhance your Apple TV experience and improve your iLove life. iChicken can be controlled from your iWatch and goes well with iMac and Cheese. After your 30 day free trial of iChicken, you will be billed using Apple Pay for your iCash.

**COLONEL SANDERS:** Did I miss one?

## Orange-Cranberry Chicken

### Directions

1. Heat olive oil over medium high heat.
2. Lightly season chicken with pepper and salt-free seasoning.
3. Place chicken in skillet and cook until golden brown and there is no pink in the middle (165F).
4. Remove chicken and keep warm until sauce is finished.
5. Add orange juice, mustard, cinnamon, and dried cranberries to the skillet, stirring often.
6. Bring sauce to a boil and cook until thickened.
7. Place chicken on plates and top with orange-cranberry sauce.
8. Serve with whole grain dinner roll, brown rice, or a veggie salad.

### Ingredients

- 1/2 tbsp extra-virgin olive oil
- 2 chicken breasts
- 3/4 c. high-pulp orange juice
- 1 1/2 tsp. Dijon mustard
- 1/2 tsp. cinnamon
- 1/4 c. dried cranberries
- Pepper
- Salt-free seasoning

Created by: GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Student, Callie Loeschke

### Sources

<https://www.eatrightpro.org/news-center/nutrition-trends/health-promotion/the-mind-diet> | <https://gwaar.org/publications?searchterm=MIND+diet> | Pictures from Canva

### Vilas Trivia

1. Wisconsin is the nation's leading producer of \_\_\_\_\_, making them the official state fruit!
2. True or False Cranberries grow in water?
3. It takes \_\_\_\_\_ years for the cranberry plant's roots and vines to be strong enough to support a harvest.
4. Of Wisconsin's 72 counties, \_\_\_\_\_ of them host cranberry farms, on over 21,000 acres.
5. True or False: Cranberries are one of the healthiest fruits for your heart, prevent signs of aging, and even help prevent cancer.

Vilas Trivia Answers 1. Cranberries 2. False 3. 5 4. 20 5. True

## 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)
- Read and/or subscribe on-line at <https://www.mycommunityonline.com/find/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

