

Aging & Disability Resource Center of Vilas County

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OFFICE HOURS: M - F
8:00 AM - 4:00 PM

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Volunteers Wanted

National Physical Therapy Month - October 2021

Strength Training in Adults- as told by a Physical Therapist

Strength training for older adults is essential to a healthy lifestyle. It helps you stay fit, maintain independence, and reduce impairments related to chronic diseases such as diabetes, heart disease, arthritis, osteoporosis, and obesity. In addition to, significantly reducing the risk of falls and low back pain.

According to the National Institutes of Health, "Muscle mass decreases approximately 3-8% per decade after the age of 30, and this rate of decline is even higher after the age of 60. After 60 years old, you will lose 3 percent per year, which comes out to about 4.5 pounds of muscle strength per year." This means, each year, the natural physiologic processes of your body makes you weaker. Inactivity and living a sedentary lifestyle, as well as being less mobile can contribute to decreased strength. Strength training helps you regain the muscle you have lost and helps your cells remain younger, since exercise slows the process of cells aging. Exercise doesn't just make you feel younger, it slows the aging process in your chromosomes. In addition to improving muscle mass, and the ability to recruit more muscle fibers, it can improve bone mineral density and muscle strength in everyday life.

Lifting weights can often be intimidating, especially as an older adult. As a Physical Therapist, I often hear that the fear of lifting something heavy will injure their hips, knees, or back. This fear is often one of the biggest obstacles of initiating an exercise program. Fear of movement, just like fear of falling, can change how we move and create compensatory movement patterns. Identifying these fears and giving you the confidence to move better can be one of the most important factors in improving your health. You may think you need a costly gym membership or intricate equipment for strength building, but results are possible just by using your own body weight. This is a great thing, you can begin to improve your strength at any time or at any age!

Physical Therapy can be one of the most influential steps you can take in changing your body and keeping you moving. It is our job to help you identify goals, address impairments, alleviate fears and empower you to take control of your body. Strength training can help you stay fit, active, and healthy at any age. Talk to your local Physical Therapist who will work with you side by side to help guide you on your journey.

Submitted By: Alex Conway, DPT, PT
Doctor of Physical Therapy at Health in Motion
Source: Muscle tissue changes with aging (nih.gov)
In honor of National Physical Therapy Month





Letter from the Director

October is a *Spooktacular* month. As a kid, I loved to dress up for Halloween and go trick-or-treating around the neighborhood. Even as an adult, I still love to dress for the occasion. Those of you that have known me for a long time, may remember when I dressed up like a turkey for a food drive in November. Oh, but lets not forget a clown, a Christmas tree, or one of my very favorites, Ellie the Elephant, for the Kids carnival in St. Germain. You NEVER are too old to have fun!

In addition to Halloween, there are many ways to celebrate in October. It is officially autumn, which means cozy apparel, your favorite chilly weather recipes, beautiful foliage, and football. October is also packed with creative celebrations, such as National Be Nice Day. You should be nice every day, but on October 5th, really commit to being kind, thoughtful, and positive in your interactions. Pay kindness forward. There is also National New Friends Day. While old friends are staples, there's always room to make new connections. You never know where you'll find a new best friend. On October 19th, strike up a conversation with a stranger and find that common ground that could lead to friendship.

There is one more reason why October is so special to me. October 19th, I was fortunate to marry my wonderful husband of 19 years. Every year on my anniversary, I take a moment to reminisce that beautiful day that friends and family were gathered around to wish us love and happiness. I really do love October!

Happy Haunting!
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

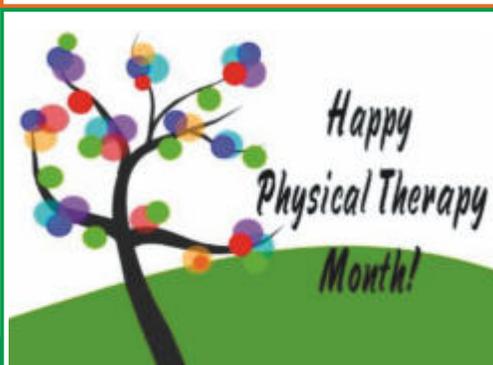
Wall Street Drugs-Health Care Pharmacies:
715-479-3306



Strength Training Tips

- If lifting weights seems too intense to begin with, start with body weight exercise (i.e. squats & lunges) to help develop proper form. Before you begin lifting extra weight, you first need to be able to lift your own body weight.
- Start slow and progress the amount of repetitions and sets, then increase the weight as you get stronger.
- Allow for rest days between workouts. Rest, is just as important, to allow healing and rebuilding of your muscles. On rest days, walk around the block, focus on balance or stability exercises, or participate in your favorite recreational activity.
- See your local physical therapist, a personal trainer, or join an exercise group. Having a professional create a plan with you can help you stick to a program.

Submitted By: Alex Conway, DPT, PT
Doctor of Physical Therapy at Health in Motion



National Physical Therapy Month

is important because it gives us the opportunity to practice self awareness. It also helps us to understand the impact of physical therapy, and reminds us to focus on self-care. Indulging in a little "me time" is good for you mentally, emotionally, and physically.

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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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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EBS Corner: Get Ready for the Medicare Annual Open Enrollment Period

By the GWAAR Medicare Outreach Team

The Medicare annual open enrollment (AEP) period begins this month, so now is a good time to start thinking about your options. Do you have a Medicare Prescription Drug (Part D) plan? Each year, these plans can change the list of medications they cover, as well as their premiums, deductibles, and co-pays. That means even if you are taking the same medications, the amount you pay could be different in 2022!

What can you do about this? Anyone with a Medicare Part D Plan should check their coverage each year during Medicare's AEP, which runs **October 15th - December 7th**. This is the time of year to find out if your current plan will cost you more or less than other Part D plans in 2022. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you'll have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Vilas County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist here at the ADRC.

Don't let this opportunity pass you by! Go to Medicare.gov to find and compare plans online or for local assistance call 715-479-3625 to request an appointment.

Assistance is also available through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Submitted by Susan Corrieri, EBS



Memory & Brain Exercises for Seniors

Physical exercise is very beneficial to any body as we age, but it's also important to keep our minds in the best possible shape as well. Studies have shown that by keeping your brain active, we can reduce mental decline, and reduce the chance of developing Alzheimer's disease by up to 70%. Here are a few brain exercises that are great for people of all ages!

1. **Go through family albums:** Looking through old photos and recall people or past events is not only fun to do, but it's a great form of exercise for your brain. Make a game of it by asking your loved ones to recall the year a picture was taken or what was going on at that time.
2. **Expand your horizons:** Many of us believe we're too old to learn something new, but research has confirmed that aging doesn't stop our ability to learn. Develop a new skill, such as knitting, learning how to use a computer or smartphone, or learning a new language are great ways to strengthen your brain.
3. **Play games:** Many people love tackling crossword puzzles, word searches, or Sudoku, and their brains are benefiting from it. All games, in fact, are great cognitive exercises because they stimulate problem-solving skills.
4. **Get creative:** Expressing creativity through painting, drawing, or writing a short story all require our imagination. It forces our minds to look at things differently, which activates different parts of the brain.



Healthy Living with Diabetes?

It's a big promise...but we can keep it!

A diabetes diagnosis can bring big changes in your life. Find solutions that work for you.



Healthy Living with Diabetes is proven to make a big difference in your health — and your life. In just 6 weeks, you can learn to take charge of your health and get back to doing the things that matter to you.

What is Healthy Living with Diabetes?

It's an evidence-based, six-week workshop for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone who does.

Healthy Living with Diabetes participants are shown to have a **53% reduction in emergency department visits.**

Take a Healthy Living with Diabetes workshop and get information and advice for:

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care provider
- Short-term goal setting
- Exercise for fitness and fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team

STARTING ON MONDAYS
OCTOBER 18 – NOVEMBER 22,
2021

TIME: 9:30 AM -Noon

LOCATION:

Peace Lutheran Church
10868 Old Hwy 51 North
Arbor Vitae, WI 54568

COST: \$20 donation suggested. Includes all materials

REGISTRATION:

Call Amie at
(715) 479-3625 or
(800) 374-1123
Class Size is Limited



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Recognize Caregiver Burnout

Providing care for an aging or disabled loved one is probably one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming, bathing, and walking is physically challenging. Maneuvering through the maze of medical and social services can be trying and time consuming. Watching your loved one's ability to care for themselves deteriorate is emotionally difficult. And the changes in your own personal, social, and work life as a result of your caregiving obligations may leave you feeling confused, unhappy, and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the challenges go beyond your ability to manage and into what is often called **caregiver burnout**, which is a state of physical, emotional, and mental exhaustion. Stressed caregivers may experience fatigue, anxiety, and depression. Learning to identify the warning signs of burnout and learn interventions to reduce stress levels, will help make your caregiving role more manageable and enjoyable.

Warning Signs of Caregiver Burnout

- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Inability to relax
- Scattered thinking
- Feeling increasingly resentful
- Being short-tempered with care recipient frequently
- Increasing thoughts of death
- Losing interest in or having decreased productivity from work

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to feedback from your friends and family about how you appear to be coping. Then heed the warnings to counteract burnout. Once you have recognized that you are experiencing burnout you can try various things to help you cope.

Caregiver Coping Mechanisms

- Ask others for help. You don't have to do everything, it's okay to ask for help.
- Get support. Find family/friends whom you can share joys and frustrations with. Attend a support group to receive positive feedback and coping strategies from others in similar situations. Consider seeking professional counseling if needed.
- Take regular breaks, even if it's only 15-20 minutes while your loved one is sleeping or engaged in something else. Do something that makes you feel good.
- Maintain good health by exercising regularly and eating a healthy diet.
- Take regular time out for journaling, meditating, or contemplation.
- Stay involved in hobbies and activities you enjoy. Find a home care provider or ask family or friends to stay with your loved on if necessary.

When you understand and acknowledge that being a caregiver may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do prevent burnout and be an effective caregiver is to take care of yourself! For more information on Caregiver Burnout and other caregiver issues, please call the ADRC of Vilas County at (715) 479-3625.

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

Celebrate Apple Month - Vilas Trivia

1. Which country produces the most apples: China, US, Turkey, or France?
2. How many different kinds of apples are grown in the US: 1000, 1500, 2000, or 2500?
3. Which state is the leader in apple production?
4. True or False: Apples are a member of the rose family.
5. True or False: It takes energy from 20 leaves to produce one apple.



Nutrition News

Vilas County Nutrition Sites are now open for congregate dining, **EXCEPT for St. Germain Senior Cafe**. 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:

Monday-Friday at Noon, Jennie Johnson: (715) 891-1221

Phelps, Northern Exposure, Golden Years Café:

Monday-Wednesday & Friday at Noon, Judi Heikkinen: (715) 545-3697

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

Monday, Thursday, & Friday at Noon, Nancy Moser: (715) 617-2795

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

Tuesday & Wednesday at 11:30 AM, Anna Moore: (715) 547-6076

Boulder Junction, Boulder Beer Bar, The Lunch Bunch:

Monday, Wednesday, & Thursday at 11:30 AM,

Josie Blaisdell-Allen: (715) 385-2617

Meal Site Spotlight



Jennie Johnson

Nutrition Manager
More Than A Meal Cafe
The Rock Mission Center,
Eagle River

Most enjoyable aspect of your position? **I feel blessed to meet seniors from all walks of life and hear their experiences.**

First Concert? **Bruce Springsteen**

If you could pick a day to relive over, what day & why?

My daughter's graduation from law school, which I was not able to attend.

What was your first job? **At a bakery in Land O'Lakes**

First Car? **Ford Mustang**

Favorite free-time hobbies: **Listening to music, and bird hunting with my husband.**

If you could have a superhero power, which would you choose? **A superhero scientist that has a cure for dementia and autism.**

NEVER MISS A NEWSLETTER!

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THINK SQUASH ISN'T FOR YOU? THINK AGAIN!

Adults with healthy eating habits may be able to fight off illnesses quicker than those who don't. From cancer prevention and heart health to keeping Alzheimer's disease at bay, bringing vegetables like squash into your diet may help. True to their name, winter squashes are ideal foods to have on hand during the cooler months. They not only are packed with immune-enhancing nutrients but also work well in heartier dishes and can last a long time in your kitchen. While you may only think about squash in the fall, adding these dense veggies will pack a punch when it comes to fighting disease and many are available year-round.

MOST POPULAR TYPES OF SQUASH: Zucchini, Yellow , Pumpkin, Spaghetti, Butternut, Acorn, Patty Pan

BENEFITS OF ADDING SQUASH TO YOUR DIET

- Strengthen bones with valuable trace elements such as calcium and zinc.
- Regulate blood sugar as a good source of fiber and vitamin B, which help stabilize insulin and glucose levels.
- Boost immunity with antioxidants such as vitamin C.
- Prevent heart disease with cholesterol-lowering pectin.
- Fight lung cancer and other respiratory illnesses with high amounts of vitamin A.
- Support Eye health with vitamins and minerals good for preserving eyesight.

PUMPKIN SAUSAGE PASTA

- 1 lb. penne pasta
- 1 lb. sweet Italian sausage, casings removed
- 1 med. onion, finely chopped
- 4 cloves minced garlic
- 1 bay leaf
- 2 Tbsp fresh sage
- 1 cup white wine or chicken broth
- 1 cup cooked and pureed pumpkin or other winter squash
- 1 cup chicken broth
- ½ cup evaporated milk
- 1/8 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- Salt and pepper to taste
- *Fresh sage leaves
- *Parmesan cheese

Cook pasta according to package directions and set aside. In large frying pan, brown sausage over medium high heat. When cooked, remove meat and set aside. Drain fat from pan and return pan to stove.

Sauté onion and garlic in pan for 3-5 minutes. Add bay leaf, sage and wine. Cook until half the liquid evaporates, about 2 minutes. Mix in chicken broth and pumpkin. Continue stirring until sauce begins to bubble. Reduce heat and add sausage.

Stir in milk. Add seasonings, and simmer 5-10 minutes to thicken. Remove bay leaf. Combine sauce and pasta and toss over low heat for about a minute. Garnish with freshly grated Parmesan or Romano cheese and fresh sage leaves.

©LPi

Vilas Trivia Answers 1. China 2. 2500 3. Washington, Wisn't even in top 10 4. True 5. False, it takes 50!

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