



VILAS VIEW

November Newsletter
2021

Aging & Disability Resource Center of Vilas County

330 Court Street
Eagle River, WI 54521

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Toll Free: 800-374-1123
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OFFICE HOURS: M - F
8:00 AM - 4:00 PM

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Specialist

Melissa Skeen - Disability Benefit
Specialist

Volunteers Wanted

CAREGIVING AROUND THE CLOCK: CELEBRATE FAMILY CAREGIVERS

This November we celebrate the theme of National Family Caregiver Month as "Caregiving Around the Clock." It's a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife whose mobility is failing; the woman who gently nudges her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do some repairs on his parent's house. They are everywhere – family, friends and neighbors who help their loved ones with the daily tasks of life, allowing them to maintain their independence, dignity and quality of life. The role of the unpaid caregiver is invaluable and yet they often don't recognize their own worth. Here are some simple things you can do to really help a caregiver and let them know that they are important and appreciated.

1. Stop by their house and say hello. You don't have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.
2. Call the caregiver and check in on how THEY are doing. Too often the conversation is about the person needing care and the caregivers' needs are forgotten. Listen to them without judgement or advising. An opportunity to share their feelings openly and in confidence can be a great help and comfort.
3. Offer to help. Instead of telling them to call if they need something, be more persistent in offering your help. "I am going to help you. Do you want me to bring a meal or a mop?" Or ask what they need from the grocery store or when is a good time to send your teenage son over to mow/rake/shovel snow. Be specific and gently insist on helping.
4. Invite them to do something, go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.

(continued on page 2)

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



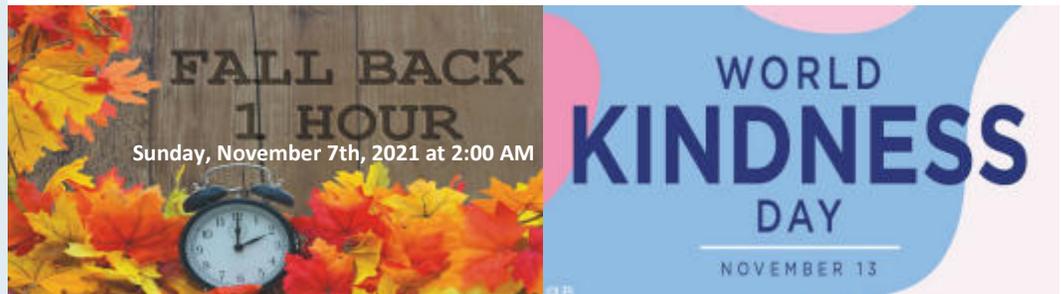
I have always felt that November is my month of being thankful and appreciative. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. The month of November has many opportunities to do just that.

We start with Veterans Day on November 11th and I could not be more thankful for the men and women that serve our country with patriotism, a love for our country, and a willingness to serve and sacrifice for the common good. Please, remember to thank a veteran for their service, they deserve our gratitude and respect.

November is also National Family Caregiver Month and gratitude goes out to those that are caring for their loved ones. This is a tough role and too many times we see the caregivers not taking care of themselves. If you know someone who is caregiving maybe you can bring them a meal to relieve some time in the kitchen, or do grocery shopping for them, or sit with their loved one and let them go get a massage or just get out of the house, please do it. It will mean the world to them.

And if you are fortunate to have your family/loved ones around you on the day that we celebrate Thanksgiving, take a moment and look around the table, give thanks for that moment in time when you have family/loved ones around you. Thankful that you are able to have food on your table, loved ones around you, and that you are alive to enjoy it all.

Feeling Grateful,
Susan L. Richmond
Director



CAREGIVING AROUND THE CLOCK (continued)

5. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to visit the ADRC of Vilas County to find out the various types of support that are available.
6. Attend a support group meeting with them. Sometimes it is hard to go alone, and your presence will open up this valuable resource to them. The ADRC offers a caregiver support group the third Thursday of every month from 10:30-11:30 AM both in person and virtually.
7. Check in regularly. A weekly phone call to ask how things are going can alleviate feelings of loneliness and help them feel special and important. Sometimes they just need someone to listen to them, and sometimes hearing about someone else's life gives them a break.
8. If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.

Take some time to recognize and thank the family caregivers that you know. They deserve to be celebrated!

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

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. Congregate dining open at Land O'Lakes, Eagle River, Phelps, and Boulder Junction meal sites only.

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.

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

Insurance Misconduct & Marketing Violations

By the Wisconsin Senior Medicare Patrol

The Centers for Medicare & Medicaid Services (CMS) have established rules, regulations, and guidelines that insurance companies, agents, and brokers must follow when selling Medicare Advantage plans and Part D plans. These rules are meant to prevent plans and agents from presenting misleading information and utilizing high-pressure sales methods. Marketing violations and agent misconduct tends to occur in the weeks leading up to and during the Open Enrollment Period (OEP) each year - Oct 15 through Dec 7, when CMS allows Medicare beneficiaries to change their coverage. Here are just a few examples of regulations set by CMS:

- Insurance companies and agents are not to imply they are associated with or preferred by Medicare.
- Agents are not allowed to market or host sales activities in residential settings outside of the recreational or conference rooms, nor are they allowed to solicit door-to-door.
- Agents are not allowed to send unsolicited text messages or voicemail messages.
- Agents are not allowed to promote just one aspect of the overall plan, such as the drug plan.
- Agents cannot call or email you if you did not ask them to do so or if you have no prior relationship with them.
- Agents are not allowed to ask for credit card numbers, banking information, your Medicare or Social Security number in order for you to receive information.
- Agents are not to use high-pressure sales tactics and/or incorrect information.
- Agents are not to say that you must enroll by a certain date or you lose an opportunity.
- Agents are not to leave information like flyers or door hangers on your car or at your home if they came from a company that did not have an appointment with you.
- Agents can't enroll a beneficiary into a plan without their permission.
- Agents can't use incentives to convince a person to sign up for a specific plan (offered free trips, gift cards, or meals in return for signing up).



Submitted by Susan Corrieri, EBS

ALWAYS REACH OUT TO YOUR EBS WITH QUESTIONS OR CONCERNS!

Vilas Trivia

1. How fast can a turkey run?
A. 1-4 mph B. 15 mph C. 25 mph D. It doesn't run
2. What is a female turkey called?
A. Rooster B. Cuckoo C. Chick D. Hen
3. What is the official name for a group of turkeys?
A. Flock B. Rafter C. Gaggle D. Group
4. What president wanted our National bird to be a turkey?
5. How many feathers does an average turkey have?
A. 150 B. 500 C. 3500 D. 5000

Food Safety Tips for Your Holiday Turkey

1. Thaw Your Turkey Safely!
2. Handle Your Turkey the Right Way!
Clean, Separate, Cook, Chill
3. Cook Stuffing Thoroughly!
4. Cook Your Turkey Thoroughly!
Safe internal temperature of 165°F





IN HONOR OF OUR *Veterans*

World War I, known at that time as “The Great War”, officially ended when the Treaty of Versailles was signed on June 28th, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier, when an armistice or temporary cessation of hostilities, between the Allied Nations and Germany went into effect on the 11th hour of the 11th day of the 11th month. For that reason, November 11th, 1918, is generally regarded as the end of “The War to End All Wars.” An Act approved May 13th, 1938, made the 11th of November of each year a legal holiday; a day to be dedicated to the cause of world peace and to be thereafter celebrated as Armistice Day. Armistice Day was primarily a day set aside to honor Veterans of World War I. In 1954, after World War II required the greatest mobilization of soldiers, sailors, marines, and airmen in U.S. history, and American forces fought aggression in Korea, the 83rd Congress amended the Act of 1938, by striking out the word “Armistice” and inserted in its place the word “Veterans.” With the approval of this legislation on June 1st, 1954, November 11th became a day to honor American Veterans of all wars. Veterans’ Day continues to be observed on November 11th, regardless of what day of the week it falls, and regardless of the Uniform Holiday Bill, which was signed on June 28th, 1968, ensuring three-day weekends for federal employees by celebrating four national holidays on Mondays. The restoration of the observance of Veterans’ Day to November 11th not only preserves the historical significance of the date, but also focuses attention on the importance of this day: a celebration to honor America’s Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good! We thank you and appreciate you!

Pegi Schlis, CTRS, ACC



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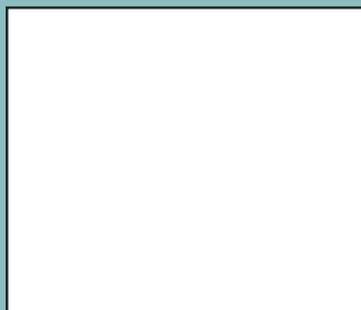


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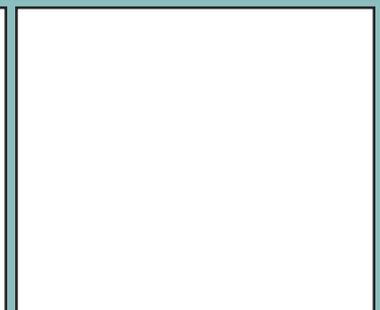


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Cultivate Gratitude



Each holiday season comes with high expectations for a cozy and festive time of year. However, for many this time of year is tinged with sadness, anxiety, or depression. Certainly, major depression or a severe anxiety disorder benefits most from professional help. But what about those who just feel lost or overwhelmed or down at this time of year? Research and common sense suggests that one aspect of the Thanksgiving season can actually lift the spirits, and it's built right into the holiday — being grateful. Yes, giving thanks can actually make you happier!

The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power. In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. Below are some ways to cultivate gratitude.

- **Write a thank-you note.** You can make yourself happier and nurture your relationship with another person by writing a thank-you letter or email expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.
- **Thank someone mentally.** No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.
- **Keep a gratitude journal.** Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.
- **Count your blessings.** Pick a time every week to sit down and write about your blessings, reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number - such as three to five things - that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.
- **Pray.** People who are religious can use prayer to cultivate gratitude.
- **Meditate.** Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).

Article from Harvard Health Publishing
Harvard Medical School

Midstate Independent Living Choices presents

HEARING SCREEN AND ADAPTIVE PHONE EXPO

No Registration
Required

Visitors of all ages can get
a free hearing screen,
look at adaptive hearing equipment,
apply for TEPP to purchase adaptive equipment at low/no cost,
and learn more about MILC Services.

The Waters of Minocqua

8116 US-51 S. Minocqua, WI 54548



November 4, 2021

12:00pm-6:30pm

&

November 5, 2021

9:00am-12:30pm

Walk-Ins
Welcome



To request an interpreter/SSP for the deaf-blind
Contact Eric at 715-344-4210 x 238 no later than 10/20/21



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

Volunteer Spotlight

Pam Cira

Who is Pam Cira? Pam is in our Nutrition Program. She does data entry, is a substitute meal site manager, and also a volunteer driver for our transportation program.

What is the most enjoyable aspect of your position?
I love meeting people and doing something helpful;
I love driving.

Most challenging? Data entry, I am "tech challenged".

First Concert? Roy Orbison & Lou Christie

If you could do a "do over" in life, what would it be?
Insist my mom visit me more often after I moved to Wisconsin. She died suddenly in her sleep and I wish I had spent more time with her.

What is your favorite smell? Lilacs

If you could have a superhero power, which would you choose? Teleportation: travel instantly anywhere!



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'Twas the Night of Thanksgiving

(Find the underline words in the poem in the word search)

'Twas Thanksgiving night, I just couldn't sleep.
I tried counting backwards.
I tried counting sheep.
The leftovers beckoned -
the dark meat and white,
but I fought the temptation
with all of my might.
Tossing and turning with anticipation,
the thought of a snack became infatuation.
So I raced to the kitchen,
flung open the door,
and gazed at the fridge,
full of goodies galore.
I gobbled up turkey and battered potatoes,
pickles and carrots,
beans and tomatoes.
I felt myself swelling
so plump and so round,
until all of a sudden,
I rose off the ground.
I crashed through the ceiling,
floating into the sky
with a mouthful of pudding,
and a handful of pie.
But I managed to yell
as I soared past the trees....
"Happy eating to all,
pass the cranberries, please."
May your stuffing be tasty.
May your turkey be plump.
May your potatoes and gravy
have nary a lump.
May your yams be yummy.
May your pies take the prize.
May your Thanksgiving dinner
stay off of your thighs.
Have a wonderful, thankful Thanksgiving!



Vilas Trivia Answers 1. C. 25 mph D. Hen 3. B. Rafter 4. Benjamin Franklin 5. C. 3500

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