



**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

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Volunteers Wanted

**Living Well with  
Chronic Conditions**

As we age, many of us will develop a chronic condition such as arthritis, heart disease, high blood pressure, cancer or other on-going health problems. Chronic health problems can be physically, emotionally and financially draining.



Taking care of yourself is important, and you can! Attend the LIVING WELL WITH CHRONIC DISEASE workshop and start the new year off by getting the tools and knowledge you need to take better care of yourself and manage your chronic conditions!

LIVING WELL is a 6-week program held from 1:00-3:30 p.m. every Monday from January 10th through February 14th at the Vilas County Courthouse in Eagle River.

LIVING WELL is focused on teaching you the skills to better manage your health and well-being. This is an "Evidenced Based" program which means it has been clinically studied and proven to improve the lives of participants and management of their chronic conditions.

The workshop will include:

- 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 and fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family and medical team

This workshop is lead by our experienced facilitators Amie Rein and Pam Cira who know how to make the lesson plans relevant to each participants needs. Workshop participants will find a friendly and support environment, but only need to discuss what you are comfortable with sharing. For participants safety, Covid guidelines will be followed.

Suggested donation for this 6-week course is only \$20 and includes the HEALTHY LIVING book for you to keep. Space is limited, so avoid disappointment and contact the ADRC of Vilas County (715-479-3625) to register.

## 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



Happy New Year! Holiday spirits from Thanksgiving and Christmas are winding down, days get shorter and temperatures get colder, but January still offers plenty of reasons to celebrate.

Many people look at January as an opportunity for a new beginning, a fresh start. After all, January is named after the Roman god Janus, the god of beginnings and transitions.

If you are one of those people who start anew each January, make sure to put at the top of the list to help your "neighbor/friend" in need, and being kind to one another. When you pay kindness forward, it comes back to you tenfold.

We also honor Martin Luther King, Jr, the Baptist minister, activist, and hero of the civil rights movement on the third Monday in January. Take some time to learn about the importance of his work as a civil rights leader and reflect on all of his contributions to our society.

Enjoy this month and the new start of a fresh year.

May 2022 be a healthier and happier year! *Susan L. Richmond*, Director

## Home-Delivered Meal Diners



*Please make arrangements to keep your driveway and walkways cleared so your driver can safely deliver your meal.*  
**THANK YOU!**

## Congregate Diners Reminder!

If your school district is closed because of hazardous weather conditions, your dining site will be automatically closed.

For school or Dining Site closings

Listen to: WERL at 950 AM or WRJO at 94.5 FM

Or Watch WJFW TV on Channel 12

*If you have any questions, call your Site Manager or the Aging & Disability Resource Center of Vilas County at 715-479-3625*



# 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 and loneliness for those who are homebound. Is 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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**PROTECT** your personal information

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

**REPORT** suspicious claims or activities

**Toll-free Helpline:**

**888-818-2611**

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

[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)

WisconsinSeniorMedicarePatrol



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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New Horizons Family Services is a dynamic agency that contracts with local government agencies to support families facing challenges such as mental health, juvenile delinquency, or child protective services involvement.

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- Friendly co-workers who promote a supportive team environment

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- Strong inter-personal and written communication skills
- A non-judgmental personality • An open and creative mind
- Ability to multi-task • A lifetime of learned experience

Position requirements

- High school diploma • Ability to telecommute
- Valid driver's license, reliable vehicle, and proof of insurance

We are seeking people for the following positions:

- Care Coordinators, Mentors, Parent Aides for family services
- Respite Workers for children with special needs
- Group Class Facilitators

For more information, email us at

[admin@newhorizonsfamilyservices.org](mailto:admin@newhorizonsfamilyservices.org) or call **715-420-0220**.

*New Horizons* seeks people from diverse backgrounds and is an equal opportunity employer.



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

ADRC of Vilas County, Eagle River, WI

A 4C 01-2114

# How to Keep the Promise We Make To Ourselves This Year

## *Answer: One Resolution for Caregivers –52 Chances to Make It Work*

Ahh the New Year is here – the hectic pace of the holidays is over, the frenzy over buying gifts and seeing friends and family is done (at least for another 12 months). You can finally breathe. That is, unless you are one of the 65 million Americans who are caring for a loved one – that moment to put the world on “pause” and get a break never seems to happen.

When it comes to caring for an older parent, a chronically ill spouse, or a child with special needs, we know that caregivers are at risk for adopting bad habits such as smoking or drinking, not getting enough sleep, not taking the time to eat or exercise right, and for not taking enough time to focus on themselves – whether it is a coffee date with a friend, a pedicure, a movie, or other things that can bring a smile to our face.

This is why our wish for all caregivers this year is to make a promise to yourself that you can keep. Make it simple; make it just about you. Here are some tips on how to get there.

### 3 Steps to Keep That Promise to Yourself

1. **Have an actual plan.** If you just have a desire to improve something, it is not enough. You will be more successful at achieving your goal if you have steps on how to get there. For instance, it is not about losing weight, it is about the changes you will take to reach that goal. Breaking a big goal into small increments is a key part of your plan.
2. **Track your progress.** This instills a sense of mini accomplishments on the path to your goal. It helps to talk to someone who is invested in seeing you be successful. Having a friend or other support person who can be your “cheerleader”, celebrating your milestones towards the goal can help keep you going.
3. **Be committed to your goal.** Keep it simple (one resolution is better than two or three) and treat occasional “slips” as temporary setbacks on the path to reaching your goal. You have to commit to change. This is a marathon not a sprint. Be kind to yourself if you have a bad day. Remember the words of Scarlett O’Hara, “Tomorrow is another day.” Start fresh the next day after a lapse.

### Healthy Monday

Healthy Monday ([www.healthymonday.org/](http://www.healthymonday.org/)) is a website based on the scientific research and support of prestigious institutions such as Johns Hopkins University, Syracuse University, and Columbia University. They have found that starting a new routine on a Monday will make you more successful at whatever you want to achieve. Essentially the premise is simple, just as the New Year is a time when we resolve to do something, every Monday, is an opportunity to renew that promise to ourselves.

Healthy Monday says their research shows that most Americans feel Monday is the day for a fresh start. It is part of our cultural DNA – Monday is the start of the work week, the school week and we feel renewed energy to start something after a nice weekend respite.

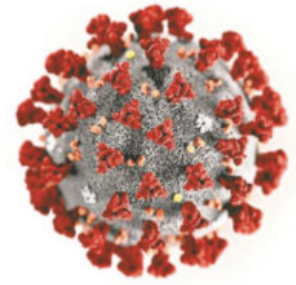
For caregivers, use each Monday as a time to ask yourself “What have I done for me lately?” Acknowledge the time you have chosen to renew yourself, and make plans on how you will recharge in the coming week, whether it is 5 minutes or 5 hours. Check in with yourself every Monday and take time for you.

**Fifty-two weeks to reach your goal. Pick one thing that you would like to accomplish just for you this year. Check in with yourself every Monday. Good luck – 2022 is your year!**

*Adapted from a blog by Sherri Snelling, a nationally recognized expert on how to help caregivers balance “self-care” while caring for a loved one. She is the former Chairman of the National Alliance for Caregiving (NAC), the leading caregiving advocacy non-profit organization, based in Washington, D.C.*

# Avoid Coronavirus Scams

By the GWAAR Legal Services Team



The Federal Trade Commission (FTC) recently released consumer advice on avoiding scams related to COVID-19 and vaccines.

- COVID-19 vaccines are free. If anyone charges you for help signing up, or the shot itself, it's a scam.
- You can't buy the COVID-19 vaccine anywhere. It's only available at federal and state-approved locations.
- Always talk with your doctor before you try any product claiming to treat, prevent, or cure COVID-19.
- Don't post your vaccination card to your social media account, your information could risk identity theft.
- Right now, there are no official plans to create a national vaccine verification app, certificate, or passport.
- If someone wants your personal information or money for a vaccine certificate or passport, that's a scam.
- Contact your state government about its vaccine verification plans and requirements.
- Check with airlines, cruise lines, and event venues about their vaccine verification or negative testing requirements. When you're looking for pandemic-related help, start with sites like [coronavirus.gov](http://coronavirus.gov) and [usa.gov/coronavirus](http://usa.gov/coronavirus).

<p><b>AVAILABLE FOR A LIMITED TIME!</b></p> <p><b>ADVERTISE HERE NOW!</b></p> <p>Contact <b>Alex Nicholas</b> to place an ad today! <a href="mailto:anicholas@lpicommunities.com">anicholas@lpicommunities.com</a> or <b>(800) 950-9952 x2538</b></p>	<p> <b>LEGACY</b> OF THE NORTHWOODS <small>ASSISTED LIVING • MEMORY CARE • ADULT DAY SERVICES</small></p> <p>910 Winter Street Eagle River, WI 54521 <a href="http://www.legacyofthenorthwoods.com">www.legacyofthenorthwoods.com</a> Proud to be locally owned and operated.</p> <p><b>NATURE'S POINTE ASSISTED LIVING NATURE'S POINTE RADIANCE MEMORY CARE WOODLAND COVE ADULT DAY SERVICE</b></p> <p><i>A New Generation of Senior Living in the Northwoods</i></p> <p><b>Gayle Holquist</b> MPM, MHA, Administrator/Founder Telephone: <b>715-367-0097</b>   <a href="mailto:Gayle@legacyofthenorthwoods.com">Gayle@legacyofthenorthwoods.com</a></p> <p><b>COMING SOON</b></p>
<p></p> <p><b>"It's my life and they respect that."</b></p> <p>Local long-term care supports and services delivered with a focus on Life. Defined by you.</p> <p></p> <p><a href="http://inclusa.org">inclusa.org</a>   877-376-6113</p>	<p> <b>SOCIAL SECURITY ADVOCATES OF WI</b></p> <p></p> <p><b>FREE PHONE CONSULTATION</b></p> <p><b>Dave Hudec &amp; Teresa Romdenne</b> PH 715-337-2478 <a href="http://www.socialsecurityadvocates.net">www.socialsecurityadvocates.net</a> <a href="mailto:office@socialsecurityadvocates.net">office@socialsecurityadvocates.net</a></p>



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

ADRC of Vilas County, Eagle River, WI

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## Winter Storm Safety Checklist

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

### Know the Difference

#### Winter Storm Outlook

Winter storm conditions are possible in the next 2 to 5 days.

#### Winter Weather Advisory

Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

#### Winter Storm Watch

Winter storm conditions are possible within the next 36 to 48 hours. In a watch area review your winter storm plans and stay informed about weather conditions.

#### Winter Storm Warning

Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

### What should I do?

- Dress in several layers of lightweight clothing, wear mittens and a hat.
- Wear waterproof, insulated boots to keep your feet warm and dry, and to maintain your footing in ice and snow.
- Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.
- Running water, even at a trickle, helps prevent pipes from freezing.
- All fuel-burning equipment should be vented to the outside and keep clear.

### What supplies do I need?

- Water, at least a 3-day supply; one gallon/person/day
- Food, at least a 3-day supply of nonperishable, easy to prepare food.
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible).
- Extra Batteries
- First aid kit
- Medications (7-day supply) and medical items (hearing aides, glasses, contact lenses, syringes, cane)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents
- Cell phone with chargers
- Family and emergency contact information
- Extra Cash
- Baby supplies
- Pet supplies
- Tools/supplies for securing your home
- Sand, rock salt, or non-clumping kitty litter to make walkways less slippery
- Warm coats, gloves or mittens, hats, boots, and extra blankets and warm clothing for all household members
- Ample alternate heating methods such as fireplaces or stoves

### What do I do after a storm?

- Go to a designated public shelter if your home loses power or heat during periods of extreme cold.
- Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog.
- Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.
- Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- Help people who require special assistance such as elderly people living alone, people with disabilities and children.
- Check on your animals and make sure that their access to food and water is not blocked by snow drifts, ice or other obstacles. If possible, bring them indoors.
- Never use generator, grill, camp stove or other gas, propane, or charcoal burning devices inside a home, garage, basement.
- Take caution: Carbon Monoxide Kills!

## 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:**

Wednesday, 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, The Granary, The Lunch Bunch:**

Wednesday, Thursday & Friday at 11:30 AM,

Josie Blaisdell-Allen: (715) 385-2617

## Volunteer Spotlight Leola Maslanka

**Who is Leola?** *You can find this faithful volunteer delivering meals in our Eagle River area.*

**What is the most enjoyable aspect of your position?**

*I love how happy people are and when they share some of their life stories with me.*

**What did you want to be when you grew up?**

*An airline worker.*

**First concert?** *Billy Joel*

**Favorite free-time hobbies?** *Travel, being outdoors—*

*walking, biking, snowshoeing and reading.*

**What is your favorite smell?** *An orange*

**What is something people would be surprised to learn about you?** *I went skydiving when I turned 50!*



**My Choice Wisconsin**  
is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

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 WHITE

## 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

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