



# VILAS VIEW

February Newsletter 2022



## 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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AMERICAN PARKINSON DISEASE ASSOCIATION  
*Strength in optimism. Hope in progress.*

PRESENTS



American Parkinson Disease Association Wisconsin & Minnesota Chapters are proud to announce the Active @ Home Program for those with Parkinson's disease who live in rural areas or on farms. This program provides FREE equipment and support to keep you active at home.

We know that it's hard to make time for exercise, or to know what to do. COVID has only made it harder. If you live in a rural/farm area and have Parkinson's disease, you may be eligible for the Active at Home program for free equipment and support to get more exercise and be more active at home.

How does the Program Work? Once your participation is approved, you'll receive the Active at Home kit, mailed to your residence. The kit contains exercise equipment (e.g. pedometer, resistance bands, grip strength putty, stretching assist device), an exercise instructional booklet, an exercise journal, and a DVD with PD-specific exercise classes and an instructional video. You'll receive a call from APDA to introduce you to the program and answer any questions you may have.

You'll receive a session (via phone or videoconference) with a University of Wisconsin – Madison Occupational Therapy Graduate Student. The session will focus on helping you understand how to effectively and safely use the materials in the kit.

Cost: Participation in this program is FREE. Funding for the program is provided by the Upper Midwest Agricultural Safety and Health Center.

Timeline: Applications will be accepted until the program is full.

Interested in applying?

If you have family or friends in Minnesota tell them to email [apdamn@apdaparkinson.org](mailto:apdamn@apdaparkinson.org) or call 651-241-8297.

For Wisconsin residents, email [apdawi@apdaparkinson.org](mailto:apdawi@apdaparkinson.org) or call/text 608-345-7938.

## STAFF

Sue Richmond - Director

Rebecca Gleason - Financial Specialist

Larry Bergum & Vacancy- 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

Volunteers Wanted

## Letter from the Director



There is no shortage of interesting facts about February. It is the shortest month of the year, even in leap years, it only has 29 days instead of 28. One tradition known during a leap year is that **women can propose to men**. This tradition is probably the best known and dates back to 5th Century Ireland when St Brigid allegedly struck a deal with St Patrick, allowing women to propose on February 29.

The first Sunday of February is Super Bowl Sunday. Could this be the year for the Green Bay Packers? Whatever team you support, it is sure to be a game you will want to watch. Super Bowl Sunday is the second-biggest eating day of the year for Americans, which helps to raise the sales for National Snack

Food month. If you don't like to watch the game, you can keep busy by eating.

Love is in the air on February 14 when we celebrate Valentine's Day filled with hearts, gifts, and chocolates. Speaking of hearts, February is also American Heart Month. A time when all of us should focus on our cardiovascular health. Know the signs of a heart attack or stroke.

For more than 40 years, February has been Black History month. The pre-Cursor to Black History Month, however, is a lot older. Black leaders in 1926 dedicated the second week in February to the recognizing the history of African-Americans—a week chosen to coincide with the birthdays of Abraham Lincoln (Feb. 12) and Frederick Douglass (Feb. 14).

For a short month, February has a lot to celebrate. May it be filled with love,

*Susan L. Richmond*  
Director



## SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE



### 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 listed here:

**Ascension:** Ascension will contact their clients directly

**Aspirus:** 844-568-0701

**Lac View Desert Health Ctr:** 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



## 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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158 S. Anderson St, Ste 3, Rhinelander, WI 54501 (715) 365-3232

**Concerned about Medicare fraud?  
Give us a call...**

**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.

**Earn Extra Income While Making a Difference**

Join our team at

**New Horizons Family Services, LLC**

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

YOU bring to *New Horizons*:

- 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



## Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

## Find and register for Stand Up and Move More!

### Workshop Information

**Wednesdays**  
**February 16—March 9, 2022**

**Booster Session on April 6**

**1:00-2:30 p.m.**

**At Vilas County Courthouse,  
Eagle River, WI**

**Cost: FREE**

**To register contact the ADRC at  
(715) 479-3625 or (800) 374-1123**

**Space is Limited!!**

**How much is too much time sitting during the day? Find out and learn strategies to help you...**

# Stand Up and Move More!

On average, older adults spend more than 60% of their waking hours in sedentary activities — mostly sitting. Research shows that too much sitting is bad for your health.

The Stand Up and Move More program helps you add more standing time into your day so you feel better and improve your health.

## Join a Stand Up and Move More class to learn:

- ◆ The consequences of too much sitting time and the benefits of more standing time
- ◆ Strategies for incorporating more standing time into your day
- ◆ To set achievable goals and address problems or barriers



[wihealthyaging.org/standup](http://wihealthyaging.org/standup)

# What is the Medicare Advantage Open Enrollment Period?

By the GWAAR Legal Services Team

Beginning January 1 through March 31, 2022, individuals who are already enrolled in a Medicare Advantage Plan can make certain changes. Individuals can only make one change during this period, and the change is effective the first of the month following the month the plan gets the request.

If you are enrolled in a Medicare Advantage Plan as of January 1, 2022 (with or without drug coverage) you can do the following:

- Switch to another Medicare Advantage Plan (with or without drug coverage); or
- Disenroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you'll be able to join a standalone Medicare drug plan.

During this time, you can't do the following:

- Switch from Original Medicare to a Medicare Advantage Plan;
- Join a Medicare drug plan if you're in Original Medicare; or
- Switch from one Medicare drug plan to another if you're in Original Medicare.

Questions? Vilas County residents should contact Susan Corrieri, Elder Benefit Specialist for more information.

<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: 715-367-0097   <a href="mailto:Gayle@legacyofthenorthwoods.com">Gayle@legacyofthenorthwoods.com</a></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>





## How to Really Help a Caregiver

Your good friend seems different lately. You know that her husband's health has been failing and she has been taking him to more doctors' appointments. But she hasn't been returning your calls. You've offered to help but she hasn't accepted it. You begin to wonder if maybe she doesn't want your help. Or your calls.

Trust me, she does.

Caregivers have so much on their plates when caring for a loved one. They are under a great deal of stress and often don't reach out or accept help that is offered. It's often really hard for someone to ask for help. Or to tell you what they need when you say "let me know what I can do to help". Caregivers don't want to be a burden to anyone and it's hard to sort through the 'to do' list and delegate.

They may want to, or feel they need to, provide all the care themselves. But there are things you can do. Here are some tips to really help a caregiver:

- Let her know you don't know what it's like to be in her situation but that will help in any way you can. Try to imagine what it would be like to be in her shoes. What would be helpful for you
- When you offer to help, she may not know what to ask for help with. Be prepared to offer specific ideas. Some ideas include; offer to walk her dog, pick up a few groceries or sit with her husband so she can run some errands.
- Allow her to vent. Listen to what she needs to say. She does not expect you to have the answers. She just needs someone to hear her. You may not know what it is like to be a full time caregiver, but if it was you, you would want someone to talk to about the tough times.
- Make a point to call before you visit and offer to pick up items from the store or pharmacy.
- Set up a 'standing appointment' if possible with her. For example, offer to come over every Saturday morning for 2 hours so that she can do whatever she would like. She will have something to look forward to each week – the promise of time to herself.
- Bring in a hot meal and clean up afterwards. She is making sure her loved one eats well but may not be eating a balanced meal herself.

She may not have needed help when you offered a week ago. Continue to offer and show that you care. Caregivers often forget to take care of themselves. They put their own health and well-being on the back burner. They expend so much energy on taking care of their loved one that they have little energy left for anything else. Knowing that you care means the world.

You may be surprised how much a kind, reassuring word can mean to a caregiver. They are dealing with stress, anger, pain and often daily changes which are frightening. Acknowledge that she is doing a good job. Words of encouragement can be just the fuel she needs to keep going.

We know that when caregivers are supported, they can provide care more effectively, more safely, and for a longer period which is a benefit to everyone. If you are a caregiver or know a caregiver, please call Amie Rein at the ADRC of Vilas County to learn about supports and resources that can help you help the ones you love.

*Victoria Johns, Caregiver Support Coordinator  
Aging & Disability Resource Center of Central Wisconsin*

*\* This article was written from a female friend perspective but is applicable to male caregivers and the importance of the support of their male friends.*

## 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

### Gary Fawcett

**Who is Gary?** You can find this dedicated volunteer driving home delivered meals in the Eagle River area and providing volunteer transportation.

**What is the most enjoyable aspect of your position?** *Able to help people!*

**What would you do with \$1 million?**  
*Give it away.*

**What's the farthest away you have traveled?** *Vietnam*

**If you could pick a day to relive over, Groundhog Day style, what day and why?**  
*The birth of children & grandchildren*

**What's your favorite saying or motto?**  
*Be the change you wish to see in the world.*



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**

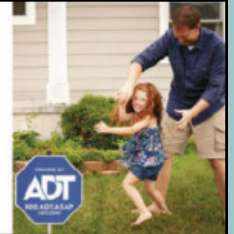
For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

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[www.4lpi.com/careers](http://www.4lpi.com/careers)

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# 2022 Eagle River Ice Castle



1/7/22: ERFD Deputy Chief Burr and Assistant Chief Simac cutting ice blocks on Silver Lake for the Ice Castle.



1/11/22: From Eagle River Fire Department Facebook page: The 2022 Ice Castle is complete! We have lost some long time firefighters since the last castle. We lit the tower in remembrance of all those that we have lost. We lit the castle purple in remembrance of sweet Berklee. Thank you to all of our firefighters, volunteers, and community for your support!

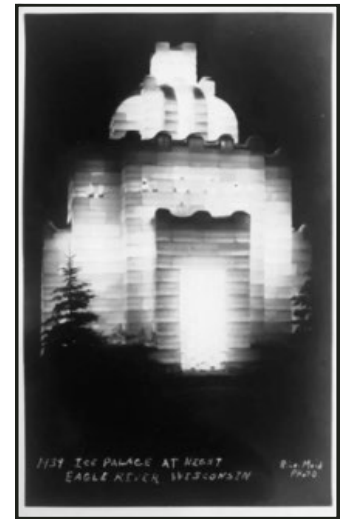
(The department lit the castle purple this year in remembrance of Berklee Adamovich, a 10-year-old girl who passed away from cancer two weeks before Christmas.)



1/10/22 Volunteers braved below zero wind chills to construct the castle within a few days.



1/9/22 Over 2,000 blocks of ice were harvested from Silver Lake and taken to the site.



Do you remember past Eagle River Ice Castles? This photo is from 1939!!

## 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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