



*June
2021
Newsletter,
Volume 8,
Issue 6*

*Forest
County
Office on
Aging*

**Forest County
Contact Numbers:**

**Office on Aging:
715-478-3256**

**Health Department:
715-478-3371**

**Veterans Office:
715-478-3722**

**Aging & Disability
Resource Center:
1-800-699-6704**

**Hours of Operation:
Monday-Friday
8:30AM- 4:30PM**

**Like us on Facebook:
Forest County
Commission on Aging**

Website: fcaging.com



**MEALS ON WHEELS
AMERICA 2021 MEMBER**



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Mark Your Calendars

- 6/3: National Egg Day
- 6/3: World Bicycle Day
- 6/4: National Cheese Day
- 6/4: National Doughnut Day
- 6/5: World Environment Day
- 6/6: D-Day Anniversary
- 6/7: National Chocolate Ice Cream Day
- 6/7: World Food Safety Day
- 6/14: Flag Day
- 6/14" World Blood Dona Day
- 6/15: World Elder Abuse Awareness Day
- 6/20: Start of Summer
- 6/20: Father's Day
- 6/23 United Nations Public Service Day



From the Director's Desk

Tammy Queen

**Forest County Office on Aging
200 E. Madison St. Crandon, WI**



Our office is excited to announce that we received our new bus from a grant that we were awarded in 2019. Due to the pandemic, it took a while for us to receive it. It is here and we are excited for our community to start riding in it. The bus is a 12-passenger, 2 wheelchair accessible midsize bus that has very comfortable seats.

In May, we expanded our bus routes to include a route to Antigo once a month. All bus trips include stopping for lunch, and the hours of the trip have been increased.

The bus will be available on Tuesdays and Thursdays of the month with various locations. If you are interested in riding the bus, please call Pam Blank at 715-784-1049. We pick most riders up from their homes and assist with packages. If you have been on the fence about riding the bus, I suggest you try it, you will not be disappointed.

We resumed Meals on Wheels Program (AKA Home Delivered Meals) daily delivery of hot meals. Crandon and Laona will deliver on Mondays, Tuesdays and Wednesdays. Wabeno will deliver Mondays, Tuesdays and Thursdays and Armstrong Creek will deliver Tuesdays and Wednesdays. If you are a MOW participant please remember to give the MOW driver your empty and clean container the next delivery day. Our office continues to work with the Forest County Health Department to assure appropriate guidelines are being followed. We have had a few issues with individuals not being home when our volunteer drivers deliver meals. Please understand that we cannot come into a person's home without someone there. If you are not going to be home when your meal is delivered, it is the participant's responsibility to contact the meal site manager or tell the MOW driver that you will not be home. If you do not answer the door when we deliver your meal, the driver will try to call you first, if you don't answer, we will attempt to call your emergency contact. If they do not answer or do not know your whereabouts, we will call the Sheriff's Dept. to do a wellness check to make sure you are safe. Our program is more than a meal; we want to make sure you are safe and healthy. You may feel it is intrusive, but you will appreciate it if an emergency does occur and you cannot get help.

At this time, we will continue with the carry-out meals for the congregate dining. We are hoping to resume congregate dining later this year. Our staff and participants safety are our office's main concern. Please be patient, we are just as eager to resume to a "new normal" and see all of our great participants as you are. If you have any questions, feel free to contact Tammy Queen, Office on Aging Director at (715) 478-3256 or email tqueen@co.forest.wi.us.

Article Continued on page 10



Meet Our Staff

Office On Aging

Tammy Queen, Director
Kayla Paquette, Receptionist
Joan Ginter, Fiscal Agent
Kathy O'Melia, Elder Benefit Specialist
Christina Ritzer, Nutritionist
Site Managers, see page 12
Bus Drivers, see page 14

Commission On Aging Committee

Cindy Gretzinger– County Board Chair
Mike Miller, Chairperson
Jack Matuszewski– Supervisor
Larry Sommer
Jean Jungwirth-Secretary
Wendy Abney
Casey Sponable
Ann Koziol
Rhonda Roberts

Contributors

Forest County Health Department:

Jacee Shepard, Health Director
Holli Denton, RN, BSN
Kathryn Kincaid, RN

Forest County Veterans Office:

Robb Kopljen, CVSO

ADRC of the Northwoods

Chef Adam Dewing
Florence Kostka

Crandon Public Library

Stephanie Schmidt, Director

Laona Public Library

Felicia Albrecht, Director

Wabeno Public Library

Cindy Lemerande, Director

Community Outreach Specialist

Julie St. Pierre

GWAAR

Jane Mahoney

Pam Van Kampen, RDN CD

UW Extension

Karly Harrison

TRIVIA

Challenge

- 1. What's the shortcut for the "copy" function on most computers?**
- 2. Google Chrome, Safari, Firefox, and Explorer are different types of what?**
- 3. Who discovered penicillin?**
- 4. What is meteorology the study of?**
- 5. Which natural disaster is measured with a Richter scale?**
- 6. Which planet has the most gravity?**
- 7. How many molecules of oxygen does ozone have?**
- 8. Who is often credited with creating the world's first car?**
- 9. Which auto brand was the first to offer seat belts?**
- 10. What or who is the Ford Mustang named after?**
- 11. How many parts (screws and bolts included) does the average car have?**
- 12. What is celebrated on the 2nd Saturday in June in the United Kingdom?**
- 13. Which country did AC/DC originate in?**
- 14. What was the name of the rock band formed by Jimmy Page?**
- 15. According to the commercial, "what is the fabric of our lives"?**
- 16. How many films did Sean Connery play James Bond in?**
- 17. Which Indiana Jones movie was released back in 1984?**
- 18. What was the name of the actor who played Jack Dawson in Titanic?**
- 19. What was the verdict in the O.J. Simpson murder trial?**
- 20. Which watch company has a pointed crown as its logo?**

ANSWERS ON PG. 20

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What's New at the Forest County Health Department?

June is Alzheimer's and Brain Awareness Month!

Alzheimer's is a type of brain disorder that causes problems with memory, thinking, and behavior. This is a gradually progressive condition that is very common in the US, with more than 3 million cases per year being diagnosed. Treatments can help manage the condition, but there is no known cure. Alzheimer's can last several years or be lifelong.

Early symptoms of Alzheimer's can include memory loss, misplacing items, forgetting the names of places and objects, repeating things, or asking the same questions over and over, becoming less flexible and more hesitant to try new things.

Middle stage symptoms include increasing confusion and disorientation, obsessive, repetitive or impulsive behavior, believing things that are not true, problems with speech or language, disturbed sleep, changes in mood, and difficulty performing simple tasks. **Later symptoms** include difficulty in changing position or moving around without assistance, considerable weight loss or weight gain, gradual loss of speech and significant problems with short and long term memory.

Treatment focuses on maintaining the mental function and managing behavioral symptoms, and slowing the disease progression. Work with a health professional for the best treatment.

It is important to create a safe environment for a person with Alzheimer's. Keep keys, wallets, mobile phones and other valuables in the same place in the home. Help them develop a habit of carrying a mobile phone with location capability, using a calendar at home to track daily schedules, and checking off completed items. Remove excess furniture and clutter, make sure they exercise regularly and eat healthy.

For information on Alzheimer's visit:

<https://www.alz.org>

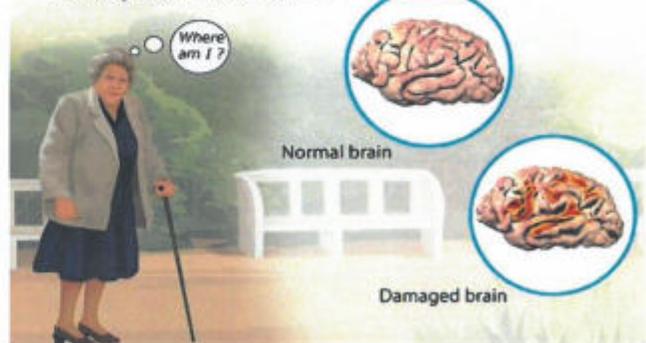


10 Early Signs of Alzheimer's

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work, or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking and 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.

If you notice any of the 10 warning signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor

Memory loss and confusion



The Forest County Health Department is accepting walk-ins for the Johnson & Johnson Covid-19 vaccine. Please call 715-478-3371 for more information.

- *Hour of the Witch* by Chris Bohjalian
- *Arctic Storm Rising* by Dale Brown
- *The Most Beautiful Girl in Cuba* by Chanel Cleeton
- *The Saboteurs* by Clive Cussler & Jack B. DuBrul
- *The Last Thing He Told Me* by Laura Dave
- *The Final Twist* by Jeffery Deaver
- *An Amish Surprise* by Shelley Shepard Gray
- *Before the Crown* by Flora Harding
- *Basil's War* by Stephen Hunter
- *The Woman With the Blue Star* by Pam Jenoff
- *Local Woman Missing* by Mary Kubica
- *The Stepsisters* by Susan Mallery
- *My Time Will Come* by Ian Manuel & Bryan Stevenson
- *Things I Learned From Falling* by Claire Nelson
- *Killing the Mob* by Bill O'Reilly & Martin Dugard
- *21st Birthday* by James Patterson & Maxine Paetro
- *Legacy* by Nora Roberts
- *The Next Wife* by Kaira Rouda
- *The Last Green Valley* by Mark Sullivan
- *That Summer* by Jennifer Weiner
- *Project Hail Mary* by Andy Weir



Crandon Library Contact Information: (715) 478-3784



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Understanding Medicare can be challenging! But it is worth the effort to learn how to make the most of your Medicare options. It is also important to learn about the Medicare related benefit programs that can save you money if you qualify. The Medicare Savings Programs and Extra Help for Medicare Part D assist eligible people with their Medicare costs and Part D prescription drug costs. Read these frequently asked questions and answers to see if these programs could help you or someone you know.

What are Medicare Savings Programs? Medicare Savings Programs assist seniors with limited incomes and assets to pay for some or all of Medicare's premiums, deductibles and co-pays.
What do Medicare Savings Programs help pay for? Depending on your income, they will pay for the Part B premium and possibly Part A and B deductibles and co-payments.

What is the Part B premium? Unless you are already on a special program, most people with Medicare have the Part B premium automatically deducted from their Social Security checks each month. In 2021, the standard Part B premium is \$148.50.

How low does my income need to be in order to qualify for Medicare Savings Programs? The 2021 monthly **GROSS** income limit for an individual is \$1,449 per month or for a couple the limit is \$1,959 per month.

What is counted as income? All of your income is counted including Social Security, pensions, annuities, veteran's benefits, rental income, etc. Also, you must include the amount that is automatically withdrawn from your Social Security check to pay for the Medicare Part B premium as part of your income. In 2021, the standard Part B premium that needs to be added back in for your gross income is \$148.50.

What are the asset guidelines to be eligible for the program? Individuals must have assets or resources less than \$7,970 and couples must have assets below \$11,960.

What exactly qualifies as an "asset?" Your assets include money in checking accounts, savings accounts, CD's, stocks, bonds, mutual funds, IRA's, investments, cash and any real estate other than your home.

Does my house or car count as an asset? The house you are living in and your car are not counted as assets.

What is "Extra Help" for Part D? Extra Help – also known as Low Income Subsidy (LIS) - is a program that helps people with limited income and assets pay for the premiums, deductibles and co-pays for their Medicare Part D prescription drug insurance. Just like the Medicare Savings Programs, your income and assets are considered for determining how much help you can get.

How much income can I have and still qualify for Extra Help? Your Gross income can be up to \$1,610/month for an individual or \$2,177/month for couples.

What is the asset limit to be eligible for Extra Help? Individuals can have up to \$13,290 and couples can have up to \$26,520.

If I don't qualify for Extra Help can I still get Part D drug coverage? Yes. Whether or not you qualify for Extra Help does not affect your eligibility for a Part D plan.

If my income is low enough but I am over the asset limit, are there any other programs I can qualify for? Senior Care is a low-cost prescription drug program that considers only your income -- not your assets. You may want to check out this program if you are over the asset limit for Extra Help but still have limited income.

I think I meet the qualifications! How do I apply for the program? Contact your county's Aging and Disability Resource Center (ADRC) for more information about these programs. They will guide you through the application process.

It looks like I am just a little over the income and asset limits. Does it pay to look into this further? YES! The benefit specialists may be able to help identify some things that are not counted toward the limits, such as money set aside for a burial account. If you are close to the qualifying guidelines you should call to ask specific questions.

I am part of a church or civic group that might be interested in receiving more information about these programs. How can I best get this information to my group? Call your local Aging and Disability Resource Center for brochures, and fliers. The more people we can reach with this information, the better!

For Forest County residents, and more information about Medicare Savings Programs or Extra Help for Medicare Part D please call the Aging and Disability Resource Center of the Northwoods (ADRC) at 800-699-6704.



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What's New at the Forest County Health Department?

June is Cataract Awareness Month

Cataracts are a common condition that cause clouding of the lens in the eye. There are more than 3 million cases diagnosed per year in the US. Cataracts come on gradually, and if not treated, may result in vision loss. Cataracts develop when proteins in the eye form clumps and prevent normal movement of light through the eye to the retina. Cataracts can be removed with surgery. Most age-related cataracts may progress over a period of two years. Other types of cataracts, especially in younger people and diabetics, may progress fast.

Symptoms include:

- Clouded or blurred vision
- Difficulty seeing at night
- Sensitivity to light and glare
- Need for brighter than normal light to read and see objects
- Seeing objects in faded or yellow color
- Headache due to changes in vision
- Eye pain

Causes:

The majority of cataracts are related to aging; yet cataracts are sometimes seen in babies. This type of cataract is called congenital cataract. Cataracts may also develop as a result of other diseases such as diabetes or trauma to the eye. There are certain risk factors that can increase your chance of developing cataracts, these risk factors include: being over 55 years old, having a family history of cataracts, diabetes, injury to the eye, long term use of steroid medications (especially eye drops), history of eye surgery, smoking, obesity, and high blood pressure.

Treatment:

Cataracts can be removed completely with surgery.

Blurred vision due to clouding of the lens



To protect your vision, see your eye doctor regularly and report any changes in your vision. For free information on cataracts, call Prevent Blindness at (800)331-2020 or visit the Prevent Blindness website at <https://preventblindness.org/cataract/>.





DAV Transportation Route

The DAV Van runs Wednesday and Thursday to Iron Mountain VA Medical Center. Reservations are made on first come, first serve basis and appointments must be made no later than 4:00 p.m. the Thursday before the week the Veteran wants to ride. All riders must be ambulatory, the van cannot accommodate wheel chairs or oxygen containers and the driver cannot lift or attend medically to any patient.

To make a reservation please call: (715) 369-6227 from 8:00 a.m. - 4:30 p.m.

Address and time of pickup is as follows:

Crandon, 200 E. Madison Street (Courthouse, front parking lot) at 6:55 a.m.

Laona, 5271 Linden Street (Volunteer Fire Station, back parking lot) at 7:15 a.m.

Cavour, Corner of 8 & 139 (No physical address) at 7:30 a.m.

Armstrong Creek, 9343 State Hwy 101 (Maplewood Villa Assisted Living) at 7:45 a.m.

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For more information about the Family Care Program, contact your local Aging and Disability Resource Center (ADRC).

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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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We will be offering two in-person Strong Bodies Strength classes starting in July. Both classes will be offered at the Crandon Public Library's lower level and registration will be limited to 15 participants per class. Wendy Abney will be leading the basic class that will meet on Tuesdays and Thursdays from 9:00 am to 10:00 am. Jean Jungwirth and Jan Sprink will be leading an intermediate class on Mondays and Wednesdays from 1:00 pm to 2:00 pm. Both classes will start the week of July 6th and run through September 30th. Please note that County Offices will be closed for the 4th of July on July 5th and September 6th for Labor Day. All participants will be required to complete and return new enrollment forms. All participants who have chronic medical conditions or are age 70 and over will be required to submit a physician's authorization form that is good for one year to our office before participating in a class. In addition, participants who complete and turn in their enrollment forms by June 30th to our office or the Crandon Library will be the individuals who will be taking the class. Physician authorizations will need to be completed by the first day of class in order to participate; it is preferred if they are completed and handed in with registrations forms but will accept physician authorizations the first day of class. We will not be allowing participants to attend both classes. If you are enrolled in the 9:00 am class, you can only attend the 9:00 am class. Due to limited enrollment, we ask that individuals only enroll if they truly plan on attending as there may be a waiting list. Laona will not be holding a class as there is no instructor to lead the class. If you are interested in becoming a leader and have completed one full 12- week basic Strong Bodies class, please contact Tammy for leader training opportunity. If you are interested in enrolling into a class, you can pick up and drop off enrollment forms at either the Crandon Public Library or the Office on Aging Receptionist, located in the Social Services office. Deadline is June 30th for enrollment.



Forest County Office on Aging's new bus!!

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or older

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Alvin Town Hall

16942 Hwy. 55N

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Serving: 4:00 p.m.

On: Thursday

Site Manager: Florence Kostka

Phone: 715-545-4063

Assistant: Elaine Netherly

Site Phone: 715-545-3323

Armstrong Creek Comm. Center

7860 Old 101 Rd.

Armstrong Creek, WI 54103

Serving: 11:30 a.m.

On: Tuesday & Wednesday

Site Manager: Sharon Giles
(Bobo)

Site Phone: 715-336-2218

Phone: 715-674-3532

Crandon Community Building

601 West Washington St.

Crandon, WI 54520

Serving: 12:00 p.m.

On: Mon, Tues & Wed

Site Manager: Debbie Brock

Phone: 715-478-0742

Site Phone: 715-478-3040

Laona Senior Citizen Center

5277 Linden St.

Laona, WI 54541

Serving: 12:00 p.m.

On: Mon, Tues & Wed

Site Manager: Peggy Alderton

Phone: 715-889-3116

Wabeno Town Hall

4473 N. Branch St.

Wabeno, WI 54566

Serving: 11:30 a.m.

Congregate: Mon, Tues & Thurs

Home Del: Mon, Tues & Thurs

Site Manager: Linda McEwen

Phone: 715-889-0123

If unable to contact the meal site or site manager to register or cancel
a meal please call Office on Aging at **715-478-3256**.

Crandon Laona Wabeno Congregate Wabeno Home Del.	Armstrong Creek Crandon Laona Wabeno Congregate Wabeno Home Del.	Armstrong Creek Crandon Laona	Wabeno Congregate Wabeno Home Del.	Alvin
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	THURSDAY
all meals are served with low-fat white or chocolate milk, coffee and/or ice water. Please call Site Manager to reserve or cancel a meal 24 hours in advance if possible.	1 Beef Tips Mashed Potato Broccoli Dinner roll Raspberry Lemon Bar	2 Pork Chop Roasted potato Carrots Italian Bread Applesauce	3 White Bean Chili Turkey Sandwich on whole wheat Fruit Oh Henry Bar	NO MEALS 
7 Chicken Stir Fry Stir Fry Veggies Brown Rice Fruit Egg Roll Jello w/ fruit	8 Beef Pot Roast Mashed Potato Harvard Beets Dinner Roll Apple Pie square	9 Pulled Pork on a Bun Potato salad Cole slaw Fruit Banana Cake	10 Pulled Pork on a Bun Potato salad Cole slaw Fruit Banana Cake	NO MEALS
14 Vegetable Barley Soup Chef's salad w/ Turkey, Egg, Tomato, Cucumber Apple Cake	15 BBQ Chicken Roasted potato Baked beans Wheat Bread Peach cobbler	16 Beef Lasagna Green Beans Fruit Garlic Bread Jello w/ fruit	17 Beef Lasagna Green Beans Fruit Garlic Bread Jello w/ fruit	NO MEALS 
21 Pork Boiled Dinner w/ Potato, Carrots, Rutabaga & Cabbage Corn muffin Apple crisp	22 Fish w/ Tartar sauce Baked Potato w/ Sour cream Peas & Carrots Sourdough Bread Raspberry Lemon Bar	23 Chicken Thigh Spanish rice Corn O'Brien Fruit Mandarin Orange jello	24 Chicken Thigh Spanish rice Corn O'Brien Fruit Mandarin Orange jello	
28 Salisbury Steak w/ Gravy Mashed Potato Broccoli Dinner roll Fruit Cup	29 Pork Chop Roasted potato Carrots Italian Bread Applesauce	30 Bean Soup w/ bacon Tossed Salad w/ Ham Fruit Corn muffin Snickerdoodle Cookie	7/1 Bean Soup w/ bacon Tossed Salad w/ Ham Fruit Corn muffin Snickerdoodle Cookie	Nutrition Sites Alvin-545-3323 Armstrong Creek-674-3532 Crandon-478-3040 Laona-715-889-3116 Wabeno-889-0123

F. C. OFFICE ON AGING DOT BUS SCHEDULE
Reservations call: Pam Blank: 715-784-1079

June 1st	Tuesday: Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi's only. Will stop for lunch. Depart Rhinelander at 2:00 pm. Bus Driver: Pam Blank
June 3rd	Thursday: Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi's only. Will stop for lunch. Depart Rhinelander at 2:00 pm. Bus Driver: Pam Blank
June 8th	Tuesday: Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi's only. Will stop for lunch. Depart Rhinelander at 2:00 pm. Bus Driver: Pam Blank
June 10th	Thursday: Nelma, Alvin, Laona, and Crandon to Iron Mountain by 10:00 A.M. Will stop for lunch. Depart Iron Mountain by 2:00 P.M Bus Driver: Pam Blank
June 15th	Tuesday: Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi's only. Will stop for lunch. Depart Rhinelander at 2:00 pm. Bus Driver: Pam Blank
June 17th	Thursday: Hiles, Argonne, Crandon, Laona, and Wabeno to Antigo. Walmart and Fleet Farm. Will stop for lunch. Depart Antigo by 3:00 P.M Bus Driver: Pam Blank
June 22nd	Tuesday: Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi's only. Will stop for lunch. Depart Rhinelander at 2:00 pm. Bus Driver: Pam Blank
June 24th	Thursday: Hiles, Argonne, Crandon, Laona, and Wabeno to Rhinelander by 10:00 A.M. Walmart Complex and Aldi's only. Will stop for lunch. Depart Rhinelander at 2:00 pm. Bus Driver: Pam Blank

Ride the bus for only \$4.00 per day!



AGENT ORANGE

THE GIFT THAT
KEEPS ON GIVING



Veterans and Surviving Spouses of Veterans who served:

In-country Vietnam (1961-1975), on any of the **220 plus Navy vessels** during certain timeframes, specific bases in **Thailand**, or near the **DMZ of South Korea** (1968-1971).

Type 2 Diabetes
Ischemic Heart Disease
Hodgkin's Disease
Non-Hodgkin's Lymphoma
Bladder Cancer ***NEW**
Hyperthyroidism ***NEW**

Parkinson's
B-Cell Leukemia
Multiple Myeloma
Chronic Lymphocytic Leukemia
Parkinsonism ***New***

Cancer of the – Prostate, bronchitis, larynx, lungs, trachea,....
or 34 other forms of Soft Tissue Sarcoma

You may be entitled to VA healthcare and financial compensation.
(surviving spouses may be entitled to benefits if the Vietnam veteran died from any of these diseases)

Forest County
Veteran Services Office
Courthouse 200 E. Madison Street
Crandon, WI 54520
(715) 478-3722 or robbkoplien@co.forest.wi.gov

Forest County Office on Aging is looking for your thoughts and ideas that will help us improve programs and services for the residents of Forest County as they age. Your answers will help us develop a Three– Year Plan.

1. What do you think are the **top three** things that need to improve to help adults in our community as they age? **Please circle three:**

- Alternative transportation options
- Food delivery options
- Access to healthy food
- Home health options
- Help with Social Isolation and Loneliness
- Help understanding Medicare and drug plan choices
- Ways to keep fit and healthy
- Help with home repairs and upkeep
- Affordable housing options
- Support for family caregivers
- Dementia supports and services
- Access for people with disabilities
- Other: _____

2. Are there services or events you have heard of in other communities that you think would be helpful to older people in our county?

3. What are some services or ideas you feel would make our community more enjoyable to live in as you grow older?

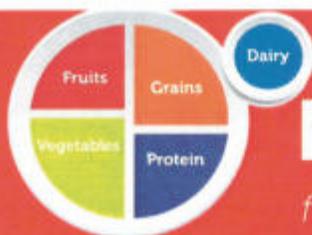
If you are interested in sharing more of your ideas about supporting older people in our community, please leave your name and contact information below.

NAME: _____

PHONE: _____

EMAIL: _____





NUTRITION NIBBLES

from FoodWise

CELERY



Did you know Celery is a high fiber, low-calorie food? Celery, along with other high fiber foods, helps to lower cholesterol levels, and promotes healthy blood pressure and sugar.

CELERY TIPS:

- Store celery in the refrigerator
- Is your celery wilted? If celery is not beginning to brown, you can crisp up your celery by standing cut celery stalks in a glass of cold water for at least 1 hour.
- Don't throw out the celery leaves! They are packed with flavor and can be used the same as an herb. Use them in salads, soups, sauces, etc..
- Celery can be frozen without blanching. Rinse celery under running water, trim and slice to desired size, and place in an airtight, freezer-safe container. Frozen celery is best used in cooked dishes.

Veggie Stir Fry

- 2 teaspoons oil
- 1 cup celery, washed and sliced
- 1 cup chopped onion
- 3 cups shredded or chopped cabbage
- 1/2 cup chopped green pepper
- 3/4 cup shredded or thinly sliced carrots
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Optional: chopped tomato*

1. Heat oil in a large skillet over medium-high heat.
2. Add celery, onion, and carrots. Cook 4-7 minutes until soft.
3. Add cabbage, green pepper, salt and pepper. Cook for 5-10 minutes, stirring often so cabbage sweats.
4. Add optional tomato and serve immediately.
5. Refrigerate leftovers within 2 hours.

Recipe adapted from: Oregon State University, Foodhero.org



FOOD WISE
Healthy choices, healthy lives.

UW-MADISON EXTENSION

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program - EFNEP.

Florence County: 715-528-4480 ext. 4,
Forest County: 715-478-7793
Oneida/Vilas County: 715-365-2750

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One of the most difficult experiences a caregiver may face is considering an out-of-home placement for their loved one. This can be particularly difficult when the person suffers from dementia and is not able to assist in the decision-making process. Although we usually think that keeping someone in their own home is the ultimate goal, sometimes there is a point when staying at home may no longer be the best option.

There are 2 main things to evaluate when making this decision: the needs of the person receiving care and the demands on the caregiver. Each person being cared for is different. Some are more difficult to manage while others may be easier to take care of. Additional medical problems may also complicate the situation.

Caregivers also have different circumstances. Some cope easily with large amounts of stress while others struggle with even small disruptions. Some have children and job responsibilities while others are able to devote more time to their loved one. It is important to look at your particular situation and not to compare yourself to someone else.

If you are wondering if it might be time to move your loved one to a continuing-care facility, you may find these questions helpful in deciding.

- ✦ Are the person's needs being met at home?
 - ✦ Is constant care required beyond my physical capability?
 - ✦ Is it always safe in the home?
 - ✦ Is there a concern that the person may harm themselves or others?
 - ✦ Does the person need specialized care not available or affordable at home?
 - ✦ Would an out-of-home setting provide opportunities for therapy and socialization that are not possible at home?
 - ✦ Would moving the person to a long-term-care facility allow me to devote needed time to my family/job/self?
 - ✦ Am I healthy and physically strong enough to take care of the person?
- Is there a care facility in the area that I trust?

The most important thing to remember is that moving your loved one to a care facility is NOT a sign of failure in your role as a caregiver. A caregiver's main job is to ensure that their loved one is getting the best care possible, while also prioritizing care for self, and sometimes that means a move to a care center.

Consider this. Your caregiving role will not end when your loved one moves, it will just change. When caring for someone at home, a caregiver spends endless hours doing personal cares, cooking, cleaning, and keeping your loved one safe. This may often include being up several times during the night. The caregivers' own health often becomes at risk.

When the person lives at a care facility, the time and energy you spent providing physical cares can now be focused on your relationship again. Their basic needs will be met by staff, but they still need you to provide social, spiritual, and emotional care. You can spend time doing things like looking at photo albums, reading together, watching old movies, or just sitting and enjoying each other. Your caregiving role continues, but your tasks and focus change.

The Forest County Commission on Aging has resources available to help you if you are considering long-term care placement. Call 715-478-3256 for more information.

*Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources*

At the Beach

S U N S C R E E N S U N B U R N
U A L F S A N D C A S T L E T U
N A E E E E L A E S E E S L E A
T N W E B L A N K E T E L I R A
A E O B E A C H E S R B A F O S
N E T T R U N K S S O R D E H Y
B O A R D W A L K A S E N G S F
E D E E S W I M T L U E A U L F
F A M I L Y E E E G R B S A L A
E E E S H E L L E N F S E R U T
E P O P S I C L E U L I E D G A
E U N I O E O L R S A R X U A A
B E A C H B A L L E K F A A E S
E F E T E E U M B R E L L A S A
W A V E S R A C L E G A E S U N
N A S W I M S U I T E C R A A T

Word List:

BEACH
FAMILY
SWIMSUIT
OCEAN
SUNSCREEN
SUNGLASSES
SANDALS
TOWEL

BEACHBALL
FRISBEE
UMBRELLA
POPSICLE
SWIM
SURF
SEAGULL
BLANKET

BOARDWALK
SHORE
LAKE
RELAX
SUNTAN
SANDCASTLE
TAFFY

BOAT
WAVES
LIFEGUARD
SUN
SUNBURN
SHELL
TRUNKS





Trivia Answers

1. Ctrl C
2. Web Browsers
3. Alexander Fleming
4. Weather
5. Earthquakes
6. Jupiter
7. 3
8. Karl Benz
9. Nash Motors
10. A fighter plane in WWII
11. 30,000
12. The Queen's Official Birthday
13. Australia
14. Led Zeppelin
15. Cotton
16. 7
17. Indiana Jones and the Temple of Doom
18. Leonardo DiCaprio
19. Not Guilty
20. Rolex

Interesting Facts about the month of June!!

- ◆ June's full Moon, the full Strawberry Moon, occurs on Friday, June 5. It reaches peak illumination at 3:12 P.M. (EDT) that afternoon, but will not appear above the horizon until just after sunset. Find out why it's called the Strawberry Moon!
- ◆ June's Birth Flower is HoneySuckle or Rose
- ◆ The honeysuckle denotes the bonds of love, or generous and devoted affection.
- ◆ A rose in general indicates love or desire. Specific roses may relate other messages. For example, a white rose may mean "silence" or "new beginnings," while a yellow rose signifies "jealousy."
- ◆ June's birthstone is generally considered to be the Pearl, as well as Alexandrite and Moonstone.
- ◆ Pearls are associated with purity, honesty, and calmness. If you dream of a pearl ring, expect romance