



Caregiver and Family News: **Living Well in our Best Years**



**Summer
2020**

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2020 Election Dates:

August 11.....Partisan Primary

November 3.....General & Presidential Election

Hello,

I wrote this close to June 14th, Flag Day. In looking up the meaning of Flag Day, I discovered it was established when the Second Continental Congress took a break from writing the Articles of Confederation and Perpetual Union. It was the first written constitution of the United States. The flag consisted of 13 stars and stripes representing the 13 colonies who fought in an act of unity to become independent from Great Britain.

Unity and independence are two very solid words and can represent opposite meanings. Yet both can exist at the same time. One thing is certain, many are graced with the ability to express independence through individual thoughts, ideas and actions because of the freedoms we are afforded. We are also fortunate to be able to join together and help one another, whether by running errands for an elderly neighbor, sharing childcare or providing a meal for a family who is currently lacking the means to cover all the bases. During these uncertain and tumultuous times, I am amazed at the outpouring of positive community action to help take care of one another. A light shines bright on what good deeds have been carried out across our region.

Here in the ADRC office, we've changed the way we are providing a variety of services and remain open and available. Please see p. 2 for some important changes.

Until next time, Live Well,

Carrie Linder
Carrie Linder, CSW
Aging & Disability
Services Manager

Elizabeth Lexau
Elizabeth Lexau
Human Development &
Relationships Extension
Educator

ADRC of the North: Changes & Updates



Here are a few important notes to consider:

- Bayfield County Government encourages all residents to “Skip the Trip” and call or email with questions, concerns, or inquiries.
- All staff continued to work through the “Safer at Home” initiative to slow the spread of COVID-19. We continue to serve via phone, email, or online. Call us at 1-866-663-3607 or email the office at adrc@bayfieldcounty.org
- Our website has a lot of good up to date resources and information on various services. Please go here: <https://www.bayfieldcounty.org/1190/COVID-19-Human-Services-Information> or check out Facebook for information, tips and updates: [Aging and Disability Resource Center of the North - Bayfield County](#)
- Meals on Wheels continue to be delivered on a weekday basis and new referrals are welcomed for individuals age 60 and older. Please call 715-373-3353 or 1-866-663-3607.
- Senior Dining Sites are closed until further notice; some offer “Grab and Go” meals or individuals can consider Meals on Wheels as an option.
- All health promotion activities and support groups have been postponed; online options may be a possibility. Please call 1-888-663-3607 for more information.



Cleansweeps: Safely dispose of *Hazardous Waste*



New Iron River Location!

Bayfield County Cleansweep August 11 ~ 2pm - 7 pm → Bayfield County Fair Grounds 7080 North Main St, Iron River	Ashland County Cleansweep August 12 ~ 2pm - 7 pm WITC Ashland Campus 2100 Beaser Ave, Ashland	
Price County Cleansweep September 29	Sawyer County Cleansweep September 30	Residents may participate in any event, regardless of county of residence.

2020 Census Operational Adjustments Due to COVID-19

Census data drives resources into our communities.

Make sure you count.

WISCONSIN
COUNTS 2020

The Census Bureau has adapted or delayed some operations to protect the health and safety of staff and the public

and make sure they get the same population counted another way.

Self-Response Phase – You still have time to fill out the survey you received!

Online, phone and mailed self-responses will continue throughout the data collection process.

Revised Schedule

March 12 – October 31 Update Leave –

Census takers will drop off invitations and paper questionnaires at the front doors of households for those who have not turned in their survey, or that have a post office box. They will update your address if necessary.

WHY IS THE CENSUS RESUMING IN SOME AREAS NOW?

The U.S. Census Bureau has consulted with federal, state, and local health officials and the Opening Up America Again guidelines at www.whitehouse.gov/openingamerica/ and determined that it is safe to resume 2020 Census operations on a phased approach in some areas of the country. Following a thorough review, Census Bureau operational leadership has assessed it's safe for employees and the public to restart operations in the selected areas. Employees are being trained and equipped to help keep everyone safe while fulfilling the constitutional mandate to count the U.S. population.

WHAT OPERATIONS ARE RESUMING?

Where it's safe, census field staff are resuming the fingerprinting and hiring process for new staff and delivery of census questionnaires. The Census

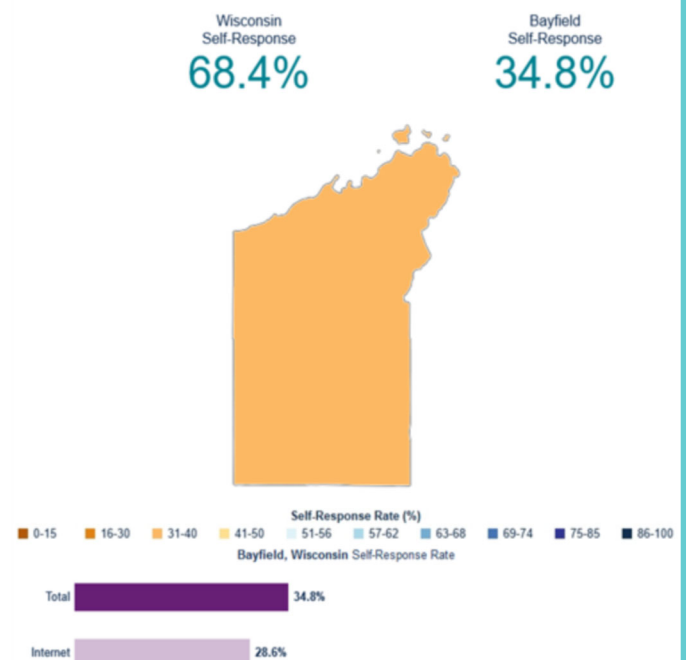
Bureau is resuming the Update Leave operation. This operation is done in our area where many households do not receive mail at their home. Census workers will leave the questionnaire and update your address.

HOW WILL THE PUBLIC KNOW CENSUS STAFF WILL BE BACK IN THE AREA?

The Census Bureau plans to alert the public, elected officials, local law enforcement, key stakeholders, and local media every Friday about where census staff will resume work in the week to follow.

HOW ARE YOU PROTECTING EMPLOYEES AND THE PUBLIC?

As 2020 Census operations resume, the Census Bureau is incorporating the most current federal, state, and local guidance to promote the health and safety of the public and our employees. Consistent with federal, state, and local guidance, the Census Bureau is providing face masks and gloves for employees to wear. In addition, they will provide employees with hand sanitizer. Field staff will complete a virtual COVID-19 training to ensure they follow appropriate social distancing protocols and all appropriate health and safety guidance.



CARES Act Economic Impact Payments Updated 6/2/2020



Phone Number for General EIP Questions Now Available

You may recall that up until now, the only way to get EIP information was online. This presented a hurdle for many individuals. The IRS now has a hotline for general EIP questions.

The number is 1-800-919-9835.

Direct Deposit or Paper Check or Debit Card?

Individuals who filed 2019 or 2018 taxes will receive their stimulus payment based on the way they received their tax return from 2019 (or 2018), whether via direct deposit or by mailed paper check.

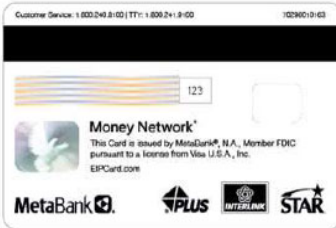
The IRS has set up an online portal called 'Get My Payment,' for individuals who need to update direct deposit information, or who normally receive a paper check but would prefer to receive their economic impact payment via direct deposit, or to check the status of their payment.

The portal is located here <https://www.irs.gov/coronavirus/get-my-payment>

Some individuals will receive their payment via an EIP card. The card is going to come to individuals *for whom the IRS does not have direct deposit info.*

At this time, there is no mechanism to check if an individual's payment will arrive via paper check or via EIP Card.

The EIP Card looks like this:



Please note the following facts published by the U.S. Treasury about EIP Card recipients:

- EIP Card recipients can make purchases, get cash from in-network ATMs, and transfer funds to their personal bank account without incurring any fees.
- They can also check their card balance online, by mobile app, or by phone without incurring fees.
- The EIP Card can be used online, at ATMs, or at any

retail location where Visa is accepted.

- This free, prepaid card also provides consumer protections available to traditional bank account owners, including protections against fraud, loss, and other errors.

The IRS has advised that the debit cards arrive in a plain envelope from "Money Network Cardholder Services."

This week the U.S. Treasury shared that if you have accidentally thrown out this piece of mail thinking it was junk mail, you can get a replacement EIP Card. Call 1-800-240-8100 and select option 2 from main the menu.

More information on the EIP Card including how to activate it, the cardmember agreement, how to check the balance, etc. are located at this link to which we are referred by Social Security Administration. <https://www.eipcard.com/>

Have a Specific Question?



The IRS has added a great deal of content to their Economic relief payment page on their website-

<https://www.irs.gov/coronavirus/economic-impact-payment-information-center>

This page includes answers to frequently asked

questions on calculating, tracking, and receiving one's economic relief payment.

Another resource for folks wondering when and how they will get their payment is the chart which is located here as a pdf:

<https://www.ssa.gov/coronavirus/assets/materials/economic-impact-payments-for-social-security-and-ssi-recipients.pdf>

Red Cliff Elderly News

June 2020



From the Director:

I'd like to take this time to **Appreciate the Staff** and **Volunteers** for their continued hard work in providing our elders with delicious home delivery meals.

Your dedication doesn't go UN-NOTICED! YOU ARE APPRECIATED! Chi-Miigwech (Thank you) You ROCK!

The meals are made with love and it shows!

Currently we are serving 186 elders daily during the Covid-19 pandemic.

Be safe and Be well everyone~

Fresh Fish from Red Cliff Fish Company

A collaborative effort between several Tribal programs resulted in the Elderly Program receiving 500 pounds of fresh Lake Superior White fish, which was processed into fillets and served to elders participating in the nutrition program. We were very appreciative to be a part of such an opportunity and the Elders thoroughly enjoyed the fish dinners.



Care Packages

In collaboration with the Red Cliff Clinic each elder received a care package in late April made up of some cleaning and household products, tissue packets, lip balm and a variety of puzzles. This was well received and appreciated by all.

Some of the cleaning and household products are still available. Red Cliff Community Members may contact community health reps at the Red Cliff Community Health Center by calling 715-779-3707.

Miigwech (Thank You) To all who helped with this.

The Staff-

Mark Bresette, Head Cook

Henry Bresette, Asst Cook

Volunteer/Helpers-

Gena Mertig, Brighter Futures

Colin Ludwig, Youth Advocate

Abe Butterfield, Boys & Girls Club

Ernie Grooms, EPA

Tanner Bresette, EPA



Not pictured:

Cilla Williamson, TANF Assist.,

Alicia DePerry,

Jennifer Defoe,

Melissa Armagost,

John Helms,

Maggie Pratt ECC Staff and

Newly Hired Kitchen Helper-
Hannah Tutor



What is Elder Abuse?

According to the World Health Organization, Elder Abuse is “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person”.

Elder Abuse can be verbal, physical, emotional, sexual or financial. It can also be intentional or unintentional neglect.

Unfortunately, Elder Abuse is a growing problem in

Wisconsin. Bayfield County’s population of seniors 65 and older is projected to increase to 49% in the coming years. We all share the responsibility to help protect senior citizens by recognizing and reporting any signs of elder abuse.

New Elder Abuse Hotline

If you feel that you are a victim of Elder Abuse or you believe it has been inflicted upon someone you know or love, REPORT IT! You have options: you can call the newly created Wisconsin Elder Abuse Hotline toll free at 1-833-586-0107 or report it locally by calling the Bayfield County Department of Human Services at 715-373-6144. If you or someone you know is in immediate, life-threatening danger please call 911. Additional information can be found by visiting the website: <https://reportelderabusewi.org/>.

See also: [Talking with Older Adults About Financial Exploitation on page 10.](#)

COVID-19 RELATED SCAMS

BEWARE OF SCAMMERS

Scammers are exploiting the fear and isolation people are feeling during the COVID-19 shelter-in-place. Beware of scammers posing as government officials, bank employees, or health professionals. They want your money and sensitive personal information, including Social Security number, Medicare number, credit card information, and bank account information.



HOW SCAMMERS CAN REACH YOU



PHONE



SOCIAL MEDIA



EMAIL



WEBSITES



IN PERSON

COVID-19 RELATED SCAMS

COMMON SCAMS



- Sell you fake respiratory masks, COVID-19 testing or vaccine kits, or COVID-19 cures.



- Ask for charity donations. You can look up charities at give.org or charitynavigator.org.



- Promise direct deposit of your stimulus check.
- Tell you your Social Security check has been cancelled due to COVID-19 and try to get your personal information to verify.



- Offer “relief money” to those affected by COVID-19.



- Say a loved one has contracted COVID-19 and needs money wired for their treatment.
- Contact you pretending to be from the WHO, CDC, or a volunteer agency.
- Ask you to download a mobile app that tracks and sends you COVID-19 updates.



RED FLAGS



- A sense of urgency. Scammers will use the words “urgent”, “act now”, “important”, and “official” to pressure you into acting quickly.



- Asking for payment via wire transfer or gift cards.
- Requesting your Social Security number, Medicare number, credit card information, or bank account information



- Links from unknown or unverified sources.
- Purported government agencies contacting you by phone, email, or social media.



- Emails from personal accounts – beware of emails from Yahoo, Hotmail, Gmail, AOL addresses, etc.
- Websites that look like important COVID-19 news and information sources. These sites could install malware on your computer that damage your computer or gain unauthorized access to your information.



- Unverified apps. These apps can lock your phone and steal data from your device. Only download apps with a verified publisher from Google Play or Apple Store.

REPORT ABUSE ~ [1-833-586-0107](https://reportelderabusewi.org/)

If you or someone you know is in immediate, life-threatening danger call 911.

<https://reportelderabusewi.org/>

How to Fight the Social Isolation of Coronavirus

Loneliness is a real health issue — and these steps can help save lives by Erwin Tan, M.D., [AARP](#), March 16, 2020

A recent scientific report elevates social isolation and loneliness to the level of health problems, associating them with a significantly increased risk for early death from all causes. Of course, social isolation and loneliness [can become more common with age](#). And the arrival of the novel coronavirus will almost certainly make the problem worse.



Public officials are asking that we all [socially distance](#) ourselves to prevent COVID-19's spread. The Centers for Disease Control and Prevention (CDC) recommends that those age 60 and older avoid crowds, and that those in a community with an outbreak stay home as much as possible.

1. Social isolation and loneliness are serious health issues

These related conditions affect a significant proportion of adults in the United States and have been calculated as being [the equivalent of smoking 15 cigarettes a day](#).

According to the [scientific report](#) mentioned above, published by the National Academies of Sciences, Engineering and Medicine and funded by AARP Foundation, 43 percent of adults age 60 or older in the U.S. reported feeling lonely.

[A 2017 study](#) showed that social isolation among older adults is associated with an estimated \$6.7 billion in additional Medicare spending annually. At the same time, people 60 and older and people with severe chronic health conditions — such as heart disease, lung disease and diabetes — are at higher risk for developing more serious illness from COVID-19. Americans will all likely experience increased social isolation and loneliness in combatting the pandemic. Identifying these additional health risks and developing mitigation plans are important first steps.

2. Plan and connect

It's important to talk to family and friends to [develop a plan](#) to safely stay in regular touch as we socially distance ourselves, or if we are required to self-quarantine for a possible exposure or are in isolation for a COVID-19 infection. This plan should confirm whom you can reach out to if you need help accessing food, medicine and other medical supplies.

It's also important that communication and planning allow us to remain safely connected as we practice social distancing. Involve another element: actual social connection. Remaining connected is especially important for people who live alone; regular social contact can be a lifeline for support if they develop symptoms.

Regularly scheduled phone calls and video conferences along with texting and emails can help compensate for a lack of in-person contact. So take a break from news stories and social media; hearing about the pandemic repeatedly can be upsetting, and it's important to talk with people you trust about your concerns and how you are feeling.



Family and friends will need to work together to make sure they can remain connected without exposing each other to COVID-19. Look at your schedule and identify social connections that might be disrupted during an outbreak and consider alternative solutions to stay connected. If you are a family caregiver or have someone close to you who's more at risk of social isolation, discuss what will happen if either of you develops symptoms and whom you could call on for support or help.

(Continued on page 9)

3. Make a list of organizations that can help

Create a list of community and faith-based organizations that you or the people in your plan can contact in the event you lack access to information, health care services, support and resources.

If your neighborhood has a website or social media page and you haven't joined it, consider doing so to stay connected to neighbors, information and resources. Consider including on your list organizations that provide mental health or counseling services as well as food and other supplies.

State and local governments are setting up resource lists for those affected by COVID-19. The federal [Substance Abuse and Mental Health Services Administration](#) also has an online locator and hotline, at 800-662-HELP (4357), to help people find counseling services near where they live. [AARP Foundation's Connect2Affect program](#) provides information, self-assessments and affordable options for low-income older people to stay connected.



4. Remember pets (their value and their needs)

Pets can help combat loneliness, and some pets have been linked with owners' longevity. The World Health Organization has also determined that dogs cannot get coronavirus. Still, it's always important to [wash your hands after contact with your pets](#). And just as you need to ensure you have sufficient supplies for yourself and family, be stocked with food and other supplies for your pets.

5. Know who's most at risk for social isolation and loneliness

[People at the highest risk](#) of developing more serious illness from COVID-19 and who should be the most vigilant about social distancing will also be the most at risk of increased social isolation and loneliness. For example, the CDC has recommended that long-term care facilities discourage visitation.

Moreover, those under quarantine or in isolation will experience additional emotional and, possibly, financial hardship. While planning will be important, understand that many people are likely to experience increased social isolation and loneliness.

COVID-19 has also magnified existing disparities for low-income older adults. Internet coverage gaps — the so-called digital divide — are more prevalent in



many places, especially low-income communities. These areas are often the last to get broadband and often at slower speeds, leaving these communities at an ongoing disadvantage.

If public sources of internet access such as libraries and commercial establishments close, regular phone calls will be increasingly important for friends and families to remain connected.

I asked my older neighbor across the street last week if she needed help with groceries and if she could pass along my phone number to her children, [who live out of town](#), so they would have another contact on the same street as their mother. That personal interaction reminded me that COVID-19 is testing the bonds that connect us all. Reaching out to our friends, families and neighbors can help protect all of us from COVID-19 as well as social isolation and loneliness.

Erwin Tan, M.D., is a director at AARP Thought Leadership. His areas of expertise include geriatric and integrative medicine, health longevity, volunteering and perceptions of aging.

Talking With Older Adults About Financial Exploitation

Financial exploitation is much more common than most people realize. Here are some tips for discussing your concerns with older adults you are concerned about.

When you suspect financial exploitation, talking about it can sometimes feel like you're questioning an older adult's abilities or other people's intentions. However, talking and taking action are necessary to protect older adults' resources, health and well-being.



You can start by discussing how common financial exploitation is and how the older adult can guard against it. For example:

- "I just learned that at least five percent of older adults have been victims of financial exploitation."
- "Financial exploitation can happen to anyone. One study found that people who had been exploited were actually more financially savvy than non-victims."
- "Sales calls can be really annoying. Can I help you sign up for the 'do not call' list?"
- "Can I look to see what security and malware protection is on your computer?"
- "With more people coming into your home to help now, do you keep financial information and valuables locked up?"
- "Could I help check references for those home repair contractors?"
- "How often do you look at bank and credit card statements? Do you want to sign up for free credit check reports?"

If you have concerns about the people around your loved one or concerns that their actions might increase the risk of financial exploitation, say so. It can help to:

- **Be specific:** "You're so nice. You have trouble hanging up on or saying no to pushy salespeople. But that's exactly what scammers count on."
- **Be supportive:** "I'm worried because I know lots of people target older adults, and financial exploitation can be really serious. Do you have any concerns? What can I do?"
- **Make clear you're not judging the older adult:** "You do a great job managing finances and I understand these security measures might feel over-the-top. Are you willing to try them?"
- **Focus on other people's behaviors:** "It bothers me when Fred pushes you to do things for him. How do you feel about it?"

Stress how sophisticated scams can

be: "Scammers come up with new approaches all the time, using technology, targeting people and playing off their hopes or fears."

If you suspect financial exploitation, report your concerns. You don't need proof. Local law enforcement or adult protective services will investigate.

Most cases of financial exploitation aren't reported, often because people are embarrassed or don't want to turn in someone they know. If the older adult is reluctant to involve authorities, point out that filing a report might keep other people from becoming victims. The report could also help the older adult recover stolen money or property.

Learn more tips for healthy aging from [Agefully](https://agefully.me/#/home), a free resource created by nurses at the University of Wisconsin-Madison. <https://agefully.me/#/home>

WISCONSIN KINSHIP NAVIGATOR TRAINING FOR RELATIVE CAREGIVERS

The Kinship Navigator Training for Relatives can help sort out the emotional and logistical side of caring for grandchildren and other young relatives. You can access the Wisconsin Kinship Navigator Training at <https://wcwpds.wisc.edu/web-based-courses/kinship-navigator-training-for-relative-caregivers/>

Through a series of videos and case examples, the Wisconsin Kinship Navigator Training for Relatives walks grandparents and other relative caregivers through the complex emotions and challenges that come with caring for children. It also helps connect them to resources and supports.

Bayfield County Extension Office
U.S. Department of Agriculture
Cooperative Extension Service
Courthouse, P.O. Box 218
Washburn, WI 54891

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8:00-4:00 Monday through Friday

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1-866-663-3607

Visit the ADRC office:

117 E 5th Street

Washburn, WI 54891

Appointments are not necessary, but are helpful.

Website: www.adrc-n-wi.org

Email: ADRC@bayfieldcounty.org



Extension

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BAYFIELD COUNTY

County Administration Bldg

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Office hours 8 AM – 4 PM.: Monday – Friday

Website:

<https://bayfield.extension.wisc.edu/>

What would you like to learn...? Is there a topic about aging or family caregiving you'd like us to cover in this newsletter?

Call or email Extension Bayfield County at: (715) 373-3288;
elizabeth.lexau@wisc.edu

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