



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



March 2021

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Greetings,

It is no surprise that many are glad to say goodbye to 2020 and welcome in a new year. So much has occurred over the past 12 months. Many changes took place with rapid fire succession, and they had profound impacts on so many levels. It has been a difficult time for many to maintain a positive outlook, when life as we all once knew it was upended. While we do not want to dwell on negative thoughts or actions, it is important to note that you do not have to run around as though everything smells like a bouquet of roses, either.

We need to listen to our inner self and acknowledge those feelings; they are emotions and are meant to be felt and understood. If we try to ignore, choose unhealthy coping mechanisms, or deny these emotions, consequences can be dire. So, think about how you are feeling, acknowledge this emotion and that it, too, shall pass. It may take time and you may need to work for it, but it is okay to not be okay.

The ADRC and UW Extension offices have experienced much change, too, over the past year. We have had to look at and change how to deliver services while eliminating or at the very least, minimizing close contact with one another. Programming went on, albeit virtually. Meals continue to be delivered to seniors with much less contact involved. Ongoing support and sharing of resources continue with little or no face to face contact.

To this end, we have hope. Hope that we can continue to create ways in which to reach out and make life better in some way. We hope as public servants, we can continue to make a difference in people's lives.

Sincerely,

Carrie Linder

Carrie Linder, CSW
Aging & Disability Services Manager



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Find us on Facebook!

Search in Facebook for

Aging and Disability Center of the North - Bayfield County

Or enter in your internet browser:

<https://tinyurl.com/ADRCBayfield>



Marianne Johnson, Bayfield County Elder Specialist

Bayfield County Department of Human Services
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Aging and Disability Resource Center, 1-866-663-3607
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Bayfield County Elder Benefits Specialist

Greetings from your Elder Benefits Specialist in Bayfield County! My name is Marianne Johnson. I am excited for the opportunity to assist older adults in Bayfield County access public benefits, help problem solve, and provide information, so they can make informed decisions. I really enjoy my work because I get to help people, maybe I could assist you or someone you know too!

As an Elder Benefits Specialist, I am trained to help people 60 and older who are having problems with their private or government benefits. Benefit Specialists are often called “red tape cutters” because they are experts at helping older people with the extensive and complicated maze of paperwork that is often required in benefit programs.

Benefits Specialists receive on-going training in the areas of benefit and entitlement programs, as well as other legal issues affecting older adults. Attorneys from the Greater Wisconsin Agency on

Aging Resources, Inc. provide training, legal back-up support and supervision to the Benefit Specialist and the individual casework.

One of the reasons I enjoy my work is that I get to work with a wide variety of areas for clients. I get calls with questions or concerns with public benefits such as: social security, Medicare, medical assistance, Medicare supplemental policies, Medicare advantage plans, SeniorCare drug program, FoodShare, energy assistance, consumer problems, and other legal and benefit concerns. When people call me, I can provide them with accurate information about their benefits. I can suggest options they can take to secure or appeal inappropriate denials of benefits. I can help act as an advocate on your behalf.

If you have questions or concerns you think I may be able to help with, please feel free to contact me. All my services are free of charge to those I help. I look forward to hearing from you soon!



With social distancing guidelines preventing the usual support groups, caregiving classes, and conferences from proceeding as usual, a new educational tool is now available in Wisconsin. **Trualta** is an online portal that helps caregivers develop skills and find local resources, all from the comfort and safety of home whenever it works for them.

The modules within Trualta teach caregivers how to safely handle hands-on care, connect families with reliable support agencies, and offer information and video training from experienced professionals in a quick and easy format.

Anyone caring for an older adult can benefit from Trualta's support whether it's professional care training, safety and fall prevention tips, help

caring for a person with dementia, caregiver wellness ideas or other support.

There is also a read to me format for those that prefer audio learning. The lessons vary from 5-minutes to 2-hours, so you can pick what you want based on the time you have.

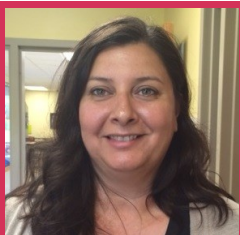
Trualta is easy to use on a computer, laptop or tablet and is available at no cost to Wisconsin caregivers thanks to a partnership with WI DHS and GWAAR (Greater WI Agency on Aging Resources).

To sign up for access to Trualta's library of online resources family caregivers can visit

<https://wisconsincaregiver.trualta.com/login>

If you are interested in learning more about Trualta, contact the:

Aging and Disability Resource Center of the North at 1-866-663-3607.



Mary Johnson, Financial Security Educator

University of Wisconsin-Madison, Division of Extension Bayfield County

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Extension Bayfield County Financial Security Educator

Mary Johnson started in her position at the Division of Extension Bayfield County Office as a Financial Security Educator in November 2020.

Since then, she has been busy learning the various Financial Education programs offered through Extension and making connections with community partners, as well.

Mary hopes to continue to meet more community partners in the coming months and hopes that we can once again meet face to face later in the year.

There are a few community classes in the works, so stay tuned for more information about those!

Mary's background is in Academics and has worked for many years as an administrator for community colleges and tribal colleges.

She is originally from Nebraska and lived in Minnesota for a few years before moving to Washburn. The draw of Lake Superior and the fantastic community here are hard to resist!

Medicare 101 Virtual Informational Meetings in 2021

The Bayfield County Elder Benefits Specialist, Marianne Johnson will be offering "Medicare 101" presentations for those who are approaching age 65 or who will soon be on Medicare.

These presentations will **introduce attendees to the basics of Medicare**, as well as give you the information you need to know before making decisions about enrolling in



Medicare. Information provided will help you understand what Medicare options would best suit your needs. The Elder Benefit Specialist is an unbiased source for information and takes pride in helping people get the information they need to make an informed decision about benefits.

If you are turning 65 this year, attending one of these trainings is strongly encouraged. This training will give you enough information to understand your Medicare options and be ready to make decisions about your Medicare when it is time to do so.

All presentations currently scheduled will be held virtually via Zoom. Presentations will either start at Noon or 6:00pm and will last about an hour

depending on the questions asked by the audience.

Please register as soon as possible in advance as there are written materials that would be helpful to reference during the presentation that will need to be mailed or printed off by the attendee. There is no charge for the presentations.

To register, call Marianne at 1-866-663-3607 or email at marianne.johnson@bayfieldcounty.wi.gov

Medicare 101 Presentations Via Zoom

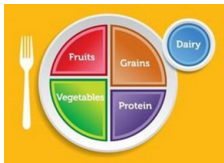
Date	Time
March 17, 2021	6:00 pm
April 21, 2021	Noon
May 19, 2021	6:00 pm
June 16, 2021	Noon
July 21, 2021	6:00 pm
August 25, 2021	Noon
September 29, 2021	6:00pm
October 27, 2021	Noon

Providing Older Adults with Programs in Bayfield County

Bayfield County staff and volunteers are committed to providing older adults across our county with options and resources that encourage living a healthy lifestyle, which is important for maintaining independence and living at home as long as possible. If you, a family member, friend, or neighbor would benefit from any of the programs we offer, please reach out for further information.

Home Delivered Meals-HDM **(Also known as Meals on Wheels)**

Preparing a nutritious meal is one of the more challenging aspects of life for many older people. The home delivered meal program



provides hot, nutritionally balanced meals to

older adults who are homebound due to health reasons or who may be physically and/or emotionally unable to travel to a meal site to share a meal with others.

Meals can be ordered either on a temporary basis (such as if you are laid up due to recovery from an illness or surgery), or on a long term basis so that you can remain independent and in your own home.

An added bonus to meal delivery is homebound seniors appreciate the contact with the drivers who bring their meals and are able to check on their safety and well-being. The suggested contribution amount for each meal is \$2.50/per person, per meal. No eligible person will be denied a meal because of their inability to make a contribution.

In this time of COVID-19, the Federal Government has relaxed the eligibility criteria for participating in the HDM program to be more flexible. Older adults who want to stay safer at home to reduce their chance of contracting the virus are able to receive home delivered meals. This is a temporary order, and it is likely eligibility will go back to the original guidelines which include being physically or mentally unable to prepare meals.

Current Eligibility Criteria during COVID-19:

- Anyone 60 years or older.
- Resident of Bayfield County.
- Their spouse regardless of age.
- Participants must be at home to receive their meal

Evidence-Based Programs

In addition to healthy eating, as we grow older, we go through many changes and may need to adjust our lifestyle for healthy aging. Staying healthy as you age can be a challenge, but no matter your age, it's important to take care of your body and prevent illness.

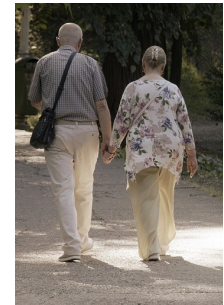
"Evidenced-Based Programs" must be proven effective by scientific research, showing that it improves health and well-being or prevents illness and injury. Results demonstrating these outcomes must be published in professional journals.

If you are 65 or older, something as simple as the flu or a common cold can progress and lead to complications. This includes secondary infections like pneumonia, bronchitis, an ear

infection, or a sinus infection. If you have a chronic condition such as asthma or diabetes, a respiratory illness can make these worse. And did you know that chronic diseases and falls of individuals 75 years or older have increased across the U.S. and are now the leading causes of death and disability among older Americans?

The various evidence-based programs (EBPs) provide older adults with knowledge and tools to prevent falls, manage chronic conditions, improve physical and mental health behaviors and functions, and improve overall quality of life. Types of EBP classes include: ***Tai Chi, Living Well with Chronic***

Conditions, Healthy Living with Diabetes, Stepping On: Fall Prevention Program, Powerful Tools for Caregivers, StrongBodies, and Walk with Ease.



In this time of COVID-19, many (in person) evidence-based programs across the country have been cancelled to ensure the health and safety of older adult participants, staff and program leaders. Classes are being made available virtually and some classes are available using telephone conferencing.

If you or someone you know would be interested in learning more, please contact:
the Aging and Disability Resource Center (ADRC) of the North at
1-866-663-3607.



Tracy Henegar, MA Certified Family Life Educator

University of Wisconsin-Madison, Division of Extension Bayfield & Douglas County
Human Development & Relationship (HDR) Educator
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Extension Bayfield County HDR Educator

Amidst the challenges of 2020, managing stress and maintaining strong healthy relationships have become more salient needs than ever. In a time of social distancing, research tells us that social connectedness is more important than we might think. It not only brings momentary joy, but also reduces overall stress and improves coping and mental wellbeing, supporting not only our social and mental health, but also contributing significantly to our physical health and improving longevity, as well.

Helping our community to learn more about how to support positive wellbeing, with a particular focus on social and emotional wellbeing across the lifespan, is at the heart of my program goals as your new Interim UW-Extension Human Development & Relationships Educator for Bayfield County.

In the fall of 2020, at the start of my 2-year term in Bayfield County, I introduced a new educational offering, *Highlights of Taking Care of You*, to help participants explore ways to take better care of themselves and manage stress in eight 45-minute Zoom sessions.

This spring, I will be piloting another new offering, the *Aging Mastery Program® (AMP)*, that seeks to empower participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others.

This twice weekly 10-session *Aging Mastery Program® (AMP)* will be offered starting in March, via Zoom (or phone) to maintain safe distancing for all. More information on the AMP program is available on page 6 in this newsletter. In addition to these new wellness programs, I will continue to offer other family education and professional development, as well.

If you are interested in hearing about future educational programs, please don't hesitate to reach out to me. I'm happy to add your contact information to our list, so you can be first to be contacted for future classes.

And if you have other educational interests that you think UW-Extension might be able to support you with, let me know that, too. I'd love to explore new possibilities with you!

Planning **AHEAD**:

Advance directives, Home finances, Estate planning, and Arriving at Decisions for the end of this life

Planning **AHEAD** was created to address most aspects of end-of-life planning. There are a total of 7 modules examining health care wishes, financial responsibilities, legal requirements and documentation, distribution of personal property, end-of-life decisions, dealing with grief, and the emotional ramifications of all of the above. The program is designed both for those who want to prepare for their own passing, to make things easier for family members and for those who have lost, or are in the process of losing, a loved one and are dealing with the transition.

This course features a planning packet to help make manageable the tasks associated with end-of-life decisions. The worksheets and handouts will guide

you through what actions to take and when, and they will break tasks into pieces so that the financial, healthcare, and other decisions don't feel so overwhelming.

Module topics:

- Getting Ready
- Home Finances
- Advance Medical and Legal Directives
- Estate Planning
- Choices in End-of-Life Care
- Final Wishes
- Understanding Grief

Mary Johnson, Financial Security Educator, Extension Bayfield County hopes to offer this course in late spring in Bayfield County.

Stay tuned for more information.



EXTENSION HELPS OLDER ADULTS MASTER AGING

Consider joining the fun and innovative upcoming Aging Mastery Program® (AMP)! AMP empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

Using the program developed by the National Council on Aging (NCOA), educators from the UW-Madison Division of Extension will be offering this ten-session health and wellness program to older adults to help them build their own playbook for aging well.

Class topics include:

- Navigating Longer Lives
- Exercise
- Sleep
- Healthy Eating & Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

Aging well means caring for the whole you. Join us online for our upcoming, free Aging Mastery classes.



The ten-class series will be held over five weeks: **Tuesdays & Thursdays, Mar. 30th - Apr. 29th, 11:00am-Noon**

You can attend these **FREE** classes from the comfort of your home or wherever you are, anywhere in the state, as the class will be offered via Zoom, and participants will be able to connect via computer or dial in by phone. Registration: <https://go.wisc.edu/wiamp>

For more information or for assistance with registration, contact:

Tracy Henegar: Tracy.Henegar@wisc.edu, 715-395-1426 - Douglas & Bayfield Counties
Amanda Kostman: Amanda.Kostman@wisc.edu, 262-741-4961 - Walworth County
Amanda Griswold: Amanda.Griswold@wisc.edu, 608-326-0223 - Crawford County
Ruth Schrieffer: Ruth.Schrieffer@wisc.edu, 608-930-9850 - Iowa County

Staying at Home...Positive Aging

by Ruth N. Schriefer, UW-Madison Division of Extension Iowa County

There has been a lot of research on successful and positive aging. One consistent finding is that how we *feel* about aging can impact *how* we age! A study conducted at Yale University followed hundreds of adults age 50 and older. They found that study participants who held more positive views about aging actually lived 7.5 years longer than people who perceived aging negatively.



In addition to feelings, here are just a few other characteristics to consider related to positive aging:

Optimistic attitude – Are you a “Boomer”, born between 1946 and 1964? When a group of “boomers” were surveyed:

- ◇ 85% of them said “I define my age”
- ◇ 83% of them said “aging is about living”
- ◇ 75% of them said they “celebrate my age”

At least from that survey, it appears that most “boomers” don’t feel their age or the idea of aging as a negative. They are optimists.

Be social – Research indicated that cognitive decline was 70% less for seniors with frequent social contact than those with low social activity. We also know that seniors with more frequent social activity maintained lower levels of disability and are more likely to live independently longer than their less social counterparts.

Have purpose - People who have strongest sense of purpose are much less likely to become depressed or suffer from dementia. Volunteering is one example of purpose. Health benefits of volunteering include reduced hypertension, better self-reported health and well-being, delayed physical disability, and enhanced cognition.

Eat well - Food can make a difference in our health, improve how we feel, and encourage a sense of well-being. Healthy eating helps older adults:

- ◇ Obtain nutrients needed by the body
- ◇ Lose weight or maintain a healthy weight
- ◇ Reduce the risk of developing chronic diseases or manage the disease
- ◇ Maintain energy levels

Be sure to talk with your doctor or a dietitian for any special nutrition concerns.

Be active – Try to move more, with more intensity, and sit less. We know that physical activity increases the odds of good health like:

- ◇ Lower risk of diseases
- ◇ Better sleep
- ◇ Improved memory & attention
- ◇ Better bone health & balance
- ◇ Less risk of injury from falls
- ◇ Fewer symptoms of depression & anxiety



Challenge yourself intellectually – Be a lifelong learner! Stimulate your brain with variety of new, interesting, and increasingly difficult activities like:

- ◇ Reading
- ◇ Listening to radio/watching TV
- ◇ Taking lessons
- ◇ Solving puzzles
- ◇ Spending time on hobbies
- ◇ Even doing math while paying bills!

Think about the ways you can work to improve your feelings and actions related to aging. Choose one or two characteristics to focus on in the coming days and weeks. The benefits will be worth the time!

Caregiving Basics

When you first learn that a loved one needs help, it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started.

- ✓ **Learn about the person's illness, disease, or condition.** Understanding the nature of the disease, its symptoms and what to expect, is helpful in caring for the person. Talk to a health care provider, research the internet, or read books or pamphlets to help you understand what the person is dealing with and specific ways you can help.
- ✓ **Determine areas of need.** Write down your specific needs such as housecleaning, grocery shopping, meal preparation, help with bathing, and transportation to medical appointments. Then discuss possible ways to meet these needs with friends, family members, local agencies, and the person's health care provider.
- ✓ **Research community resources.** Contact the Aging and Disability Resource Center of the North at 1-866-663-3607 for local resources and services. Explore options like home delivered or grab-and-go meals, in-home supportive care services, Lifeline, transportation services and adult day care. Contact organizations specific to the disease such as the Alzheimer's Association or the Stroke Foundation. Not all agencies are



fully open, but staff will be available to answer the phone and assist you in meeting your needs.

- ✓ **Enlist the help of others.** Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running errands or providing a meal. Many tasks can be completed while following social distancing guidelines.
- ✓ **Plan for immediate care.** Find out what the person's wishes are for immediate and long-term care. Adapt the environment by doing a home

safety check as well as purchasing items for any special needs such as a walker, commode, wheelchair, or other adaptive equipment. Find a way to log the person's health such as eating patterns, symptoms, and medications. This information is helpful at medical appointments.

- ✓ **Organize important information.** Write down pertinent medical information including doctors' names and phone numbers, insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also include copies of social security, driver's license and insurance cards of the person being cared for. Be sure to keep this information in a safe location that other family members know about.
- ✓ **Plan for the future.** Get information about the long-term prognosis in order to make appropriate plans. Assess the financial situation and contact a financial advisor who is familiar with caregiving issues if necessary. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.



- ✓ **Take care of yourself, too.** Find support through a friend, counselor, or support group. Many are meeting virtually during the pandemic. Talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and keep doing some activities or hobbies that bring you pleasure. Make sure you are eating well, getting enough sleep and exercise, and are staying connected with family or friends, at least by phone calls, to keep yourself healthy. Ask for help. No one can do it all!

Call the Aging and Disability Resource Center of the North at 1-866-663-3607 for information on caregiver support groups, local caregiving resources, a home safety checklist or to talk to someone about specific caregiving issues.

*Jane Mahoney, Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources*



Lessons Learned from Elder Family Financial Exploitation

Marlene Stum, PhD; Professor of Family Social Science and Extension Specialist; University of Minnesota

To help prevent Elder Family Financial Exploitation (EFFE), older adults and their family members are encouraged to focus on four strategies family members who have experienced EFFE wished they would have addressed.

Plan Ahead.

Plan for your future by creating financial and health care related advance planning documents (i.e. financial power of attorney, health care directive, will).

Anticipate and plan for the potential of not being able to make or communicate your own decisions and the reality of death. Develop legally recognized documents versus relying on informal family agreements.



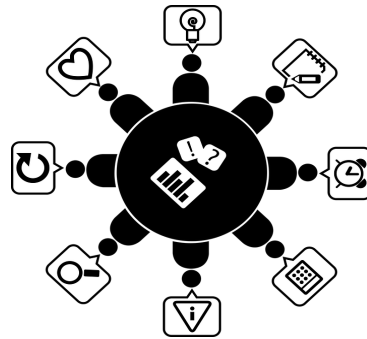
Think very carefully about who you want to manage your money or property on your behalf and the types of qualities you want in a person responsible for acting in your best interests (e.g. financial power of attorney).

All too often, older adults select the wrong person(s) for these critical roles. Beware of selecting family members who have a sense of entitlement, a history of being irresponsible with money, or are in financially needy situations.

Beware of anyone who is coercing or bullying you to create or change your planning documents.

Communicate.

Make conversations about money, advance planning wishes



and documents, and expectations about the use of older parent's resources normal in your family.

Involve older parents, adult children, in-laws, and other family members across the generations in these critical conversations.

Avoid family secrets about money or property. Have open conversations about decision making roles and expectations involving money, property, health care, and caregiving.

The more family members are aware of an older person's wishes and plans, the more accountability is possible within the family.

Be Involved.

Find meaningful ways to be present and involved in your older parent's life. Don't let physical or emotional distance keep you from knowing what's really going on day-to-day.

Adult children too often make incorrect assumptions about a parent's financial decision-making capacity, physical, mental, or financial health.

If you are the older parent, keep in touch with family, friends, and stay active in your community. Being isolated is a key risk factor for EFFE.

Trust Your Instincts.

If something feels off, or your gut reaction is telling you something isn't right, listen, document, and take action.

It could be something an older parent says, changes in behavior, how a sibling is treating others, or a new vehicle an unemployed daughter and caregiver is driving. Speaking up, asking questions, and getting help can help stop EFFE before more damage occurs.

If you want to talk through your suspicions and potential courses of action, contact the appropriate supportive services in the state where the victim lives. Visit the National Center for Elder Abuse state resources page at: <https://ncea.acl.gov/Resources/State.aspx>.

Call 911 if an elder is in crisis or immediate danger.



To learn more about the critical role of concerned family members in the lives of EFFE victims, visit NCRAN's archived webinar that was offered on February 5, 2021.

Webinar 45 - "The Role of Family Members in the Lives of Elder Family Financial Exploitation Victims" <http://www.ncran.org/webinars/archive/>

Bayfield County Residents Only

Register online with the Bayfield County Health Department.

<http://www.bayfieldcounty.wi.gov/vaccine>

Please do not register more than once.

Please be aware that the number of appointments the Health Department can schedule is totally dependent on how many doses of vaccine the State of Wisconsin sends them.

This amount varies each week.

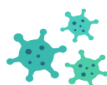
Once you are pre-registered there is nothing else to do. They will call you as they move through the pre-registration list.

Thank you!

COVID-19 VACCINATION PRE-REGISTRATION



Pre-registration is open for Phase 1B ONLY. Which includes residents over the age of 65. The State of Wisconsin will be determining which other groups this may include later this week.



Click here <http://www.bayfieldcounty.wi.gov/vaccine>

Due to high call volume, please register online if you are able to do so.

If you don't have internet access you may call our COVID-19 information line at 715-373-3324 and leave your name, age and phone number.

Do NOT show up to a vaccination clinic if you have not been given an appointment time. All clinics will follow COVID-19 prevention safety and masks will be required.

Bayfield County Health Department will begin using the pre-registration list to make appointments. Residents will be contacted by the Health Department to schedule their appointments. We expect to be vaccinating people in the Phase 1B group for a couple months.

*Due to the size of this group and rollout, we expect other providers, such as clinics and pharmacies may also be participating.

Remember, Even After Getting Your Vaccination

**Don't stop taking precautions:
Everything is not back to normal.**

- ◆ Continue to wear a mask,
- ◆ Socially distance and
- ◆ Avoid large gatherings, especially with current levels of community spread.
- ◆ Wash your hands

We'll need to do this until most people have been vaccinated.



University of Wisconsin—
Madison
NEWS

COVID-19 Vaccine Question

February 11, 2021 By Kristina LeVan - From UW Health newsroom

<https://news.wisc.edu/covid-questions-approved-vaccines-what-to-expect-after-vaccine/>

Q: What can I expect after getting the vaccine?

A: With thousands of Wisconsinites vaccinated and many thousands to come in the latest group recently announced for vaccination, there are five things people should know once vaccinated.

- Get both doses: The full level of immunity is achieved 7 to 10 days after the second dose, the first dose alone does not offer that level of protection.
- If you have both doses, the Pfizer vaccine currently available is approximately 95% effective. A 95% effective vaccine is extraordinary, but that still leaves a 5% chance you could contract the virus after vaccination.
- We are still learning about a vaccinated individual's ability to carry or pass the virus

while not getting sick or showing symptoms themselves. That means a vaccinated person could pass the virus to someone who hasn't been vaccinated and make them sick.

- Side effects from the COVID-19 vaccines such as fever, soreness at the injection site, headache and fatigue are common but rarely severe.
- Vaccines will not become broadly available to the general public for some time. For everyone, masking, hand hygiene and social distancing continue to be the preventive measures that work against this virus.

For more COVID-19 resources, from the University of Wisconsin—Madison Health visit coronavirus.uwhealth.org.



Fraud Alert



Be on the lookout for COVID-19 scams:

- ☑ You *likely* will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- ☑ You cannot pay to put your name on a list to get the vaccine early.
- ☑ No one from Medicare or the Health Department will contact you.
- ☑ Beware of providers offering other products, treatments, or medicines to prevent the virus.
- ☑ No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.

**Contact the SMP to report Medicare fraud, errors, or abuse
at 877.808.2468 or at smpresource.org.**

SUPPORTED BY GRANT # 90MPC0002 FROM ACL

Wisconsin SMP is available for outreach events, educational sessions for beneficiaries, caregivers and professionals, workshops and exhibits at events.

Please contact us at smp-wi@gwaar.org for more information



@WisconsinSeniorMedicarePatrol

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Aging & Disability Resource Center of the North
1-866-663-3607

The Aging and Disability Resource Center of the North (ADRC-N) is open during the COVID-19 Pandemic.

Please call the number above to speak with an Information and Assistance Specialist regarding question about resources, services, and benefits. The ADRC-N serves adults age 60 and older, and adults with disabilities age 18-59.

ADRC-N is open
Monday-Friday, 8:00 am to 4:00 pm
Website: www.adrc-n-wi.org



Extension
UNIVERSITY OF WISCONSIN-MADISON
BAYFIELD COUNTY
117 E 5th Street
PO Box 218
Washburn, WI 54891

The Extension Bayfield County office is open during the COVIF-19 Pandemic, but has limited staffing throughout the week.

Please call ahead!

Phone: 715-373-6104 x 0

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

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



Skip the Trip!

Call Bayfield County first or visit
bayfieldcounty.org to see if you can do
business remotely.

This newsletter and past issues are also available on the Extension Bayfield County website at:

<https://bayfield.extension.wisc.edu/family-living/aging-and-caregiving/>

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

If so, please contact:

- ◆ Tracy Henegar at 715-395-1426 or tracy.henegar@wisc.edu for aging and family caregiving topics
- ◆ Mary Johnson at 715-373-3294 or majohnson45@wisc.edu for financial topics

To receive a copy of this or future newsletters, please contact Theresa at 715-373-3285 or theresa.lachappelle@wisc.edu

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Extension Bayfield County

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