



Living Well in our Best Years

Winter/Spring 2022



Newsletter Highlights

Article	Pg	Article	Pg
Medicare 101	2	BayCo Door2Door	6
Can I Join a Teams Meeting?	2	Senior Dining Sites Chart	7
Strong Bodies	3	Door2Door Schedule	8
Red Cliff Elder News	3	Food Share	9
Eating for a Healthy Brain	4	Making Mealtime Easier	9
Aging Mastery Plan	5	Could a Medicare Savings Program Help?	10
Practicing the Pause	5	Planning AHEAD	11
Reopening Senior Dining Sites	6	Contact Information	12

Greetings,

It is hard to believe that by the time this newsletter goes out, it will be March. I look forward to Spring and especially new beginnings. Metaphorically, Spring often reminds us that brighter times are ahead and something good will come.

One significant transition that is occurring in Bayfield County is the opening and reopening of Senior Dining Sites. We are VERY excited and hope you are too. A significant amount of planning has occurred, and sites are in the process of opening. Please see the full article in this newsletter.

The timing of opening the sites is perfect, as March is also Nutrition Month. We have dedicated several articles to various aspects of nutrition and food security.

Until next time, be well and be kind.

Carrie

Carrie Linder, CSW
Aging & Disability Services Manager

"THE BEST PART OF LIFE IS NOT JUST SURVIVING, BUT THRIVING WITH PASSION AND COMPASSION AND HUMOR AND STYLE AND GENEROSITY AND KINDNESS."

- MAYA ANGELOU



RANDOM ACTS OF KINDNESS
FOUNDATION
www.randomactsofkindness.org

Medicare 101 Virtual Informational Meetings in 2022

Submitted by: Marianne Johnson, Elder Benefits Specialist

The Bayfield County Elder Benefits Specialist, Marianne Johnson, will be offering “Medicare 101” presentations for those Bayfield County residents 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 and are a Bayfield County resident, 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. If you are not a Bayfield County resident you are welcome to register and will be able to attend the presentation but, you will be encouraged to contact your county’s elder benefits specialist as a resource.

All presentations currently scheduled will be held **virtually via Microsoft Teams**. 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 will be helpful to reference during the presentation. The materials will need to be mailed to, 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

Presentations dates and times:

March 16, 2022 6:00 pm

April 20, 2022 Noon

May 18, 2022 6:00 pm

June 22, 2022 Noon

July 20, 2022 6:00 pm

August 17, 2022 Noon

September 21, 2022 6:00 pm

October 19, 2022 Noon

Can I Join a Teams Meeting Without a Microsoft Teams Account?

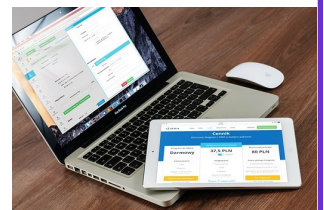
You have seen a presentation advertised that you are interested in, (see above) that is being held virtually via Microsoft (MS) Teams, but you don’t have Microsoft Teams. Can you still join the meeting?

The answer is Yes, you may join a Microsoft Teams meeting without having a MS Teams account. But you will need the following:

- an internet connection,
- a laptop, tablet, desktop computer or a smart (mobile) phone
- A camera and a microphone will also be needed if you wish to be seen and heard.

Microsoft gives very good directions on how to join a meeting without a MS Teams account. The following links will help you for:

- a computer at <https://support.microsoft.com/en-us/office/join-a-meeting-without-a-teams-account-c6efc38f-4e03-4e79-b28f-e65a4c039508#ID0EDD=Desktop>
- a smart (mobile) phone <https://support.microsoft.com/en-us/office/join-a-meeting-without-a-teams-account-c6efc38f-4e03-4e79-b28f-e65a4c039508#ID0EDD=Mobile> (You may need to download the app to your phone)
- or do a search for “Joining a Microsoft Teams meeting without an account”



Free

Join us from the comfort of your home

Limited exercise equipment available for participant use



StrongBodies

Lifting Wisconsin to Better Health



STRONGBODIES

Virtual Strength Training Class

Benefits of Strength Training:

Reduced risk for chronic disease:

- ◆ Diabetes
- ◆ High Blood Pressure
- ◆ Heart Disease
- ◆ Osteoporosis
- ◆ Arthritis
- ◆ Some Cancers

Increased:

- ◆ Strength
- ◆ Muscle mass
- ◆ Bone density
- ◆ Ability for daily physical activity

Contact your local FoodWise Program for more information on the next classes, to sign up, or any other questions

Julie: 715-395-1427, julie.montgomery@wisc.edu - Douglas County

Stephanie: 715-682-7017, stephanie.bakker@wisc.edu - Ashland, Bayfield, Iron County

Offered as a free service by UW-Madison, Division of Extension, FoodWise -Ashland, Bayfield, Douglas & Iron Counties

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



Red Cliff Elder News

Red Cliff Elderly Nutrition Program
Anna Hanson, Program Director

Red Cliff Band of Lake Superior Chippewa Indians

Hosted Biboon Gabeshiwin (Winter Camp) Honoring Elder

In our culture, seasons play a big part in our lives. In winter season it is a time for teachings, story telling and many outdoor activities.

Multiple Red Cliff programs have put on a winter camp February 24th-27th, in honor of Joseph Duffy an elder who was one of many local fisherman for the community. Mr. Joe Duffy was an elder who showed kindness, respect and a warm smile that could light up any room. He often shared stories and knowledge when it came to fishing.

Activities that were held over the weekend were: conversations with various tribal elders, ice fishing, sled dogs, snow snake, snowshoe hiking, sledding, animal telemetry, teachings with Jim Pete, Mary Moose, and Joseph Sutherland, deer meat canning sessions, and knowledge of the lake presented by Chief Dean Sayers from Batchewana First Nations Ojibway.




RED CLIFF BAND OF LAKE SUPERIOR CHIPPEWA INDIANS
BIBOON GABESHIWIN - WINTER CAMP
Honoring Joe Duffy

OPEN TO ALL!

Niiyo giizhigak, Namebini giizis 24, 2022 (Thursday)	Naano giizhigak, Namebini giizis 25, 2022 (Friday)	Ishkwaaj-anokii giizhigak, Namebini giizis 26, 2022 (Saturday)	Anama'e giizhigak, Namebini giizis 27, 2022 (Sunday)
6-8PM A Conversation with Red Cliff Elders VIRTUAL	9AM-3PM Outdoor activities at Red Cliff Campgrounds: Ice fishing, sled dogs, snow snake, smoked fish, snowshoe hike, sledding, wolf/animal telemetry, & much more! 1-2PM Asemaa Teachings w/ Jim Pete VIRTUAL 6-8PM Aadizookaan w/ Mary Moose & Joseph Sutherland VIRTUAL	10AM-3PM Outdoor activities at Red Cliff Campgrounds 10AM-3PM Deer Meat Canning w/ Sandy Gokee & Joy Schelble Contact Edwina Buffalo to register 715-779-3761 10 max. Location TBD 6-8PM Knowledge of the Lake w/ Chief Dean Sayers of Batchewana First Nation of Ojibways VIRTUAL	10AM-1PM Outdoor activities at Red Cliff Campgrounds & closing ceremony

RAFFLE PRIZES

For questions contact:
715-779-3761
Marvin DeFoe, THPO
Edwina Buffalo-Reyes, Asst. THPO
Mark Gokee, ANA Lang. Director
Kalvin Hartwig, Lang. Culture Coord.
Alex Breslav, Indigenous Science & Education Coordinator 715-779-3766

MEALS PROVIDED



List of daily activities in honor of Joe Duffy, held for our community.

Open to all!

Eating for a Healthy Brain

Submitted by Ellie Webb, Dementia Care Specialist, ADRC of the North

The foods we eat play a large part in how we keep our brains healthy. In fact, food and nutrition is one of the six key pillars of brain health! But, what does it actually mean to eat for a healthy brain? Check out these tips taken directly from the Cleveland Clinic's Healthy Brain's initiative: ¹

- **Eat two or more servings of fish per week –**

Fish is a great source of omega-3, the type of fatty acid your body can't produce, and it's good for your brain. At least twice a week, eat five ounces of omega-3-rich fish, such as salmon, cod, haddock, tuna or halibut. Fish isn't your thing? Try walnuts, flaxseeds or soybeans instead.



- **Aim for 2 or more servings of fruit and vegetables per day** - Spinach, kale, broccoli and other leafy green vegetables are rich in many brain-loving nutrients. Blueberries, raspberries and blackberries are packed with antioxidants; they can slow aging in the brain and elsewhere. Eat some every day.
- **Spice up your life!** Many herbs and spices such as turmeric, cinnamon and ginger are packed with antioxidants that decrease harmful inflammation in the brain and elsewhere. The strong flavors and the bright, intense colors are clues to the benefit hiding inside your spice cabinet.

- **Eat eggs in moderation** - The protein and vitamins B, D and E in eggs and egg yolks help to improve memory. You can reap the benefits of these vitamins while keeping your cholesterol to a minimum by mixing



whole eggs with egg whites to round out your omelet or scrambled eggs.

- **Toast to your good health** - Drink red wine in moderation. Resveratrol, found in red wine and the skin of red grapes, is a potent antioxidant. Resveratrol can reduce cell damage associated with aging and may protect against the formation of damaging plaques in the brain. Stick to the maximum recommended daily amounts of one glass for women and two for men.
- **Less than 20 percent of the adult population receives the appropriate nutrition from their diet alone.** Supplements can help make up for an imperfect diet. A combination of vitamins C (500 mg) and E (400 international units) has shown some benefit to brain health. Fish oil supplements rich in DHA (up to 1,000 mg per day) are a good alternative for non-fish lovers.
- **Eat plenty of whole grains.** Whole grains such as oats, barley and quinoa are rich in many of the B vitamins that work to reduce inflammation of the brain, effectively preserving your memory.
- **Grab a cup of coffee or tea.** The world's most popular beverage, coffee, has been shown to improve memory and decrease your risk of dementia. Up to 3 cups of black coffee a day are recommended. Black and green teas contain brain boosting antioxidants; give your tea plenty of time to steep before you drink to get the maximum benefit your brain deserves.



1- Clinic, C. (2021). *Food and Nutrition - Improving Your Results*. Food & Nutrition. Retrieved February 2, 2022, from <https://wi.healthylbrains.org/details-nutrition>

Aging Mastery Program (AMP)

After a successful 2021 pilot of the virtual Aging Mastery Program (AMP), Extension is excited to be expanding its partnership with Includa to continue to bring this highly effective educational programming to aging adults and their caregivers from all across Wisconsin!

The Aging Mastery Program® (AMP) 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. Developed by the National Council on Aging (NCOA), 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.

Multiple different virtual sessions are being offered for your convenience. We hope to see you there!

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.



AMP 2022 Workshops

Registration Dates and Registration

April 13 - June 29, 2022: 12 core classes

Wednesdays, 1:00pm - 3:30pm

Register: <https://forms.office.com/r/wAsdGvAk9v>

July 13 - September 28, 2022: 12 core classes

Wednesdays, 9:00am - 11:30am

Register: <https://forms.office.com/r/eGTHFeNcaq>

September 28 - December 21, 2022:

12 core classes

Wednesdays, 1:00pm - 3:30pm

(No class Nov. 23 - Thanksgiving break)

Register: <https://forms.office.com/r/uH9ECxTmk6>

Every Thursday
8:30-9:00 AM
on Zoom

Practices may include:
Deep breathing
Guided Imagery
Gentle Stretching
& More...



Join us for...



**PRACTICING
THE PAUSE**

A self-care community of practice

A weekly opportunity to practice stress
reduction and resiliency skills in a
supportive environment

Join us for Practicing the Pause!

Practicing the Pause is a weekly opportunity to practice stress reduction and resiliency skills in a supportive environment

For information and to register, go to:

go.wisc.edu/l61083

Or contact Selena Freimark at: 715-531-1947 or

Selena.Freimark@wisc.edu

Re-Opening of the Bayfield County Senior Meal Sites

Happy days are here again! We are moving forward and have been working hard behind the scenes to serve meals and enjoy the company of others at congregate meal sites throughout Bayfield County.

We have a few details to share with everyone. First of all, COVID, and its variants, are still a concern in our area. Since we cannot guarantee zero risk of it being spread while dining at county meal sites, the following COVID-19 safety precautions are recommendations for participants, staff, and volunteers from Bayfield County Public Health and the Centers for Disease Control (CDC):

- Consult with your health care provider to determine if senior dining participation is right for you.
- Full COVID-19 vaccination is recommended before you attend senior dining (Please call the ADRC at 1-866-663-3607 if you need assistance or access to a vaccination clinic).
- Face coverings are **required** for participants, staff, and volunteers when not eating. The CDC continues to recommend everyone masks when indoors. Proper masking has been proven to reduce the spread of pathogens and we want everyone to be as healthy as possible.
- Proper cleaning and sanitizing will occur throughout the dining sites.
- Participants will be asked to be seated 6 feet between households or groups who regularly spend time with one another. Staff and volunteers at the sites will assist with seating.

Reservations:

You will need to reserve a meal **each time** you want to attend a meal site.

The number is 715-373-3396.

Space may be limited and if you are unable to attend on a specific date, you will have the first opportunity to attend on the next date. Please be patient. We may experience a few hiccups and confusion, but with time as the process is followed, a nice system will unfold.

***If you do not feel comfortable eating at a meal site, you will have an option to receive a “Grab and Go meal” while Federal COVID allowances are in place.**

Please confirm “Grab and Go” when you make your reservation.

We do not want to spread any virus or bacteria to anyone else, whether it be COVID, the flu or just a nasty cold. If you do not feel well, maybe a cough, congestion or have lost your sense of smell or taste, please stay home. No one likes to be sick and as we age, we develop complications where a simple cold can linger and cause negative effects for a long time.

If you have questions or concerns with our procedures, please call Aging Services Coordinator, Carolyn Novak at 715-373-3353.

Thank you and WELCOME!!!!

Reserve your meal by 12:00/noon the day before by calling 715-373-3396.

Leave ● your name, ● the site name, ● the names of people joining you, and ● your phone numbers.

See chart on Page 7 for site information

BAYCO Door2Door BART Van Service

BayCo Door2Door is a BART van service that provides public transportation from your door in Bayfield County to anywhere else in Bayfield County, and to the cities of Ashland and Hayward, and back. **Certain restrictions apply. The cost will be distance-based. To schedule a ride or for more information, please call 715-682-9664.

There are programs to assist older adults and people with disabilities who may struggle to pay transportation fees. Waivers may be available to households on a low/fixed income or those who have exceptionally high expenses due to



their unique circumstances. Older adult and disabled riders in Bayfield County are encouraged to contact the ADRC of the North at 1-866-663-3607 to discuss fare options.

****If public transit is available for the ride you are requesting, you may be directed to ride the bus as the FTA prohibits duplication of services.**

Hours of Operation:

Monday - Friday 8:00 AM - 6:00 PM

Call BART at 715-682-9664

See Page 8 for chart with service areas and fees.

Bayfield County Senior Meal Sites

Reserve your meal by 12:00/noon the day before by calling 715-373-3396.

Leave •your name, •the site name, •the names of people joining you, and •your phone numbers.

Town	Day open	Mealtime	Address	Reservation Needed?	Suggested Donation	Opening Day
Barnes	Monday-Thursday	11:30- site opens and meal is served	Barnes Town Hall 3360 County Hwy N. Barnes, WI 54873	Yes, call 715-373-3396	\$3.00-\$5.00 per meal	Already open
Cornucopia	Tuesdays	11:30 – site opens Noon-1:00 - meal served	Bell Town Hall 22620 Ash St. Cornucopia, WI 54827	Yes, call 715-373-3396	\$3.00-\$5.00 per meal	Opens for Grab & Go March 22, 2022 Will open for congregate dining with reduction in Covid cases
Iron River	2 nd Thursday of the month	11:30 – site opens Noon-1:00- meal served	Community Center 8275 E. Mill St. Iron River, WI 54847	Yes, call 715-373-3396	\$3.00-\$5.00 per meal	Already open
Port Wing	Wednesdays	11:30 – site opens Noon-1:00- meal served	First Lutheran Church 83105 Washington Ave Port Wing, WI 54865	Yes, call 715-373-3396	\$3.00-\$5.00 per meal	Opens for congregate dining April 6, 2022
Washburn	Wednesdays	1:00-3:00 open for seniors	Time Out Restaurant 4 Bayfield St. Washburn, WI 54891	No	\$3.00-\$5.00 per meal	Opens for congregate dining March 2, 2022
Washburn	Fridays	11:30 – site opens Noon-1:00- meal served	St. Louis School in the gym (next to church) 217 W. 7 th St. Washburn, WI 54891	Yes, call 715-373-3396	\$3.00-\$5.00 per meal	Opens for congregate dining March 25, 2022



BayCo Door2Door

Shared ride van service

“One-Way Trip Fare Table”

\$2.00 for each additional household member (per trip), under 6 = free

Advanced reservations required- same day requests may not be accepted



	Ashland	Barnes	Bayfield	Benoit	Cable	Cornucopia	Drummond	Grand View	Hayward	Herbster	Ino	Iron River	Mason	Moquah	Port Wing	Red Cliff	Washburn
Ashland	N/A	\$ 11.00	\$ 6.00	\$ 5.00	\$ 10.00	\$ 6.50	\$ 8.00	\$ 6.00	\$ 14.50	\$ 9.00	\$ 5.00	\$ 7.00	\$ 5.00	\$ 5.00	\$ 11.00	\$ 7.00	\$ 5.00
Barnes	\$ 11.00	\$ 5.00	\$ 16.00	\$ 8.00	\$ 5.50	\$ 13.00	\$ 5.00	\$ 5.00	\$ 6.00	\$ 11.00	\$ 8.00	\$ 5.00	\$ 6.50	\$ 9.50	\$ 9.00	\$ 15.50	\$ 11.50
Bayfield	\$ 6.00	\$ 16.00	\$ 5.00	\$ 7.50	\$ 14.00	\$ 5.50	\$ 12.00	\$ 10.00	\$ 18.50	\$ 7.50	\$ 8.00	\$ 11.00	\$ 8.50	\$ 6.50	\$ 9.50	\$ 5.00	\$ 5.00
Benoit	\$ 5.00	\$ 8.00	\$ 7.50	\$ 5.00	\$ 7.50	\$ 12.50	\$ 5.00	\$ 5.00	\$ 12.00	\$ 10.50	\$ 5.00	\$ 5.00	\$ 5.00	\$ 5.00	\$ 8.50	\$ 8.00	\$ 5.00
Cable	\$ 10.00	\$ 5.50	\$ 14.00	\$ 7.50	\$ 5.00	\$ 16.00	\$ 5.00	\$ 5.00	\$ 5.00	\$ 14.50	\$ 9.50	\$ 8.50	\$ 10.00	\$ 8.50	\$ 5.00	\$ 15.00	\$ 11.00
Cornucopia	\$ 6.50	\$ 13.00	\$ 5.50	\$ 12.50	\$ 16.00	\$ 5.00	\$ 13.50	\$ 11.50	\$ 19.00	\$ 5.00	\$ 9.50	\$ 6.00	\$ 5.00	\$ 5.00	\$ 8.50	\$ 5.00	\$ 5.00
Drummond	\$ 8.00	\$ 5.00	\$ 12.00	\$ 5.00	\$ 5.00	\$ 13.50	\$ 5.00	\$ 5.00	\$ 7.00	\$ 12.00	\$ 7.00	\$ 8.50	\$ 8.50	\$ 10.00	\$ 12.50	\$ 12.50	\$ 9.00
Grand View	\$ 6.00	\$ 5.00	\$ 10.00	\$ 5.00	\$ 5.00	\$ 11.50	\$ 5.00	\$ 5.00	\$ 8.50	\$ 13.50	\$ 8.50	\$ 11.00	\$ 10.50	\$ 6.50	\$ 12.00	\$ 10.50	\$ 7.00
Hayward	\$ 14.50	\$ 6.00	\$ 18.50	\$ 12.00	\$ 5.00	\$ 19.00	\$ 7.00	\$ 8.50	N/A	\$ 17.00	\$ 11.50	\$ 11.00	\$ 10.50	\$ 13.50	\$ 15.00	\$ 19.50	\$ 15.50
Herbster	\$ 9.00	\$ 11.00	\$ 7.50	\$ 10.50	\$ 14.50	\$ 5.00	\$ 12.00	\$ 13.50	\$ 5.00	\$ 5.00	\$ 9.00	\$ 6.00	\$ 5.00	\$ 5.00	\$ 7.00	\$ 9.00	\$ 6.50
Ino	\$ 5.00	\$ 8.00	\$ 8.00	\$ 5.00	\$ 9.50	\$ 9.50	\$ 7.00	\$ 5.00	\$ 11.50	\$ 9.00	\$ 5.00	\$ 5.00	\$ 5.00	\$ 5.00	\$ 7.00	\$ 9.00	\$ 5.00
Iron River	\$ 7.00	\$ 5.00	\$ 11.00	\$ 5.00	\$ 8.50	\$ 8.00	\$ 6.00	\$ 8.00	\$ 11.00	\$ 6.00	\$ 5.00	\$ 5.00	\$ 6.50	\$ 5.00	\$ 5.00	\$ 11.50	\$ 7.50
Mason	\$ 5.00	\$ 6.50	\$ 8.50	\$ 5.00	\$ 6.00	\$ 10.00	\$ 5.00	\$ 5.00	\$ 10.50	\$ 12.00	\$ 5.00	\$ 6.50	\$ 5.00	\$ 5.00	\$ 10.00	\$ 9.00	\$ 5.50
Moquah	\$ 5.00	\$ 9.50	\$ 6.50	\$ 5.00	\$ 10.50	\$ 8.50	\$ 8.50	\$ 6.50	\$ 13.50	\$ 10.50	\$ 5.00	\$ 5.00	\$ 5.00	\$ 5.00	\$ 8.50	\$ 7.50	\$ 5.00
Port Wing	\$ 11.00	\$ 9.00	\$ 9.50	\$ 8.50	\$ 14.50	\$ 5.00	\$ 10.00	\$ 12.00	\$ 15.00	\$ 5.00	\$ 7.00	\$ 5.00	\$ 10.00	\$ 8.50	\$ 5.00	\$ 8.50	\$ 9.00
Red Cliff	\$ 7.00	\$ 15.50	\$ 5.00	\$ 8.00	\$ 15.00	\$ 5.00	\$ 12.50	\$ 10.50	\$ 19.50	\$ 6.50	\$ 9.00	\$ 11.50	\$ 9.00	\$ 7.50	\$ 8.50	\$ 5.00	\$ 5.00
Washburn	\$ 5.00	\$ 11.50	\$ 5.00	\$ 5.00	\$ 11.00	\$ 5.00	\$ 9.00	\$ 7.00	\$ 15.50	\$ 7.00	\$ 5.00	\$ 7.50	\$ 5.50	\$ 5.00	\$ 9.00	\$ 5.00	\$ 5.00

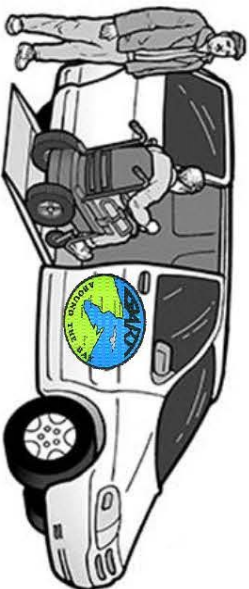
For more information or to schedule a ride call (715)682-9664

Hours Monday through Friday 8am – 6pm

Additional days and time subject to availability

Up to 50% of the operating deficit of this project is expected to be covered by federal funding provided by the Federal Transit Administration under 49 USC § 5311 (CFDA 20.509).

Title VI of the Civil Rights Act of 1964 prohibits discrimination on the basis of race, color, or national origin in programs and activities receiving Federal financial assistance. Information concerning Title VI complaint procedures or for more information, please contact the Title VI Coordinator by calling 715.682.9664.



FoodShare Increases Buying Power

Submitted by: Marianne Johnson with information from the DHS WI website

With March being a month when we are focusing on good nutrition, it is also a time when we can look at increasing buying power to buy nutritious foods.

One of the ways you can do this is to participate in the Foodshare program. FoodShare Wisconsin was created to help stop hunger and to improve nutrition and

health. FoodShare helps people with limited money buy the food they need for good health.

Each month, people across Wisconsin get help from FoodShare. They are people of all ages who have a job but have low incomes, are living on small or fixed income, have lost their job, and are retired or disabled

and not able to work.

You can use your benefits to buy food such as: breads and cereals, fruits and vegetables, dairy products, meats, fish, poultry, plants, and seeds to grow food for your family to eat.



(Continued on page 10)

Making Mealtime Easier

Submitted by Ellie Webb, Dementia Care Specialist, ADRC of the North

When caring for someone with dementia, mealtimes may come with many challenges. These can be because the person you are caring for:

- ◆ forgets that they have eaten,
- ◆ forgets to ask for water or food,
- ◆ gets confused if there are too many choices
- ◆ forgets how to use forks, spoons, or knives, or
- ◆ gets confused if there is too much noise.

Here are some tips to make meal times the best that they can be! ¹

Keep it simple:

- ◆ Do things the same way at every meal
- ◆ Serve meals in a familiar, quiet place
- ◆ Eat with them so that they see you eat, too
- ◆ Make the plate a different, solid color than the table
- ◆ Don't offer too many food choices. For example: Instead of asking "What would you like to drink?" try, "Would you like milk or orange juice?"

Support them:

- ◆ Make meals peaceful and slow
- ◆ Don't worry about spills and messes – they happen!
- ◆ Use no-spill cups or straws

Make eating easy

- ◆ Feed them while they are sitting up
- ◆ Try serving 5-6 small meals
- ◆ Try foods that they can pick up with their fingers
- ◆ Don't use very hot or very cold foods

Speak with a doctor if:

- ◆ They suddenly become more confused
- ◆ They choke often
- ◆ They keep losing weight



¹Alzheimer's Los Angeles. (2019). Caregiver Tip Sheets - Eating & Drinking. Los Angeles, CA; Alzheimer's Los Angeles.

Could a Medicare Savings Program Help Put Money Back in Your Pocket?

Submitted by: Marianne Johnson, Elder Benefits Specialist

For many Medicare beneficiaries, it can be difficult to make your Social Security check stretch enough to buy groceries, medications, pay the electric bill, insurance bill, phone bill and rent. Do you worry about how you will pay your bills? Would an extra \$170 in the bank each month help? Perhaps the Medicare Savings Program can help you!

Medicare Savings Programs are designed to help people who have limited income and assets. If you are qualified, your Medicare Part B premium is paid for you. That is a savings of over \$170 per month! In certain cases, the deductible and co-pays are also covered.

In order to qualify for a Medicare Savings Program, you need to meet income and asset guidelines. If you are single, your income must be

less than \$1,528 per month with assets below \$8,400. If you are married, your income must be less than \$2,059 per month with assets below \$12,600. If you are close to these limits or below, call the Aging and Disability Resource Center of the North and ask to talk with Marianne Johnson, Elder Benefits Specialist for Bayfield County for help applying.

In addition, if you qualify for a Medicare Savings Program, you can also get a reduced premium and lower deductible and co-pays for your Medicare Part D insurance through a program called "Extra Help". That could save you more money each month on your prescription medications!

For more information or assistance with benefits, please contact the Elder Benefits Specialists at the Aging and Disability Resource Center of the North 1-866-663-3607.

(Continued from page 9)

Food Share

You cannot use your benefits to buy: nonfood items (pet foods, paper products, soaps, household supplies, grooming items, toothpaste, cosmetics, etc.), beer, wine, liquor, cigarettes, tobacco, food that will be eaten in the store, hot foods (food cooked and served hot at the store), vitamins and medicines.

Benefits are put into your FoodShare account using an electronic benefits transfer (EBT) system. You access your benefits with a plastic card called the Wisconsin QUEST card. You use this card like a debit card. You can use the QUEST card to

buy food at grocery and convenience stores that accept EBT payments. You can also use your benefits at some stores online.

Single-person households with an income under \$2,148/month or two person households with income under \$2,904 may be eligible for FoodShare and should consider applying.

To apply for FoodShare, you can complete an application:

- Online – Go to access.wi.gov.
- By phone or in person – Contact your local agency at 1-888-794-5722
- By mail – Go to <https://www.dhs.wisconsin.gov/foodshare/publications.htm>

for the application or contact your agency at 1-888-794-5722.

Once you have submitted your application, you will need to have an interview with an agency worker either by phone or in person.

For additional information or to get questions answered about FoodShare please reach out to Marianne Johnson, Elder Benefits Specialist through the Aging and Disability Resource Center of the North at 1-866-663-3607.



**COMING SOON
To Bayfield and
Iron River**

Join us and begin planning **AHEAD**

For more information on upcoming, in-person classes
in Bayfield and Iron River

Contact:

Mary Johnson, Financial Outreach Specialist
Extension Educator, Bayfield County
715-373-3294 or majohnson45@wisc.edu

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 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 when and will break tasks into pieces so that the financial, healthcare, and other decisions don't feel so overwhelming.



planning **AHEAD** COURSE MODULES



Getting Ready



Home Finances



Advance Medical &
Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



Extension
UNIVERSITY OF WISCONSIN-MADISON

University of Wisconsin-Madison
Division of Extension Bayfield County
Courthouse, PO Box 218
Washburn, WI 54891



NONPROFIT
U.S. POSTAGE
PAID
PERMIT NO. 28
WASHBURN, WI

Current Resident Or

This newsletter was made possible in cooperation with the ADRC of the North & UW-Madison, Extension Bayfield County



The Aging and Disability Resource Center of the North (ADRC-N) is open Monday-Friday, 8:00 am to 4:00 pm
Please call **1-866-663-3607** 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 ages 18-59.
Website: www.adrc-n-wi.org

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



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

The Extension Bayfield County office is open :
Monday – Friday, 8 AM – 4 PM,
715-373-6104 ext 0
Website: <https://bayfield.extension.wisc.edu/>

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

Editors: Tracy Henegar, Carrie Linder, & Marianne Johnson
Layout & Design: Theresa LaChappelle

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.