

CAREGIVER AND FAMILY NEWS



Living Well in our Best Years

Spring 2023



Newsletter Highlights

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Greetings,

It's that time of year where Mother Nature cannot make up her mind. During one of the past few days of sun and warmth, my son started hopping around reciting lines from a sweet little book when he was younger: It's Spring! By Samantha Berger. The robin told the rabbit...The rabbit told the deer...The deer told the duck...Then all the birds began to sing, to tell the bears, "Wake up, it's spring!" Then a blizzard took hold and we played in the snow. Oh well, that is the way we roll here in a region that experiences changing seasons. It certainly helps to build character and resilience.

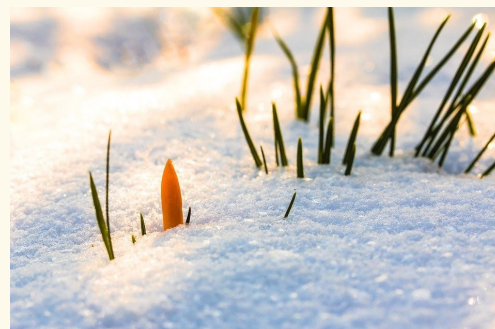
According to the WI Department of Health Services Resilient Wisconsin, "Resilience gives us the strength to bounce back from challenges in life. And we all face hardships at some point in life. But those who develop resilience can tap into their strengths and support systems. This gives us the best chance to overcome challenges and work through problems." Those of us in the helping field work hard to find ways in which we can help individuals create and maintain individual resilience, which also supports a more resilient community.

In this edition there are tips to boost your health, a variety of classes to attend and a few financial options for consideration. We hope you find this latest edition interesting and helpful.

Until next time,

Carrie

Carrie Linder, CSW, Aging & Disability Services Manager





WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

June 15, 2023 Please Join Us

Join Bayfield County Department of Human Services to raise awareness and help prevent Elder Abuse in our area.

Schedule of Events in Washburn

June 14, 2023 ~ 3:00 pm—8:00 pm

Activities and Information at
the Farmer's Market and Music in the Legion Park

June 15, 2023 ~ Time and Location TBD

Community-Wide Forum:

- Power of Attorney Abuse and Undue Influence
- Cognitive Decline and Diminished Capacity
 - Scams and Identity Theft

A Victim Service Attorney for the
Elder Financial Empowerment Project
with Coalition of Wisconsin Aging & Health Groups
will be available **both days** to review credit reports.

What is Elder Abuse?

Elder abuse is intentional or negligent acts by a caregiver or trusted individual that harms an older person. Forms include:

- ◇ Neglect or Isolation
- ◇ Physical or Sexual abuse
- ◇ Financial abuse and exploitation
- ◇ Emotional or psychological abuse (including verbal abuse, threats)

How to Report Elder Abuse

In an emergency dial **911**

Non emergency please
contact the Aging and
Disability Resource
Center (ADRC) of the
North at

1-866-663-3607



**Caring about elder abuse is
caring about justice for all.**



117 E. 5th St.
PO Box 100
Washburn, WI 54891
Phone: 715-373-6144

ADVANCE CARE PLANNING AN ESSENTIAL CONVERSATION FOR EVERYONE

FREE

Power of Attorney Workshops



Who will speak for you if you are unable to speak for yourself?

Advance Care Planning involves talking with others about your wishes and deciding who will speak on your behalf if you cannot. In this workshop you will learn about a Power of Attorney Healthcare and Power of Attorney Finance, the benefits of making these arrangements now, and how to complete the forms.

2023 Workshop Schedule

We encourage you to invite friends, neighbors and family to join you in!

Virtual Workshops (one session)

Date(s): 1st Wednesday of every month ~ Start Date: May 3, 2023

Time: 4:00 PM – 5:30 PM

Class size: Minimum: 2 / Maximum: unlimited

In-Person Workshops (two sessions – MUST ATTEND BOTH SESSIONS)

Date(s): 2nd & 3rd Wednesday of each month

- May 10 & 17 - Bayfield Public Library
- June 14 & 21 - Bell Town Hall, Cornucopia
- July 12 & 19 - Iron River Community Center
- Aug. 9 & 16 - Drummond Civic Center
- Sept. 13 & 20 - Washburn Public Library

Time: 4:00 PM – 5:30 PM

Class size: Minimum: 4 people / Maximum: 14 people

Pre-Registration Required. For questions, or to sign up, please call
Bayfield County Department of Human Services at (715) 373-3358.

Start this very important conversation today!



ADRC of the North and CLIMB Theatre Present “Grandpa and Lucy: A Story About Love and Dementia”

In partnership with the ADRC of the North, CLIMB Theatre presents their Alzheimer’s Awareness play, “Grandpa and Lucy”, live in Bayfield County. The location and exact date and time have not been set as of this print deadline, but the play will occur the weekend of June 17, 2023

“Grandpa and Lucy”, is based on the children’s book by Edie Weinstein. Starting as a Girl Scout Silver Award project, Edie wrote the book as a ninth grader. CLIMB Artistic Director Anton Jones then adapted the book into CLIMB’s play version, which first toured in 2019. This play aims to help kids and parents strengthen their intergenerational relationships with older relatives who may be struggling



with Alzheimer’s or other forms of Dementia.

“I hope people see the ways in which a young person can be educated and comforted in the face of a grandparent moving into a form of dementia,” said Buffy Sedlachek, director of “Grandpa and Lucy”. “What we really want to do is be in the moment, whatever the moment is with the person who is losing their memory.”

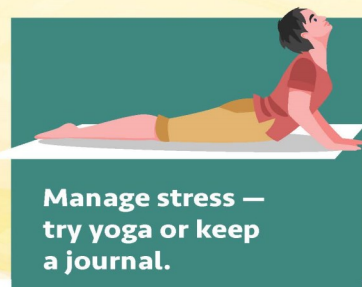
The event will be free and open to the public and is great for an intergenerational audience, ages 5 and up. There will be a

talkback following the event. For more information, please contact the ADRC of the North at 1-866-663-3607.

CLIMB Theatre is a youth-centered organization that uses theatre to teach social-emotional learning in a way that is intentionally intersectional. Based out of Inver Grove Heights, MN, the touring company brings programming to schools, libraries, and beyond across the Midwest. Their mission is to inspire and propel people towards acts that benefit themselves, others, and their community. The play, “Grandpa and Lucy” is a part of their efforts to forge intergenerational connections and support young people within the community.

Tips To **BOOST** Your Health as You Age

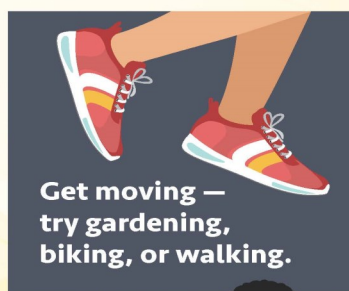
Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Manage stress — try yoga or keep a journal.



Learn something new — take a class or join a club.



Get moving — try gardening, biking, or walking.



Choose healthy foods rich in nutrients.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



Medicare 101 Virtual Informational Meetings in 2023

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 or if you have questions
Call Marianne at 1-866-663-3607 or email
at**

marianne.johnson@bayfieldcounty.wi.gov

Presentations dates and times:

March 22, 2023	Noon
April 19, 2023	6:00 pm
May 24, 2023	Noon
June 21, 2023	6:00 pm
July 26, 2023	Noon
August 16, 2023	6:00 pm
September 20, 2023	Noon
October 11, 2023	6:00 pm

Caregiver Conference— Save the Date!

**Wednesday, April 19, 2023
9 a.m. - 4 p.m.**

**Online Live via Zoom Or
In-Person at the Northwood Technical
College Ashland Conference Center**

Enjoy a full day just for caregivers!

The morning theme is “Technically Speaking”
The afternoon theme is “Financially Speaking”,
Event hosted by the Ashland and Bayfield County
Dementia and Caregiver Network.

More details including registration and fees can be
found at the Northwood Technical College’s website
[at https://www.northwoodtech.edu/continuing-
education-and-training/conferences-and-events/ash-
caregiver-2023](https://www.northwoodtech.edu/continuing-education-and-training/conferences-and-events/ash-caregiver-2023)



Mental Health & Well-Being In Our Later Years

Based on the 2008 State of Mental Health and Aging in America put out by the Centers for Disease Control and Prevention (CDC)*, it is estimated that 20% of people age 55 years or older may experience some type of mental health challenge, such as anxiety, depression, or severe cognitive impairment.

Risk of suicide increases with age, with older men having the highest rate of suicide of any age group. And, while the rate of older adults with depressive

symptoms tends to increase with age, depression is not a normal part of growing older. It is a treatable condition!

**DEPRESSION IS ONE
OF THE MOST
SUCCESSFULLY
TREATED ILLNESSES**

So let's take a look at some of the factors that contribute to these growing concerns in later life, consider the warning signs to keep an eye out for, and explore what we can do to reduce the risk in ourselves and our loved ones.

* Centers for Disease Control and Prevention and National Association of Chronic Disease Directors. The State of Mental Health and Aging in America Issue Brief 1: What Do the Data Tell Us? Atlanta, GA: National Association of Chronic Disease Directors; 2008.)

Ten Life Changes That Can Affect An Older Adult's Mental Health & Well-Being

1. Retirement – loss of daily activity and social connections
2. A Move – loss of family home and local social supports
3. Change in income
4. Loss of a loved one to death
5. Declining health &/or chronic illness
6. Chronic pain
7. Decline in functional abilities
8. Decline in cognitive capacities
9. Reduced mobility
10. Social Isolation



Ten Warning Signs of a Mental Health Challenge

1. Changes in mood, energy level, or appetite
2. Difficulty sleeping or sleeping too much
3. Difficulty concentrating, feeling restless/on edge
4. Anger, irritability or aggressiveness
5. Misuse of alcohol or other drugs
6. Sadness or hopelessness
7. Thoughts or behaviors that interfere with work, family or social life
8. Consistent worry or stress
9. Feeling flat/trouble feeling positive emotions
10. Suicidal thoughts

(Continued on page 7)

Mental Health & Well-Being In Our Later Years (Continued from page 6)

Five Facts About Mental Health & Aging

1. Mental health problems are a risk for older adults, regardless of history.
2. Mental health problems are NOT a normal part of aging - Healthy older adults can continue to thrive, grow, and enjoy life!
3. Mental health is as important as physical health (and can significantly impact physical health).
4. Suicide is a risk among older adults.
5. Older adults can be helped with the same success as younger people.



Five Ways to Support Positive Mental Health & Well-Being

1. Foster Social Connections – volunteer, pick up a new hobby
2. Connect with community resources to manage finances well
3. Optimize physical and mental health and well-being through:
 - ⚙ Quality Sleep,
 - ⚙ Good Nutrition,
 - ⚙ Physical Movement and
 - ⚙ Play mind games– read, do puzzles, play music, laugh
4. Identify and treat physical illness
5. Seek out an early diagnosis of mental health challenges

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you! This six-week class series gives you the confidence and support to better care for your aging loved one – and yourself.

For more information on class dates and times, contact the **ADRC of the North** at:

1-866-663-3607

DID YOU KNOW THAT SOCIAL ACTIVITY CONTRIBUTES TO GOOD HEALTH?

ALTHOUGH THERE IS NO RECIPE FOR MEANINGFUL SOCIAL ACTIVITY, WE DO KNOW THAT IT'S IMPORTANT TO FIND OPPORTUNITIES AND RELATIONSHIPS THAT ARE MEANINGFUL TO YOU.



Extension
UNIVERSITY OF WISCONSIN-MADISON

UW-EXTENSION LIFESPAN

[UW-Madison Division of Extension's Life Span](#)

programs help individuals, families and communities transition through the aging process by providing programming, resources and support on topics such as, family caregiving, healthy aging and creating aging-friendly communities.

What Is A Stroke?

Stroke kills nearly 150,000 of the 860,000 Americans who die of cardiovascular disease each year—that's 1 in every 19 deaths from all causes. A stroke, sometimes called a brain attack, happens in one of two ways:

- Ischemic stroke—when the blood supply to the brain is blocked
- Hemorrhagic stroke—when a blood vessel in the brain bursts A stroke causes brain tissue to die, which can lead to brain damage, disability, and death.

Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. This is disturbing because about 80% of strokes are preventable.

You can greatly reduce your risk for stroke by making lifestyle changes to help control your blood pressure and cholesterol levels and, in some cases, by taking medication.

Anyone, including children, can have a stroke at any time. Every year, about 800,000 people in the United States have a stroke—and about 1 out of 4 of those strokes are

recurrent strokes. Having one stroke means you have a greater risk of having another (or recurrent) stroke.

Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits, such as smoking, drinking too much alcohol, and not

getting enough exercise, that you can change to lower your stroke risk. Using tobacco products and having high blood pressure, high cholesterol, diabetes, or obesity can also increase your risk for stroke.

However, treating these conditions can reduce your risk.

Continued on page 9

Know the signs of a stroke! **BE FAST**

BALANCE

Sudden loss of coordination or balance

EYES

Sudden change in vision

FACE

Sudden weakness on one side of the face or facial droop

ARM

Sudden arm or leg weakness or numbness

SPEECH

Sudden slurred speech, trouble speaking, trouble understanding speech

TERRIBLE HEADACHE

Sudden onset of a terrible headache



WISCONSIN COVERDELL
STROKE PROGRAM



WISCONSIN DEPARTMENT
of HEALTH SERVICES
P-02/2017 (05/2018)

TIME TO CALL 9-1-1
Every second counts!

What Is A Stroke? - continued from page 8

High blood pressure is the single most important treatable risk factor for stroke. Preventing, diagnosing, and controlling it through lifestyle changes and medicine are critical to reducing stroke risks.

If you think that you or someone you know is having a stroke, call 9-1-1 immediately. Stroke is a medical emergency, and stroke treatment and outcomes depend on how fast you get to the hospital and the type of stroke you had. When you are transported by ambulance, first responders may be able to start your treatment right away and can alert the hospital that a stroke patient is on the way. This notification gives the hospital's medical team time to prepare equipment and medicines you may need.

If you have a stroke, you may receive emergency care, treatment to prevent another stroke, rehabilitation to help you relearn the skills you may have lost because of the stroke, or all three. In addition, lifestyle changes, such as the ones listed above, can help lower your risk for future strokes. Talk with your doctor about the best ways to reduce your stroke risk, and always take medicines as prescribed.

Submitted by: Holly Weber, BSN, RN, PHN Public Health Nurse Bayfield County Health Department



Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

FREE Virtual StrongBodies Class

Dates: March 28th-June 29th, 2023

Time: Tuesdays and Thursdays 9-10:15 am

To register online: <https://go.wisc.edu/un43ve>



Questions? Contact

Stephanie Bakker 715-682-7017 (Ashland, Bayfield, Iron)

Julie Montgomery 715-395-1427 (Douglas)

Bridget Rongner 715-635-4444 (Burnett, Sawyer, Washburn)

Senior Farmer's Market Nutrition Program Vouchers

Available in Bayfield County starting June 2023

We are happy to announce that Bayfield County Department of Human Services (DHS) is once again distributing the Senior Farmers Market Nutrition Program (SFMNP) vouchers to low-income seniors this Summer.

The goal of this program is to help seniors improve their diets with fresh produce while giving local farmers more business and adding support to the local economy.

To be eligible for the program you must be a Bayfield County resident, 60 or older (55 or older if you are Native American), and in previous years at or below 185% of the Federal Poverty Limit (FPL)- the income criteria for 2023 has not been released as of the date of publication.

- For a one-person household, 185% FPL is \$2,247/month.
- For a two- person household, 185% FPL is \$3,040/month.

Income is self-declared; you do not need to show verification of income.

If eligible, you will receive one set of vouchers worth \$35.



Vouchers can be spent at participating farmers markets and farmstands to buy locally grown produce.

New in 2023: each person in a household may qualify for a set of vouchers.

All vouchers will be distributed on a “first come first served” basis based on when the signed and completed eligibility form is received by the Bayfield County DHS.

After all vouchers have been distributed people will be notified if they are on a waiting list (again in order that the completed forms are received) and will be updated if they will be sent vouchers later.

If you have any questions, or would like an application please contact Marianne Johnson at 715-373-3355

marianne.johnson@bayfieldcounty.wi.gov

Keep Your Coverage!

BadgerCare Plus and Medicaid have special rules during the COVID-19 emergency. Let's work together so you'll still have health insurance benefits when the emergency ends. **Here are the next steps**



Update your contact information

Make sure we have your **current address, phone, and email** so we can send you important changes about your coverage. Log in at access.wi.gov or call your local agency.



Open your mail

Read any letters you get from the Wisconsin Department of Health Services to **find out how changes will affect you.**



Take action

Don't miss key deadlines! The letters will tell you **what you need to do to** get continued benefits. Don't miss key deadlines!

Questions? Contact

Contact your local agency or call Member Services at **800-362-3002** and we'll figure out your next steps together. **We're here to help.**



WISCONSIN DEPARTMENT
of **HEALTH SERVICES**

University of Wisconsin-Madison
 Division of Extension Bayfield County
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 Washburn, WI 54891



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Current Resident Or

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



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 questions 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
- ♦ Heidi Ungrodt at 715-373-3288 or heidi.ungrodt@wisc.edu



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