

# CAREGIVER AND FAMILY NEWS



## Living Well in our Best Years

Summer 2023



### Newsletter Highlights

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Greetings,

We are delighted to bring you the latest edition of Living Well. It's a time of year that invites us all to step outside, feel the gentle breeze on our faces, and savor the many wonders this season has to offer. I'd be remiss if I did not note that it has been a bit of a challenge with the air quality advisories and spongy moth caterpillars! Nonetheless it is still good to embrace the summer with open arms, no matter if it entails reading a good book or some other indoor activity.

I often get caught up in the hullabaloo of summer activities, but I firmly believe that by staying active, I am a healthier and happier person. Then suddenly, there comes the realization that over half the summer is over. It is a part of the natural cycle and being in tune with seasons to "make hay while the sun shines" and then turn inward during the cooler and darker season that will soon envelop us.

Within these pages, you'll find a plethora of information for this community of older adults. From nutrition and comradery to resources for caregivers, and educational activities for all, we have curated a collection of content that aims to empower, engage, and uplift your spirits.

Here's to a summer filled with joy, connection, and adventure!

Warmest regards,

*Carrie*

Carrie Linder, CSW, Aging & Disability Services Manager





# STRONGER TOGETHER



## WHAT IS SOCIAL CONNECTION

Social connection describes how individuals, communities, and society interact and feel connected to one another. There are many different ways we can connect socially! There are three vital components of social connection: **structure, function, and quality.**



## DANGERS OF ISOLATION

Social connection influences our health. Lack of social connection can lead to health issues such as:

- increased chronic disease risk.
- weakened immune function.
- poorer mental health outcomes.
- increased dementia risk.



## SOCIAL CONNECTION BENEFITS THE COMMUNITY

- Improves population health.
- Improves hazard response and resilience.
- Increases community safety.
- Boosts economic development.
- Encourages civic engagement.

### STRUCTURE

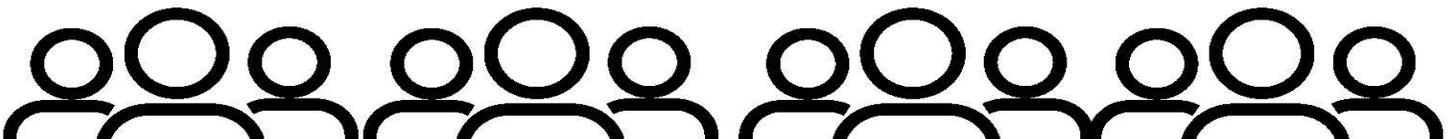
The number and variety of relationships and frequency of interactions.

### QUALITY

The positive and negative aspects of relationships and interactions

### FUNCTION

The degree to which relationships serve various needs



## Senior Dining Sites in Bayfield County



Six senior dining sites are open and serving older adults in Bayfield County. People 60 and over are invited to join us for lunch and so much more!

Besides enjoying a nutritionally balanced lunch, senior dining offers an opportunity to catch up with neighbors, meet new friends and take advantage of health or benefits related programming.

You are eligible if you are:

- ◆ Aged 60 or older
- ◆ The spouse or domestic partner of someone aged 60 and over
- ◆ An adult with a disability, younger than 60, who lives with an eligible older person participating in the program

Senior Dining is partially funded by contributions from users of the meal sites. A contribution of

\$3.00-\$5.00 per meal is suggested. Why the range? We know that some people are struggling with rising living expenses, but some older adults are more fortunate, and their generous contributions go to support their neighbors. All contributions are put right back into the program to provide more meals.

The following table shows the day and time each site is open. Almost all of the sites need a reservation to make sure there is enough food for everyone. Call 715-373-3396 – tell us your name, phone number, site name, and date. If there is more than one person in your party, please leave all names in the message.

**If you haven't already,  
please join us for a meal and  
see what we have to offer!**

<b>Town</b>	<b>Day open</b>	<b>Mealtime</b>	<b>Address</b>	<b>Reservation Needed?</b>	<b>Suggested Donation</b>
Barnes	Thursdays— Reopening September 7	11:30- site opens and meal is served	<b>Barnes Town Hall</b> 3360 County Hwy N. Barnes, WI 54873	Yes, call 715-373-3396	\$3.00-\$5.00 per meal
Cornucopia	Tuesdays	11:30 – site opens Noon-1:00 - meal served	<b>Bell Town Hall</b> 22620 Ash St. Cornucopia, WI 54827	Yes, call 715-373-3396	\$3.00-\$5.00 per meal
Iron River	2 <sup>nd</sup> Thursday of the month	11:30 – site opens Noon-1:00- meal served	<b>Community Center</b> 8275 E. Mill St. Iron River, WI 54847	Yes, call 715-373-3396	\$3.00-\$5.00 per meal
Port Wing	Wednesdays	11:30 – site opens Noon-1:00- meal served	<b>First Lutheran Church</b> 83105 Washington Ave Port Wing, WI 54865	Yes, call 715-373-3396	\$3:00-\$5:00 per meal
Washburn	Wednesdays	1:00-3:00 open for seniors	<b>Time Out Restaurant</b> 4 Bayfield St. Washburn, WI 54891	No	\$3:00-\$5:00 per meal
Washburn	Fridays	11:30 – site opens Noon-1:00- meal served	<b>St. Louis School in the gym</b> (next to church) 217 W. 7 <sup>th</sup> St. Washburn, WI 54891	Yes, call 715-373-3396	\$3:00-\$5:00 per meal



# Pop-up Senior Meal Drummond Civic Center

September 21, 10:00 AM - 2:00 PM

## Join us for a day of Food ~ Fellowship ~ Fun

### AGENDA

#### 10:00-11:00 AM **Presentation: Eat for Vitality!**

Speaker: Carolyn Novak, Registered Dietitian, Bayfield County DHS

Topic: Sharing the latest and greatest on how to eat for health and enjoy doing it.

#### 11:00-12:00 PM **Presentation: How **NOT** to Get Scammed!**

Speaker: Lauren Hedrington, Financial Educator, Superior Choice Credit Union

Sharing information on marketing tricks and scams.

#### 12:00 **Lunch**

**Contributions:** \$3.00-\$5.00 per meal for adults 60 and older are appreciated! All others pay full cost.

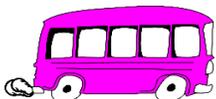
**Reservations required:** Call Carolyn at 715-373-3353 **by September 12th** to reserve your spot!



**Bayfield County Public Health** will be on site to share information on and provide immunizations, covid testing, blood pressure, sun safety, tick prevention and more!



The **Aging and Disability Resource Center** will have information and resources available.



Do you need **Transportation**? Call Michele at **715-373-3358** to explore options.

**Thanks to our generous sponsors for helping to educate and empower older adults!**

Bay Area Rural Transit  
Bayfield Electric Cooperative  
Bremer Bank  
Hansen's Market  
Inclusa



My Choice Wisconsin  
Memorial Medical Center  
Superior Choice Credit Union  
Washburn Community Ed. Fdn.



# STRONG *People*™

## STRONG BODIES



### 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: Sept. 5th-Dec. 21st, 2023

Time: Tuesdays and Thursdays 9:00-10:15 am

To register online: <https://go.wisc.edu/m444hj>



scan with your smart phone camera to register

#### Questions? Contact

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

Julie Montgomery 715-395-1427 (Douglas)

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

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## Take Care of Yourself as a Caregiver



Activities like these can lower your stress, boost your mood, and help make you a better caregiver, too.

Learn more about caregiving at [www.nia.nih.gov/caregiving](http://www.nia.nih.gov/caregiving).



**ADVANCE CARE PLANNING**  
**AN ESSENTIAL CONVERSATION**  
**FOR EVERYONE**

**FREE**

# Advance Directives Workshop



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

No one ever plans to be sick or disabled. Yet, it's this kind of planning that can make all the difference in an emergency. What kind of health care would you want if you became too sick to tell the doctor yourself? Plan ahead to make sure you get the medical care you want. 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 the Power of Attorney Healthcare and Power of Attorney Finance, as well as the benefits of making these arrangements now.

## 2023 Workshop Schedule

**Please encourage friends, neighbors, and family to join you!**

*Open to anyone aged 18 or older.*

### In-Person Informational Workshops

- Date(s): 2<sup>nd</sup> Wednesday of each month
- Aug. 9 - Drummond Civic Center
  - Sept. 13 - Washburn Public Library
  - Oct. 11 - Cable Community Center
  - Nov. 8 - Washburn Public Library

Time: 6:00 PM – 7:30 PM

Class size: Minimum: 4 people / Maximum: unlimited

**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!***



# Save Yourself Money with Medicare

## Medicare Open enrollment runs from October 15- December 7 each year.

All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2023.

If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better and likely save you more money. You can get ready for open enrollment now by marking your calendar with a reminder to check your current coverage and get an updated list of your medications together so you are prepared to review plan options.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries can also receive free, unbiased assistance with plan comparisons and insurance options from the Benefits Specialists with the ADRC of the North at 1-866-663-3607.

Assistance is also available through the following resources:

- 1-800-MEDICARE or [www.medicare.gov](http://www.medicare.gov)
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783



## Aging Mastery Program National Council on Aging

### Join the Adventure!

FREE OFFERING  
(\$290 VALUE)

Build your own personal playbook for aging well. The NCOA, Aging Mastery Program is an evidence based program that provides tools and resources designed to help YOU, improve your health, enhance your financial stability, and foster a life full of meaningful connections. The program combines goal setting, daily practices, and peer support to help participants make meaningful changes in their own lives.

AMP is all about feeling better today and staying healthy for the future.

**Are you ready for your future?**

**September 27 - December 20, 2023: 10 core classes + 2 caregiver focused**

<https://bit.ly/AgingMasteryProgram-AMP>

**Wednesdays, 1:00pm - 3:00pm**

Class will not be held week of Nov. 20 (Thanksgiving)

For questions: Contact Kari Enders or Coleen Hillskotter  
(877.622.6700)

[Kari.Enders@Inclusa.org](mailto:Kari.Enders@Inclusa.org) // [Coleen.Hillskotter@Inclusa.org](mailto:Coleen.Hillskotter@Inclusa.org)



# Volunteer Drivers Needed!

**DO YOU LIKE DRIVING?**

**DO YOU LIKE HELPING PEOPLE?**

**DO YOU HAVE ANY SPARE TIME?**

Transportation that is safe, reliable and affordable is key to independent living for many older adults and individuals with a disability who are trying to get to their medical appointments, shopping, banking, or other scheduled activities of daily living.

Volunteer drivers are *always* needed. Just a small amount of time can significantly enhance the wellbeing of individuals within our community.

*Drivers are especially needed to take individuals to medical appointments in the Duluth/Superior area.*

***You CAN make a difference in your community.  
Providing just ONE ride a month can change someone's life!***



As a Volunteer Driver, you can expect:

- To be reimbursed monthly for your mileage
- To have fun and make new friends
- To feel helpful and more connected to your community

Requirements:

- Reliable vehicle in good condition
- Auto insurance
- Valid driver's license with clean driving record
- Clear background check
- Desire to help people in your community

## ***We need you!***

If you, or someone you know would be interested in offering transportation services, please call Bayfield County Human Services today!

**Call: (715) 373-6144**

***Give the gift of a lift and turn miles into smiles.***

***Due to a lack of volunteer drivers, we are currently unable to fulfill requests for rides to the Superior/Duluth area at this time.***

Join us and begin

# planning **AHEAD** for the end of this life

## What is Planning AHEAD?

Planning AHEAD is a 7-session course (one hour each) that guides participants through the topics listed on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life planning.

## Who is the program for?

This program is for people who:

- Want to create end-of-life plans to make things easier for family members and to ensure their wishes are honored
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

## When is the program?

When: Tuesdays, September 19th - November 7th, 2023

Where: Bayfield County EOC 116 E 6th St. Annex Building  
Washburn, WI or virtually via Zoom

Time: 11:00 am to 12:00 pm

**\*\*September 19th is a required tech check\*\***

Register at: <https://go.wisc.edu/9yoe8> by  
Monday, Sept. 11th.

## Contact us for more information

Connection information will be sent to registered participants. Space is limited.

For more information, contact Tracy Henegar, UW Extension Bayfield & Douglas County Family Educator at [tracy.henegar@wisc.edu](mailto:tracy.henegar@wisc.edu).

## planning **AHEAD** PROGRAM TOPICS



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON



*Moving for  
Better Balance®*

**Tai Ji Quan: Moving for Better Balance** is an evidence-based program designed to keep you mobile & independent.



Improve your balance, strengthen your muscles and reduce the risk of falling. Each session consists of warm-up exercises, a mix of core forms and brief cool down exercises.

The class is geared for adults age 60+ who want to improve strength, mobility, and reduce the risk of falling.

**To register, please contact:**

**RSVP/AmeriCorps Seniors**

*(Retired & Senior Volunteer Program)*

**Tel: (715) 292-6400 (ext. 2)**

Registration Deadline:

10 days prior to class start date.

*No late registrations can be accepted.*

**No prior experience in Tai Ji Quan is necessary.**

**Cost:** Suggested donation of \$5/class.

*Participants under the age of 60 will be charged \$5/per class.*

All can participate regardless of ability to pay.

Location: **Herbster Gym**

Dates: **Sept. 27 – Dec. 20, 2023**

Days: Wednesdays and Fridays

Time: **9:00 AM - 10:15 AM**

Leader: **Donna Harding**

Location: **Barnes Town Hall**

Dates: **Oct. 2 -- Dec. 27, 2023**

Days: Monday and Wednesday

Time: **9:00 AM - 10:15 AM**

Leader: **Marianne Mueller-Alston**

Location: **Cable Community Center**

Dates: **Sept. 20 – Dec. 8, 2023**

Days: Wednesdays and Fridays

Time: **9:00 AM – 10:15 AM**

Leader: **Suzanne Rooney**

Location: **Iron River Community Center**

Dates: **Oct. 3 -- Dec. 27, 2023**

Days: Tuesday and Thursday

Time: **9:00 AM - 10:15 AM**

Leader: **Marianne Mueller-Alston**

Location: **Drummond Civic Center**

Dates: **Sept. 20 – Dec. 8, 2023**

Days: Wednesdays and Fridays

Time: **10:30 AM – 11:45 AM**

Leader: **Suzanne Rooney**



*Moving for  
Better Balance®*

Brought to you by:





# CAREGIVER SUPPORT GROUP

Are you a caregiver for someone living with Dementia?

**You are not alone.**

Join other caregivers at a monthly caregiver support group hosted by the Alzheimer's Association.

**JOIN US!**

Last Thursday of the month

1 pm - 2:30 pm

Washburn Public Library

307 Washington Avenue

Washburn, WI 54891

**Pre-registration is NOT required**

FOR MORE INFORMATION:

Contact the ADRC of the North at 1-866-663-3607 and ask to talk to the Bayfield County Dementia Care Specialist.



# Take Action to Keep Your Personal Information Safe!

Adapted from FBI website

In Bayfield County we have a dedicated staff of workers who field calls everyday from residents who have been targeted by scammers.

Unfortunately, these scammers are so good at convincing people to share personal information, or give them money, that people often fall victim of the scam. This isn't just an issue in large cities, we get calls locally everyday from residents of Bayfield County.

**Please read this article carefully so you will be aware of how these scams can present themselves and what you can do to safeguard yourself.**

Each year, millions of elderly Americans fall victim to some type of financial fraud, racking up more than \$3 billion in losses annually. Criminals use a variety of methods to deceive these victims, including romance, sweepstakes, charity, technology support, grandparent, lottery, and government impersonation schemes, to name a few.

In each case, perpetrators try to gain their targets' trust and may communicate with victims via computer, through the mail, in person, and by phone, TV, and radio. With the elderly population growing in the United States, it is likely perpetrators will find more and more victims.

Elderly individuals may encounter the following scams:

- **Romance Scam:** Perpetrators pose as interested romantic partners through dating websites to capitalize on their elderly victims' desire to find companions.
- **Tech Support Scam:** Perpetrators pose as technology support representatives and offer to fix non-existent computer issues—gaining remote access to victims' devices and, thus, their sensitive information.
- **Grandparent Scam:** Perpetrators pose as a relative—usually a child or grandchild—claiming to be in immediate dire financial need.
- **Government Impersonation Scam:** Perpetrators pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes/Charity/Lottery Scam:** Perpetrators claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- **Home Repair Scam:** Perpetrators appear in person and charge homeowners in advance for home improvement services that they never provide.

- **TV/Radio Scam:** Perpetrators target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.

- **Family/Caregiver Scam:** Perpetrators are relatives or acquaintances of the elderly victims and take advantage of them or otherwise get their money.

Once successful, perpetrators will likely continue to target vulnerable elderly victims with these schemes because of the prospect of significant financial gain.

### ***DEFENSE AND MITIGATION***

Taking the following steps may help protect yourself from being victimized:

- Recognize scam attempts and **end all communication** with the perpetrator.

- **Resist the pressure to act quickly.**

Perpetrators create a sense of urgency to produce fear and lure victims into immediate action. Call the police immediately if you feel there is a danger to yourself or a loved one.

- **Be cautious of unsolicited phone calls, mailings, and door-to-door services offers.**

- **Never give or send any personally identifiable information**, money, jewelry, gift cards, or checks—or wire information or funds—to unknown or unverified persons or businesses.

- **Ensure all computer anti-virus and security software and malware protections are up to date.** Use reputable anti-virus software and firewalls.

- **If you receive a pop-up or locked screen on your device, immediately disconnect** from the internet and shut down the affected device. Pop-ups are regularly used by perpetrators to spread malicious software. To avoid accidental clicks on or within a pop-up, **enable pop-up blockers.**

- **Do not open any emails or click on attachments you do not recognize and avoid suspicious websites.**

If a perpetrator gains access to a device or an account, take precautions to protect your identity; immediately contact your financial institutions to place protections on your accounts; and monitor your accounts and personal information for suspicious activity.

If you think you may have been a victim of a scam, please report it.

***You sharing your experience can help others avoid becoming a target.***

If you have, or someone you know is an older adult, or an adult with a disability and have been scammed, you can contact the Bayfield County Department of Human Services and ask to be transferred to the Aging and Disability intake worker. That number is 715-373-6144.

# 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!

***The classes give you tools to help:***

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



Classes will be held:

**Virtually ~ 3:30 pm- 5:00 pm**

**AND IN-PERSON ~ 630 Sanborn Ave., Ashland**

**Wednesdays, September 6th—October 11th**

For more information, or to register

**Call the ADRC of the North at:**

**1-866-663-3607**

**For more information, or to register**

**Call the ADRC of the North at: 1-866-663-3607**

Attendees will receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues. Attendees will also receive handouts.

Powerful Tools for Caregivers (PTC) is a 501(c)(3) nonprofit. The PTC national office in Portland, OR supports caregivers, Class Leaders, and Master Trainers in the US, Canada, and Korea. S

## Bayfield County **COMMUNITY VOLUNTEERS NEEDED**

***Kindness Matters. You can be part of a community solution!***

Volunteers make an incredible difference and profound impact in the lives of fellow residents in neighborhoods and communities across Bayfield County. With busy lives it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need across our rural county.

### ***Neighbors helping neighbors.***

Individuals of any age are encouraged to volunteer, whether it's transporting individuals to medical appointments or the grocery store, delivering meals, providing friendly phone calls, helping to write letters, assisting with storytelling, health and wellness activities, providing lifelong learning opportunities, arts and crafting, or music – everyone can contribute something.

To explore options, please call Michele with Bayfield County DHS at: **715-373-3358**

## **Avoid Falls at Home: 5 Easy Ways to Make Your Home Safer**

Falls are a major cause of injury in all ages of the U.S. population, but a particular burden in older persons. One-third of people over the age of 65 years will fall every year. Wisconsin has the highest rate of death from unintentional falls in the nation.

Most falls happen in people's homes. While falls can be common, they do not have to be normal part of aging and can be prevented!

Make sure your home is safe and help prevent falls by following a few easy tips.

1. **Clear the way.** Remove tripping hazards, like throw rugs, cords, or clutter on the floor. Move furniture to create a path for safe movement.
2. **Light it up.** Replace lightbulbs with bright, non-glare bulbs to help you see around the house.
3. **Have a seat.** Place a chair in your bedroom so you can sit while getting dressed or putting shoes on.
4. **Secure some support.** Buy a shower seat, grab bar, and an adjustable-height handheld showerhead to make bathing easier.
5. **Store for success.** Keep frequently used items between waist and shoulder height, making them easier to access without the need for a stepstool or unsafe reaching.



For more information, please visit Falls Free Wisconsin at <https://fallsfreewi.org>

University of Wisconsin-Madison  
 Division of Extension Bayfield County  
 Courthouse, PO Box 218  
 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](http://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](mailto:tracy.henegar@wisc.edu)
- ◆ Heidi Ungrodt at 715-373-3288 or [heidi.ungrodt@wisc.edu](mailto:heidi.ungrodt@wisc.edu)



**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,**  
**715-373-3285**

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](mailto:theresa.lachappelle@wisc.edu)

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