

CAREGIVER AND FAMILY NEWS



Living Well in our Best Years

Spring 2025



Newsletter Highlights

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A Personal Goodbye to Our Incredible Community

By the time you read this, I will have said good bye to my team and numerous colleagues. I have decided it is time to retire and focus on my personal health and wellbeing as I navigate living with cancer.

I want to express my heartfelt thanks to so many individuals who have been a part of building and sustaining programming throughout Bayfield County. Leading and working alongside so many incredible communities has been one of the most meaningful experiences of my life. Together, we've built many special programs designed to support older adults age with grace and dignity. It's been an honor to serve, collaborate, and grow with you all.

While it's time for me to step away and embark on a new chapter, please know that the memories and connections we've shared will remain with me always. I am deeply grateful for your support, your trust, and the countless ways you've contributed to the growth of our shared vision.

Though I'll be moving on, I'm excited for the future and all that will continue to be accomplished. You are all capable of amazing things. I have no doubt that your efforts and partnership with county staff will continue to make a lasting impact.

As this transition unfolds, programming is in place to provide support and service to older adults. The legacy doesn't end with me; the Aging and Disability Services team is comprised of incredibly talented and passionate individuals who will carry on.

Sincerest regards,

Carrie

Carrie Linder, CSW (She/Her)
Aging & Disability Services Manager



ADRC stands for **A**ging and **D**isability **R**esource **C**enter and every county in the state of Wisconsin has one, or in less populated counties, like Bayfield County, they share a regional ADRC with neighboring counties.

Bayfield County is part of the ADRC of the North, which is a regional ADRC that covers the five-county region of Ashland, Bayfield, Iron, Price and Sawyer Counties.

The ADRC of the North – Bayfield County branch, is here to help Bayfield County older adults and people with disabilities and the people who support them. People call the ADRC with all kinds of questions they need answers to.



An ADRC gives **FREE** and **UNBIASED** information

about getting older or living with a disability to anyone with questions about the things and services needed to live safely. This means you can trust the information you receive from the ADRC.

ADRCs serve the following Wisconsin residents regardless of income:

- ◆ Older adults
- ◆ Adults with physical disabilities
- ◆ Adults with intellectual or developmental disabilities

- ◆ Youth with disabilities transitioning into the adult services system (over 17 ½)
- ◆ Caregivers, family members, guardians
- ◆ Healthy adults planning for the future
- ◆ Professionals

ADRC staff provide support and guidance to those seeking help. They know local agencies and resources that are available to customers. THE ADRC staff includes:

- ◆ Information and assistance specialists provide unbiased information related to aging or living with a disability.
- ◆ Options counseling explore options available to meet long-term care needs.
- ◆ Dementia care specialists provide support for people with dementia and their families.
- ◆ Benefit specialists provide confidential advice about programs and benefits including FoodShare, Medicaid, Medicare, private health insurance, and Social Security.
- ◆ Disability benefit specialists help adults with disabilities who are between the ages of 17 ½ and 59.
- ◆ Elder benefit specialists: help adults who are 60 or older.

The ADRC of the North is here to help you every step of the way. Contact the ADRC of the North at 1-866-663-3607.

Spring Means Time for a 6-Month Covid Booster for 65 yrs and Over

... to protect yourself from a summer surge of COVID-19 which we have seen in the past two summers the CDC Recommends Second Dose of 2024-2025 COVID-19 Vaccine for People 65 Years and Older and for People Who are Moderately or Severely Immunocompromised

2025 Spring Covid Booster Clinics 11 am—2 pm			
April 17th	Barnes Town Hall	April 23rd	Port Wing 1st Lutheran Church
April 21st	Cable United Church of Christ	April 24th	Iron River Community Center
April 22nd	Cornucopia Bell Town Hall	April 25th	Washburn St. Louis School
* We are only able to accept Medicare & Medicaid			

We Are Here To Help

*Dementia Care Specialists: Providing Education and Support to Individual, Families, and the Community.
By Colleen Brewer, Dementia Care Specialist Serving Ashland and Bayfield County*



The state of Wisconsin is

believed to be a trend setter as we are one of the few states that employ Dementia Care Specialists (DCS), through the Aging and Disability Resource Center, in each county. The role of a DCS is to provide support for those living with dementia, provide education to encourage inclusive communities, and to provide caregiver support. This is all done at no cost to those wanting services - removing the financial barrier so that all community members are able to utilize this resource and have access to information.

“Help! I am a caregiver- how can the DCS help me?”

The DCS can answer your questions about dementia and provide you with education and training. They also can help you address your current situation and plan for the future. The DCS also runs educational programming specific to caregivers- classes like “Powerful Tools for



Caregivers” is a 6-week class (held virtually) where caregivers learn best practices to interact with

their loved ones living with dementia. Caregivers learn tools to not simply “survive” the experience, but help them thrive in the caregiver role.

“Help, I have recently been diagnosed with dementia, what do I do now?”

A simple call to the ADRC at 1-866-663-3607, and you can ask to be referred to the DCS to begin the partnership.

The DCS will help you understand your diagnosis, teach you how to maintain independence as long as possible, talk about research studies, and plan a path forward- all of which can be done, in the comfort of your own home. The DCS will come right to you!

Another service the DCS provides is cognition screening- these screens are brief, non-diagnostic tests that are used to evaluate memory, judgement,

and the ability to understand visual information. Cognition screens provide results in minutes allowing you to track your performance on screens over time- this will help you see how your cognition is changing through the course of the disease. This tool also provides individuals with talking points to aid a discussion between you and your physician regarding your cognitive health.

“Help! I am a community member/ business owner who wants to be supportive and inclusive to community members living with dementia – How can a DCS help me?!”

Dementia-friendly communities are places where people living with dementia are safe, respected, and supported. The DCS works to increase civic awareness toward dementia, create dementia networks and host a variety of events that promote socialization in public spaces with others.



Most commonly, the DCS offers “Dementia Friendly Business Training”; which is a 60-minute training that helps business better serve and support people living with dementia and their caregivers.

The DCS also hosts programs, such as “Dementia Live”, which is a simulation experience open to community members. During “Dementia Live”, participants receive a brief overview of dementia and then experience a simulation meant to dampen senses in a way that mimics dementia. This experience is thought to build empathy among participants as well as provide education as to what dementia is and how it effects our immediate community.

For more information or to become involved in the program, call 1-866-663-3607 and ask to speak with the Dementia Care Specialist in your county.

You also can find more information by navigating to www.adrc-n-wi.org/dementia/. Let today be the day to become involved!

We Are Here For YOU

**CAREGIVER SUPPORT GROUP
FROM 1:00PM- 3:00PM
WASHBURN PUBLIC LIBRARY**

ALL ARE WELCOME
NO REGISTRATION
REQUIRED

HOSTED BY THE
ADRC DEMENTIA CARE
SPECIALIST:
COLLEEN BREWER
CALL FOR MORE INFO
1-866-663-3607

Northwest Regional Housing Rehabilitation Program

Serving the Counties of Ashland, Bayfield, Burnett, Douglas*, Iron, Price, Rusk, Sawyer, Taylor, and Washburn

Covered Projects

- Roofing
- Siding
- Heating
- Electrical
- Insulation
- Foundation
- Windows & Doors
- Sewer & Water Laterals
- Handicapped Accessibility
- Well & Septic



OWNER-OCCUPIED REHABILITATION

The program provides rehabilitation assistance to LMI owner-occupied housing units. Financial assistance to eligible owner-occupied households is in the form of a zero percent interest, deferred payment loan, secured by a mortgage until the unit ceases to be the borrower's principal place of residence. The property must be titled in the owner's name, taxes must be current, and the property must be insured against direct loss or damage. Homes under life estates and land contracts are eligible.

HANDICAPPED ACCESSIBILITY

Funds may be used for accessibility modifications to a dwelling unit occupied by a Low to Moderate Income (LMI) person who is physically handicapped. Typical modifications include ramps, grab bars, accessible shower stalls, wider doorways and hallways, and the installation of door handles, in place of doorknobs.

RENTER-OCCUPIED REHABILITATION

The program may provide funds for the rehabilitation of LMI renter-occupied units with zero percent interest, installment loans. Landlord must be the one to first apply and approval is based on renters' income and rental terms.

Qualifications

Household Income Limits

Ashland, Bayfield, Burnett, Iron, Price Rusk, Sawyer, Taylor & Washburn Counties	Household Size	Douglas County
\$48,550	1 Person	\$53,350
\$55,450	2 Persons	\$60,950
\$62,400	3 Persons	\$68,550
\$69,300	4 Persons	\$76,150
\$74,850	5 Persons	\$82,250
\$80,400	6 Persons	\$88,350
\$85,950	7 Persons	\$94,450
\$91,500	8 Persons	\$100,550

As established by the U.S Department of Housing and Urban Development - May 2024

*Residents of the City of Superior are ineligible for this particular program but are eligible for other programs we have available.

Please Contact Autumn Thome at Northwest Regional Planning Commission for more information and to see if you are eligible
715-635-2197 • athome@nwrpc.com



Most Items are free to dispose of –**BUT** Fees do apply to some items such as batteries & fluorescent bulbs

Bayfield County CLEAN SWEEP Household Hazardous Waste Collection

Thursday, July 31, 2025 ~ 2 pm to 6 pm

At the Bayfield County Garage in Washburn, WI




2 Blocks South of Hwy 13 (Towards the Lake) on Central Ave

See our website for more details.

<https://bayfield.extension.wisc.edu/news/11020-2/>



Dispose of:

-  Medications
-  Hazardous Chemicals
-  Fluorescent & HID bulbs \$
-  More

Disability Benefit Specialist



A Disability Benefit Specialist provides free confidential services to individuals ages 18 to 59 with a physical or developmental disability, mental illness, or substance abuse disorder.

A Disability Benefit Specialist can answer questions related to Social Security, Medicare, health insurance, and/or other public and private benefits. They also assist those who have barriers to access benefits for which they are eligible.

Wisconsin is unique as it is the only State which has a Disability Benefit Specialist in every ADRC office

A Disability Benefit Specialist can:

- ◇ Talk with you about your choices and the

programs or services that might best meet your needs.

- ◇ Help determine which benefits and programs you may be entitled to.
- ◇ Provide referrals, assistance and support on other matters including disability rights and the impact of earnings on financial eligibility for public benefits.
- ◇ Help you to fill out applications for benefits, programs and services.
- ◇ Help you fill out appeals for Social Security and State benefits.

Contact the ADRC of the North office at 866-663-3607 for more information or to request Disability Benefits Services.



Mobility Management Services

A Mobility Manager can help you schedule non-emergency medical transportation or connect you with other transportation services near and far.

The mobility manager is a service provided by BART to help you link to all available transportation services.

The ultimate goal is to find the most cost effective and reliable transportation available to get you where you need to go. That may be a bus, volunteer driver, or door to door service.

Need a Ride? BART Can Help!

We can also help support and train new riders on how to use the BART bus system.

Focusing on individual rider needs!

Serving Ashland, Bayfield, Iron and Price Counties

Contact: 715-979-2509 s.nutt@bartbus.com



PRICE COUNTY WISCONSIN

BAY AREA RURAL TRANSIT operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act of 1964.



CLICK

CONNECTING LIVES THROUGH INTERNET AND COMMUNITY KNOWLEDGE

TECHNOLOGY NOT YOUR STRONG SUIT?

Enroll in the NWWIB program: **CLICK**
- Connecting Lives Through Internet and Community Knowledge!

CLICK is all about digital connectivity and literacy. A digital lending library will allow individuals to check out laptops and digital literacy programming will provide individuals with the confidence to use devices.

THE CLICK DIGITAL LENDING LIBRARY WILL SERVE:

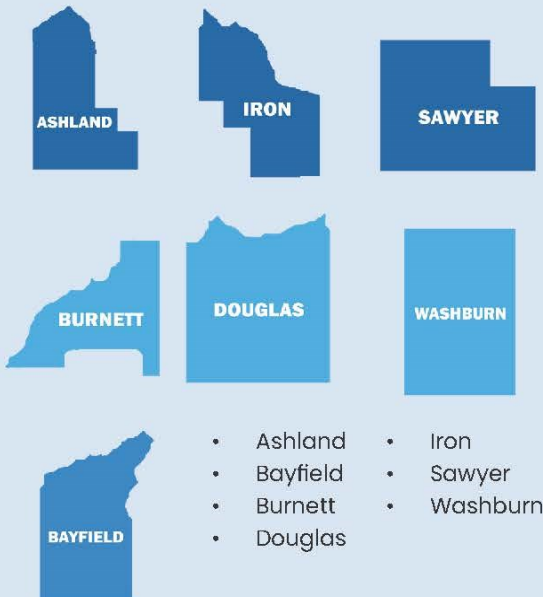
- People and households who live in underserved locations
- Under connected households
- Low-income households.

Scan the QR-code to learn more about CLICK



or, visit: www.nwwib.com/programs/click

COUNTIES INCLUDED UNDER CLICK:



GET IN TOUCH WITH A DIGITAL NAVIGATOR!

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lwestberg@nwwib.com

Northwest Wisconsin Workforce Investment Board is an equal opportunity employer and service provider. If you have a disability and need assistance with this information, please call us through Wisconsin Relay Service (7-1-1) or at 800-947-3529. To request information in an alternate format, including language assistance or translation of the information, please contact us at 715-685-1425.

This project is being supported, in whole or in part, by federal award number CFFN0201 awarded to Northwest Wisconsin Workforce Investment Board through \$723,545.10 of funds from the U.S. Department of the Treasury through the American Rescue Plan Act and the State of Wisconsin, acting by and through the Public Service Commission of Wisconsin.



UW-Madison Extension Educational Programs



Extension
UNIVERSITY OF WISCONSIN-MADISON
BAYFIELD COUNTY



Aging Mastery is a 10-week series that explores small lifestyle changes that lead to better outcomes in aging. Classes are offered with in-person options available.



Money Matters is an online resource with educational modules on managing finances, credit & debt, health care, retirement, and more. Follow-up financial coaching is available with a trained UW-Madison Extension educator.



Planning AHEAD is an end-of-life planning curriculum for all ages that helps participants understand how to prepare for the end of life for themselves or a loved one. This 7-session research-based program is offered virtually statewide.



Rent Smart is a multi-session class focused on the knowledge and skills needed for a successful renting experience. Classes are offered virtually statewide.



Strong Bodies is a free virtual strength-training class to catalyze positive change in people of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support.



WeCOPE is a 6-week interactive virtual program that helps adults cope with life stress. WeCOPE has been shown to reduce stress and depression, increase positive mood, and improve health behaviors by managing life's challenges in healthy ways.

For More Information:



UW-Madison Extension Bayfield County ~ 117 E 5th St ~ Washburn, WI 54891
Theresa LaChappelle, Office Manager ~715-373-3285 or

theresa.lachappelle@wisc.edu

<https://bayfield.extension.wisc.edu/new-health-family-finances/>

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



Important Resources and Contact Numbers

Agency/Organization	Description	Phone Number
Aging and Disability Resource Center of the North	Information on and access to programs and services for older adults and people with disabilities	1-866-663-3607
Alzheimer's Association	Dementia information	1-800-272-3900
Bayfield County Department of Human Services	Elder Abuse, Advance Directives, Volunteer opportunities	715-373-6144
Bayfield County Housing Authority	Low to moderate income housing	715-373-2653
Barnes Community Food Shelf	Nutrition Assistance	715-795-2195
Bay Area Rural Transit	Transportation and Mobility Manager services	715-682-9664
B.R.I.C.K. Food Shelf	Nutrition Assistance	715-685-7425
Cable Area Food Shelf	Nutrition Assistance	715-685-7425
Catholic Charities Bureau	Low to moderate income housing	715-392-3447
CORE Food Pantry	Nutrition Assistance	715-779-3457
Division of Vocational Rehabilitation (DVR)	Employment services and counseling for people with disabilities.	715-679-5577
Forward Health Member Services	Health care & nutritional assistance benefit programs	1-800-362-3002
Iron River Food Shelf	Nutrition Assistance	715-372-8728
Lifeline Medical Alert Service-Partners of Tamarack Health	Personal Emergency Response System	715-685-5184
Northern Income Maintenance Consortium	BadgerCare Plus, FoodShare, Medicaid	1-888-794-5722
Memory Diagnostic Clinic	Memory/ Dementia diagnostics	715-685-7500
MTM, Inc.	Medicaid & BadgerCare Plus non-emergency medical transportation	1-866-907-1493
Project Lifesaver/ Bayfield County Sheriff's Office	Equipment to quickly locate individuals with cognitive disorders and prone to wandering.	715-373-6120
Social Security Administration	Retirement, disability, survivor, and family benefits, and Medicare	1-800-772-1213
Tamarack Health- Ashland Medical Center	Urgent Care, Specialty Services	715-685-5500
Wisconsin Home Energy Assistance Program (WHEAP)	Assistance with home heating costs, electric costs, and in some energy crisis situations	715-373-6144

Medicare 101 Virtual Informational Meetings in 2025

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 which Medicare options would best suit your needs. The Elder Benefit Specialist is an unbiased source for information and helps people get the information they need to make an informed decision about benefits.

If you are turning 65 this year and a Bayfield County resident, attending one of these presentations is required before a one-on-one meeting will be scheduled to review individual Medicare options

Due to an increasing need for assistance, it is no longer possible to meet with the Elder Benefits Specialist to get basic Medicare information individually. You will be required to attend a Medicare 101 training or watch a taped training available on our website prior to any personal appointments.

Recorded Medicare 101 presentations are available at: www.bayfieldcounty.wi.gov/982/Medicare-Help-Page

Attending a Medicare 101 presentation 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 attend the presentation but will be encouraged to contact your county’s Elder Benefits Specialist as a resource.

Presentations will either start at Noon or 6:00pm and will last about an hour and a half depending on the questions asked by the audience. Please register as soon as possible in advance as there are written materials that will need to be mailed or printed off by the attendee. There is no charge for the presentations.

To register call 715-373-3355 or email marianne.johnson@bayfieldcounty.wi.gov

To register or if you have questions Call Marianne at 715-373-3355 or email at marianne.johnson@bayfieldcounty.wi.gov

2025 Presentations Dates and Times:

April 15	6 pm	Drummond Library
May 14	Noon	Virtual
June 17	6 pm	Iron River Library
July 16	Noon	Virtual
August 27	6 pm	Washburn Library
September 17	Noon	Virtual



Caregiver Skills Fair

Are you a caregiver for an individual living with dementia? Attend a skills fair, hosted by the local ADRC, to learn new skills that will aid you in your caregiver journey. Skills that will be taught include how to take and interpret blood pressure readings, CPR, basic first aid, and much more!

A Representative from Bayfield County Human Services will also be present to discuss long term planning documents and how to complete them!

For more information, call 1-866-663-3607 and ask to speak to the Dementia Care Specialist to learn more about locations and dates of events near you!



ALZHEIMER'S ASSOCIATION

Online Tools

The Alzheimer's Association has several free, online tools to help you find answers, local resources and support.

<https://www.alz.org/help-support/resources/online-tools>

- ALZNavigator™**
Whether you're living with memory loss or caring for someone who is, ALZNavigator, an online interactive tool, will guide you to your next steps.
- ALZConnected®**
Join other caregivers and people living with Alzheimer's to share concerns and advice on this online forum.
- Community Resource Finder**
Get connected with local resources, support groups, community programs and services in partnership with AARP.
- E-Learning Workshops**
Enroll in free, online courses to learn more about Alzheimer's disease and plan for the future.
- E-News**
Subscribe for the latest email updates, inspirational stories, resources and more.
- Publications**
Download PDFs about a wide range of topics related to Alzheimer's and all other dementia.

Accessing Wisconsin's Publicly Funded Long-Term Care Programs: Family Care and IRIS

Wisconsin has long been committed to providing comprehensive care and support for individuals in need of long-term care services. Wisconsin's commitment to providing long-term care services is exemplified through the Family Care and IRIS (Include, Respect, I Self-Direct) programs. These publicly funded initiatives ensure eligible individuals receive the necessary support for a fulfilling life.



Family Care is a publicly funded long-term care program designed to assist adults with physical disabilities, frail elders, and individuals with developmental disabilities. Its primary objective is to empower participants to live independently within their own homes and communities. Family Care, which would be managed by the client's chosen Managed Care Organization, offers a wide range of services including: personal care, medication management, transportation, and, home modifications. By providing comprehensive support, Family Care enhances the well-being and quality of life of its participants.



IRIS, on the other hand, is a unique self-directed program. IRIS enables eligible individuals to have greater control over their care by allowing them to manage their own budgets and choose their preferred support providers. This approach empowers participants to tailor their care plans in a way that best suits their individual needs and preferences. From personal care to assistive devices and community-based activities, IRIS offers flexibility and autonomy in decision-making.

The Family Care and IRIS programs have financial and functional eligibility. Eligibility for Family Care and IRIS can be determined by contacting the Aging and Disability Resource Center (ADRC) of the North at 1-866-663-3607. This resource hub serves as a crucial point of contact for those seeking access to long-term care services, both publicly and privately funded.

By reaching out to the ADRC of the North, individuals seeking assistance can weigh their long-term care service options including:

- Information about the choices you have when making decisions about: where to live, what kind of help you need, where to receive that care and help, and how to pay for it.
- One-on-one consultation to help you think through the pros and cons of the various options considering: your situation, values, resources, and preferences.
- Information about Wisconsin's long-term care programs and help to understand resources in your area.

Remember, you don't have to face the challenges of long-term care alone – the ADRC of the North is here to help you every step of the way. Contact the ADRC of the North at 1-866-663-3607.





The ADRC Serves Young Adults too!

Youth Transition Services

Graduating high school is a very important milestone for all students. This is especially true for students with disabilities as they move from high school to adult life.

These questions are part of the transition planning process.

- What options and supports are available for students after high school?
- How do students plan for going to work, independent living, and post-secondary education and training?

The Aging and Disability Resource Center of the North assists disabled youth with the transition to adulthood starting at 17.5 years of age and offers a single-entry point for information and assistance on issues affecting students and adults with disabilities regardless of income.

Services Provided at the ADRC include but are not limited to:

- Help applying for benefits or dealing with a denial of benefits
- Disability benefits counseling
- Information and access to publicly funded long term care programs and options counseling, if eligible

If you have any questions related to helping a student transition into adult services, please call the ADRC of the North at 1-866-663-3607.

THE ART OF AGING

Monthly Coffee & Conversation on Topics Related to Aging Well
Northern Great Lakes Visitor Center, Ashland, WI

Starting Again in March!

First Friday of the Month, 9:30am - 11am

March 7

The Importance of Social Connections

*Presented by: Kevin Stranberg, Facilitator of the Bayfield County
People to People Grant on Loneliness*

April 4 & May 2

Save the Dates - Details Coming Soon!

This Program is FREE!
To Learn More Contact the Bayfield County
Extension Office, 715-373-3288



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 Division of Extension Bayfield County
 Courthouse, PO Box 218
 Washburn, WI 54891



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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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