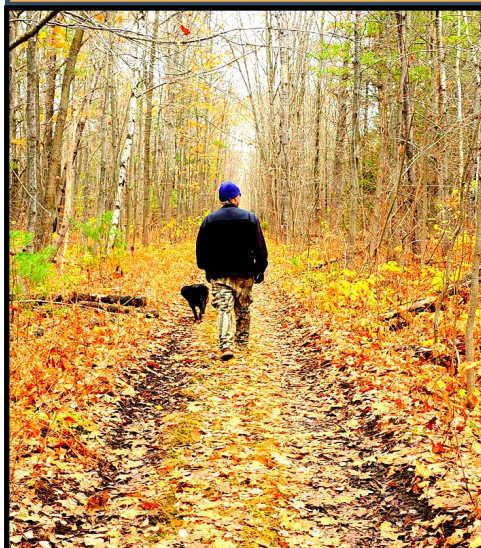


# CAREGIVER AND FAMILY NEWS



## Living Well in our Best Years

Fall 2025



### Newsletter Highlights

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Hello and welcome!

I hope as this greeting reaches everyone, you've been able to enjoy the warm summer days and are making the best of the constant haze in the air from the Canadian wildfires.

I'd like to introduce myself to the wonderful community members of Bayfield County. I've had the honor and privilege of working in the capacity of Bayfield County's Aging and Disability Services Manager in the Human Services Department since March 3, 2025. I grew up in Ashland, WI and after college worked at New Horizons North, Inc. in Ashland for 5 years supporting adults with developmental disabilities in various capacities and then 18 years in the Community Support Program (CSP) as a case manager for adults with severe and persistent mental illnesses. In 2017, I accepted the position as Mental Health/AODA Coordinator for Ashland County Health and Human Services. Although I loved working with and supporting people struggling with mental illnesses and substance use issues, I jumped on the opportunity for professional development by accepting the position of Adult Protective Services Social Worker with Bayfield County Department of Human Services in June 2021.

I've heard many times in the short time as Bayfield County's Aging and Disability Services Manager, "you have big shoes to fill!" Boy, do I! Carrie Linder, who retired in February 2025, held this position for over 20 years. During that time, she was a champion for older and vulnerable residents of Bayfield County, spearheading numerous projects, programs, and services throughout the county. I was fortunate enough to be able to work with Carrie for four years as an Adult Protective Services Social Worker prior to her retirement.

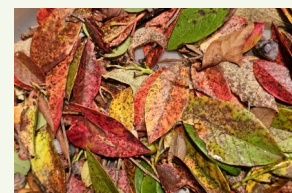
I'll do my best to carry on the high standards and great work that Carrie embodied. I look forward to continuing to learn about the Aging Programs that Bayfield County offers to our residents.

I hope you enjoy this edition of the Living Well newsletter!

With appreciation,

*Brynna*

Brynna Watters-Moffitt  
Aging & Disability Services Manager



# Beneficial Health Programs

*Submitted by: Madi Mackin, Social Work Aide*

Did you know that Bayfield County offers programs to benefit the health older adults in our community? Programs offered are evidence-based, which means that research and study were done to see what benefits were experienced by real participants of the program.

Being involved in these programs provides community engagement and social opportunities to help battle social isolation. These programs have been studied and shown to provide results! Older adults from our community volunteer to host these programs with Bayfield County oversight and support.

Read on to learn more about what programs are available to you!

**Tai Ji Quan** is a research-based balance program designed to improve balance for older adults and those with balance disorders. The origin of the practice is traced back to a contemporary, simplified version of the historical martial art.



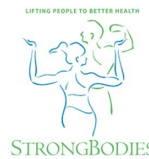
The program focuses on stimulating musculoskeletal, sensory, and cognitive systems to improve stability, awareness of body positioning in space, functional walking activities, lower-extremity strength and more. The goal of this program is to improve an individual's ability to complete daily tasks and reduce their incidents and risk of falls. There are currently three Tai Ji Quan classes running that are led by volunteers in Herbster, Bayfield, and Cable/Drummond area.

**Mind Over Matter** is a program designed to provide participants with the tools they need to combat incontinence. This program provides information, gives simple exercises, uses group activities, and suggests dietary changes to help the individual improve their bladder health and reduce symptoms. Incontinence can be improved!



Mind Over Matter sessions aim to keep things comfortable, interactive and fun. This program currently does not have an active class, but we hope to have one running soon!

**Strong Bodies** is a program based off the national StrongPeople Program, which empowers individuals to live stronger and healthier lives. The Strong Bodies program is designed for adults as they age and focuses on strengthening all major muscle groups.



The goal is for the participants to gain strength, improve mobility, and reduce risks of conditions like osteoporosis, heart disease and diabetes.

The class is 10-12 weeks long and meets twice a week for one-hour sessions. Currently, there is a volunteer run, Strong Bodies class in Port Wing.

If you would like more information about these evidence-based programs and classes in our area, contact Madi Mackin at 715-373-3359

## Trualta is Back for Wisconsinites!

Trualta is once again available for caregivers in Wisconsin—completely FREE!

Trualta offers an incredible library of resources designed to support family caregivers in their journey. From expert tips to practical skills, this online platform empowers you with the tools you need to confidently provide care and take care of yourself, too.

What You'll Get:

- ♦ On-demand caregiver training
- ♦ Interactive lessons and guides
- ♦ Stress management techniques
- ♦ Expert insights on dementia care, mobility, and more



Whether you're new to caregiving or a seasoned pro, Trualta has something for everyone.

Visit <https://www.trualta.com> to get started and access your FREE caregiver resources today!

# 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](http://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](mailto: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](mailto:marianne.johnson@bayfieldcounty.wi.gov)**

## 2025 Presentations Dates and Times:

August 27	6 pm	Washburn Library
September 17	Noon	Virtual
October 15	Noon	Virtual
November 12	Noon	Virtual

## Mobility Management Services

Submitted by Madi Macklin, Social Work Aide

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.

Your local Mobility Manager is Todd Mattson. He can be reached at **715-979-2509** or by email at **[MobilityManager@bartbus.com](mailto:MobilityManager@bartbus.com)**

The 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**



**PRICE COUNTY**  
WISCONSIN





Caregiving is one of the most selfless and rewarding roles a person can take on, but it can also be overwhelming.

Whether you're supporting an older adult, a disabled spouse, or a child with chronic health issues, the weight of responsibility can silently build until it leads to something more serious: **caregiver burnout**.

Burnout isn't just a fleeting sense of exhaustion; it's a full-body experience that affects your emotions, mind, and physical health. Left unchecked, it can diminish your well-being and the quality of care you provide.

This article will:

- Define caregiver burnout
- Explore its causes and symptoms
- Provide strategies for prevention and coping.



## Understanding Caregiver Burnout

Imagine running on empty day after day, feeling emotionally drained, physically exhausted, and mentally depleted: that's caregiver burnout in action.

Unlike temporary stress, burnout lingers, stripping away motivation, compassion, and the ability to function at your best. Some caregivers describe it as "going through the motions" rather than truly engaging with their loved ones.

### Why does it happen?

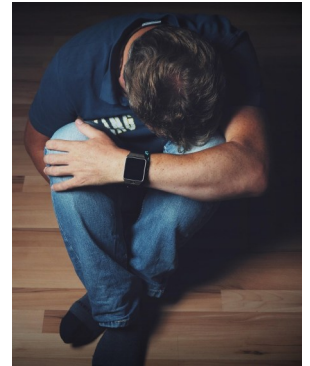
Caregiving demands a level of emotional investment that can become unsustainable without proper rest or support. Many caregivers take on the responsibility with love and dedication, but over time, the constant strain without relief wears them down.

## The Quiet Signs Of Burnout: What To Watch For

Burnout doesn't arrive overnight. It builds slowly, making it easy to dismiss the early warning signs as "normal stress." Some caregivers go months without realizing they're burned out.

Recognizing caregiver burnout symptoms early is key:

- **Chronic exhaustion** or struggling to fall asleep, despite feeling drained.
- **Irritability or mood swings** that cause small frustrations to feel overwhelming.
- **Feelings of hopelessness or helplessness**, like you'll never get a break.
- **Social withdrawal** and avoiding interactions or neglecting relationships.
- **Frequent health problems** due to a weakened immune system, which makes you more susceptible to colds or infections.



**Neglecting personal needs**, such as skipping meals, avoiding medical appointments, or ignoring hygiene.

Many caregivers hesitate to admit they're struggling, fearing it means they aren't doing enough. **But acknowledging burnout isn't a failure. It's a step toward [healing](#).**

## Why Caregiver Burnout Happens

Several factors contribute to burnout, often in ways caregivers don't notice until they're deeply affected:

- **Emotional overload:** Caregivers pour their hearts into their responsibilities, carrying emotional burdens that are difficult to release. This weight can result in chronic stress, guilt, anxiety, and even resentment.
- **Physical demands:** Assisting with mobility, hygiene, and daily tasks can be demanding. Chronic fatigue or injuries are common.
- **Lack of support:** Many caregivers operate in isolation, without reliable help from family or professional resources.
- **Financial strain:** Medical expenses, unpaid leave, and lost wages add layers of stress, making caregiving even more difficult.
- **Unrealistic expectations:** Many caregivers believe they should be able to manage everything on their own, leading to self-criticism and caregiver fatigue.

*Continued on page 2*

## Caregiver Burnout—Continued from page 2

Caregiving can feel like an unpaid full-time job, but unlike traditional jobs, there are no scheduled breaks, structured support systems, or built-in time off.

This continuous responsibility often leads caregivers to push past their limits without realizing they need rest.

### How Burnout Impacts Caregivers & Their Care Recipients

When burnout takes hold, it doesn't just affect the caregiver. It ripples outward. Compassion fatigue, emotional exhaustion, and stress can result in unintended consequences, including:

- Difficulty maintaining consistent, compassionate care.
- Struggles in managing complex medical needs or daily routines.
- Strained relationships with family members due to increased irritability.
- Decision fatigue making it harder to process medical advice or advocate for a loved one.
- In severe cases, burnout can lead to neglect in caregiving duties, where an overwhelmed caregiver unintentionally reduces attention to their loved one's needs.



### Preventing & Coping With Caregiver Burnout

While being a professional caregiver is demanding, it doesn't have to consume your well-being. These strategies can help maintain balance:

#### 1. Set **Boundaries** Without Guilt

Caregiving is important, but it cannot be your entire identity. Learn to say no when demands exceed your energy levels, and accept that your caregiving responsibilities have limits. It's not selfish, it's necessary.

#### 2. Build a Support System

You don't have to do this alone. Connect with friends, [join a caregiver support group](#), or seek professional guidance. Small acts, like delegating tasks to family members, can make a difference.

#### 3. Use Respite Care Services

Many caregivers believe they should be able to manage everything, but short breaks, whether for an afternoon or a weekend, can reset your emotional and physical well-being. [Respite care services](#) provide temporary relief, ensuring your loved one is cared for while you recharge.

#### 4. Prioritize Your Own Health

Caregivers often neglect their own medical needs.

Don't ignore symptoms of stress, exhaustion, or persistent health issues. Eat well, get sleep, and engage in small personal care rituals; even a few minutes of deep breathing or stretching can help.

### 5. Seek Professional Help When Needed

If feelings of anxiety, depression, or emotional numbness persist, reach out to a healthcare provider such as a therapist or counselor. They can help develop coping strategies tailored to your situation. Caregiving doesn't mean sacrificing your own emotional well-being.

### When To Get Help

If you find yourself crying frequently, feeling overwhelmed daily, or struggling with thoughts of self-harm, it's time to ask for support. You cannot provide care from an empty cup. Your well-being is just as important.

Consider speaking with a:

- Primary care physician to evaluate stress-related health issues
- Therapist to explore emotional recovery techniques
- Social worker who can connect you to local support programs

### Conclusion

Caregiver burnout is real, and it's nothing to be ashamed of. Recognize when you need help and take action, because protecting your well-being ensures you can continue providing the best care possible for your care recipient.

Want expert-backed strategies, insights about life as a caregiver, and mental health resources? Find out if you have [free access](#) to Trualta.

### Helpful Caregiver Resources

You are not alone—many organizations offer caregiver-specific resources to ease the burden:

[Family Caregiver Alliance](#) – Support groups, counseling, and education

[National Alliance for Caregiving](#) – Advocacy and caregiver rights

[Eldercare Locator](#) – Assistance finding local support services

Local [Agencies on Aging](#) – Help navigating financial and medical concerns

[Trualta](#) – Resources, support groups, forums, and more

### References



Family Caregiver Alliance. (n.d.). [Caregiver health.](#)



National Institute on Aging. (n.d.). [Taking care of yourself: Tips for caregivers.](#)

# Adult Protective Services

## What is Adult Protective Services?

Bayfield County Department of Human Services employs an Adult Protective Services (APS) team that seeks to raise awareness of the prevalence of adult and elder abuse in our communities.



Michele Reiswig & Alex Erickson  
Bayfield County APS Case Managers

They aim to promote safety, independence and quality of life of adults with disabilities and older adults who are at risk of harm due to concerns of abuse, neglect and financial exploitation.

APS advocates to ensure that adults with disabilities and older adults maintain their rights while also providing protection and services to those adults who may not be able to make decisions due to a permanent impairment.

The Bayfield County APS unit receives and investigates reports of abuse, neglect, and financial exploitation. APS works with many other professionals and systems of care to link adults and elder adults at risk with supportive services, placement, or court-ordered protection to keep them safe in their preferred community as long as possible.

## Did You Know?

*Approximately 10% of Americans 60 and older and living at home will experience abuse, neglect or exploitation.*

*Older people with dementia are especially vulnerable: as many as 1 in 2 people with dementia experience abuse.*

Have you seen changes in behavior or unusual symptoms concerning an adult with disabilities or older adult? We can all do our part to ensure our communities are a safe place for all.

Here are some warning signs of abuse.

- Unexplained bruises, burns, cuts, or scars
- Lack of basic hygiene, adequate food and water, or clean clothing
- Lack of medical aids (for example, glasses, walkers, teeth, or hearing aids)
- Sunken eyes or unexplained weight loss
- Dismissive attitude or statements about injuries
- Unreasonable fear or suspiciousness
- Lack of interest in social contacts
- Unexplained changes in behavior
- Unpaid bills, despite adequate financial resources
- Large withdrawals from the bank or unusual ATM activity
- Isolation from family or friends

**Note:** *This list of warning signs is not exhaustive. There are many potential indicators of abuse.*

If you aren't sure about the situation but have a feeling something is wrong, contact your local county APS team, or the toll free WI Elder Abuse Hotline at 1-833-586-0107.

Remember, it is not your job to investigate. APS investigators are trained to assess each situation and offer services and support to promote safety. Any caller can choose to remain anonymous.



Submitted by:  
Michelle Reiswig & Alex Erickson



# CareGivers Cooperative



## LAUNCH & LEARN

### Session A:

**Mon Sept 15th 2025**

**6:00pm - 8:00pm**

**Washburn Public Library**

**OR**

### Session B:

**Tues Sept 16th 2025**

**9:30am - 11:30am**

**Great Lakes Visitor Center**

The **CareGivers Cooperative** has received a start-up grant to create a caregiver-led, worker-owned, home-care cooperative—a business designed to create better jobs for caregivers, and greater access to high-quality care in our community.

**Now it's time to build the founding team to lead the way.**

This is an opportunity to ask questions, explore the cooperative model, and find out how you might participate.

We'll dive into the nuts and bolts of worker-owned cooperatives, including:

- \* What it means to be an owner-member of a co-op
- \* How co-op governance and decision-making work
- \* What to expect during the co-op's start-up phase
- \* How to apply for a founding member position

We're currently offering paid positions for founding administrators and caregivers to support the co-op during the start-up phase.

**EMAIL to RSVP:**

**kellie.pederson@wisc.edu**



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
BAYFIELD COUNTY

Hi friends,

I'm excited to share some great news about the regional **Caregivers Co-op Project!**

Thanks to renewed support from our amazing partners at the **Respite Care Association of Wisconsin**, we've secured a second round of funding to move this project forward. This new support will allow us to:

- Fund **two short-term part-time administrative roles** to help guide the co-op's incorporation and operations planning
- Provide **stipends for founding caregiver members** to participate in co-op governance training
- Work with our technical assistance team to refine the co-op's **financial and service model**

If all goes well, we hope to begin operations in **2026!**

As part of this next step, we're hosting two **Launch & Learn** sessions in September for anyone interested in learning more about the project or considering involvement in one of these **paid start-up roles**.

~ Kellie Peterson, Community Development Educator, UW-Madison Extension Bayfield County

Bayfield County Residents and Visitors,

Increasing tick activity has been noted in Bayfield County over the last two years. The Bayfield County Health Department also continues to receive increasing reports from medical providers and hospitals of tickborne diseases like Lyme Disease, Anaplasmosis, Babesiosis, and concerningly, disease caused by the Powassan Virus.

While most tickborne diseases can be successfully treated with antibiotics if caught early, disease caused by Powassan Virus has no treatment. Bayfield County Health Department would like residents and visitors to know that the best way to avoid all tickborne illnesses and hospitalizations is through tick bite prevention and early recognition of the symptoms of tickborne disease.

We hope that you find this compilation of information useful and informative. If you have any questions, comments, or concerns, please do not hesitate to reach out to us at 715-373-6109 or [health@bayfieldcounty.wi.gov](mailto:health@bayfieldcounty.wi.gov).

Thank you and enjoy our beautiful outdoors!

Bayfield County Health Department  
[www.bayfieldcounty.wi.gov/141/Health](http://www.bayfieldcounty.wi.gov/141/Health)



[www.bayfieldcounty.wi.gov/141/Health](http://www.bayfieldcounty.wi.gov/141/Health)



[www.facebook.com/BayfieldCountyHealthDept/](https://www.facebook.com/BayfieldCountyHealthDept/)

## How to Remove A Tick

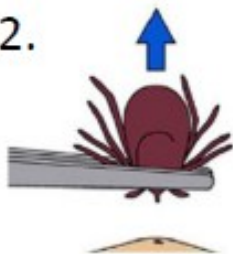
1.



Use tweezers to remove the tick.

Grip the tick by its mouthparts, as close to the skin as possible.

2.



Pull straight up.

Wash the area with soap and water.

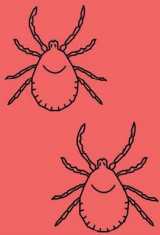
**BUREAU OF COMMUNICABLE DISEASES**

<https://www.dhs.wisconsin.gov/dph/bcd.htm> | [DHSDPHBCD@dhs.wi.gov](mailto:DHSDPHBCD@dhs.wi.gov)

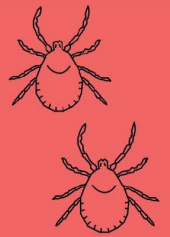
Wisconsin Department of Health Services | Division of Public Health







# TICK BITE PREVENTION



There are many diseases that can be spread by ticks in Wisconsin. Anaplasmosis, babesiosis, ehrlichiosis, Lyme disease, and Powassan virus infection are among the diseases that can be spread by ticks. Most tickborne diseases in Wisconsin are spread by the blacklegged tick (also known as the deer tick). Preventing tick bites is the best defense against these tickborne diseases.



Black-legged tick

There are many steps you can take to “fight the bite” and prevent tick bites. The more of these actions you can take, the better!



## WEAR THE RIGHT CLOTHING.

Wear a long-sleeve shirt, pants, and tall socks (with pants tucked in) while outdoors. Light-colored clothing makes ticks easier to spot.



## USE BUG SPRAY.

Use insect repellent with 20% or more DEET on exposed skin and clothing. The Environmental Protection Agency’s tool can help you find the product that is best for you: [www.epa.gov/insect-repellents/find-repellent-right-you](http://www.epa.gov/insect-repellents/find-repellent-right-you)



## TREAT CLOTHES AND GEAR.

Spray clothing and outdoor gear with permethrin. Don’t apply directly to skin. After application, permethrin lasts through several washes.



## AVOID TICK-HEAVY AREAS

Ticks like to live in tall grass and other vegetation. When walking on trails, stay in the center and do not go off into the brush.



## PREVENT TICKS ON ANIMALS.

Check your pets for ticks daily if they spend time outdoors and talk to a veterinarian about the best tick preventive for your pet.



## PERFORM DAILY TICK CHECKS.

Ticks that spread disease can be as small as a poppy seed. Check your entire body after being outside, even if you were only in your yard. Check all parts of the body carefully. Pay special attention to the armpits, scalp, groin, and areas behind the knees, in and around the ears, and inside the belly button.



## TAKE A SHOWER.

Take a bath or shower within two hours after coming inside. This helps you find and wash off any ticks on your body.



**TUMBLE DRY CLOTHES AFTER BEING OUTDOORS.** Tumble dry your clothes on **high heat** for 10 minutes to kill any ticks that may have come in on your clothes.



## TICK ID SERVICE

Have you recently found or removed a tick from yourself, your child, or your pet and want to learn more about it? The Wisconsin Department of Health Services offers a fast and simple Tick ID Service based on a few questions and photographs you submit online. **Scan the QR code to get help identifying a tick.**



# POWASSAN VIRUS INFECTION



Powassan virus (POWV) infection is an illness spread to humans in Wisconsin by the *Ixodes scapularis* tick (also known as the black-legged tick or deer tick). POWV is rare but can cause serious illness. In the U.S., there have been around 100 cases over the past 10 years. About half of POWV survivors have permanent symptoms such as chronic headaches, weakening or loss of muscle, and memory problems. Anyone can get POWV, but people who spend more time outdoors are at higher risk of being bitten by an infected tick.

## What causes it?



- ▶ POWV is spread to humans through the bite of an infected black-legged tick. Ticks can be found in areas with woods, brush, or tall grass.
- ▶ POWV is spread during the spring, summer, and fall by both adult ticks and the young nymph stage of the tick. The risk for POWV is highest in the spring and early summer, when the nymphs are most active. People may not remember being bitten by a tick because the black-legged nymphs are very small, about the size of a poppy seed.

## What are the signs and symptoms?



Many people infected with POWV have no signs or symptoms. When someone does have symptoms, they usually start 1-4 weeks after being bitten by the tick.

### Mild Symptoms

- ▶ Fever
- ▶ Vomiting
- ▶ Headache
- ▶ Weakness

### Severe Symptoms

- ▶ Swelling of the brain and spinal cord
- ▶ Confusion
- ▶ Coma
- ▶ Memory loss
- ▶ Seizures
- ▶ Death (in about 10% of cases)

## What are the treatment options?



There is no vaccine for POWV. If symptoms are severe, a person may have to go to the hospital for medical attention and supportive care.

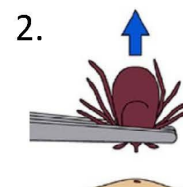
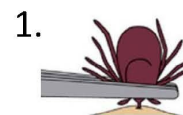
## How can it be prevented?



Follow these steps to reduce your risk of being bitten by a tick:

- ▶ When outdoors, wear a long-sleeved shirt, long pants, and high socks with pant cuffs tucked into the socks. Wear light-colored clothing so ticks are easier to see.
- ▶ Walk in the center of trails and try not to brush up against shrubs and tall grass.
- ▶ Wear insect repellent with 20-30% DEET, or use 0.5% permethrin on clothes. Follow directions on manufacturer's label. Find the right [repellent for you](#) on the Environmental Protection Agency's (EPA) website.
- ▶ Do tick checks on yourself and others after coming in from outside and quickly remove any ticks. Take a shower after coming in from outside to remove insect repellent and any ticks on the body.
- ▶ Put clothing worn outside in the dryer on high for at least 10 minutes to kill any ticks that may still be on clothes.

### HOW TO REMOVE A TICK:



Use tweezers to remove the tick. Grip the tick by its mouthparts, as close to the skin as possible. Pull straight up. Wash the area with soap and water.

BUREAU OF COMMUNICABLE DISEASES

[www.dhs.wisconsin.gov/dph/bcd.htm](http://www.dhs.wisconsin.gov/dph/bcd.htm) | [DHSDPHBCD@dhs.wi.gov](mailto:DHSDPHBCD@dhs.wi.gov)  
Wisconsin Department of Health Services | Division of Public Health



## September is Fall Prevention Month!

**September is Fall Prevention Month!** As we get older, some things can make us more likely to fall. Starting a new medicine or changes in the seasons can increase our risk of falling. It is important to prevent falls by noticing things that could cause them and making changes when we need to.

There are things in our environment that can raise the risk of falling. These include having poor balance or weak muscles, side effects from medications, and changes in vision or hearing.

To reduce the risk of falling, you can be aware of your surroundings, change your space to remove hazards, join programs that help improve your health and balance, and tell your doctor about any new side effects from medicines.

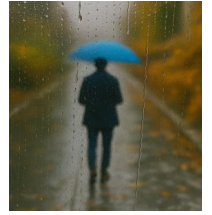
Programs like Strong Bodies and Tai Ji Quan can help by strengthening muscles that may be weaker with age or injury. If you would like to hear more about Strong Bodies and Tai Ji Quan, contact Madi at 715-373-3359.

Common dangers at home include items left on stairs or floors, and furniture that is in the way. Cords can also be a problem if they are stretched out in places where you might trip.

Here are some quick ideas to make your home safer: Pick up any items on the floor, stairs, or against walls and put them away. Move cords to safer outlets, use ties to organize messy cords, or store them away if you don't need them. With a friend's help, rearranging furniture can create more space to move around safely.



One risk we can't control is the weather. Rain and snow can make surfaces slippery. Before going outside, check the weather so you can wear the right shoes.



Keeping your yard tidy by mowing the lawn, shoveling snow, and spreading salt on icy paths can help reduce the risk of falling. While we can't completely avoid the dangers of bad weather, doing what we can to stay safe is very important.

Falls Free Wisconsin has a lot of great resources and tips beyond these. Read more online at: <https://fallsfreewi.org/>

Michelle and Nathan, our nurse partners in Public Health will be coming out to the meal sites to talk about preventing falls and will have resources for everyone. Join us for lunch and a lively discussion!

- ◆ Friday, September 5, 11:30 at St. Louis, Washburn
- ◆ Wednesday, September 10, 1:00 at the Time Out Restaurant, Washburn
- ◆ Monday, September 15, 11:30 at the UCC Church in Cable
- ◆ Tuesday, September 16, 11:30 at the Town of Bell Town Hall in Cornucopia
- ◆ Wednesday, September 17, 11:30 at First Lutheran Church in Port Wing
- ◆ Thursday, September 18, 11:30 at the Community Center in Iron River

*Submitted by Madi Makin, Social Work Aide*

## THE ART OF AGING

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

**1st Friday of the Month, 9:30 - 11am, September - December 2025**

**Fall topics include Identity Theft, Aging in Place, Sleep and more!**

**For more information or to register:**



**By Phone**  
Bayfield County  
Extension Office  
715-373-3288

**Online:**  
Scan QR CODE  
or visit:  
[go.wisc.edu/bzt2g6](https://go.wisc.edu/bzt2g6)





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## Current Resident Or

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**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)



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**715-373-3285**

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

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