



Newsletter Highlights

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Hello and welcome!

As we prepare this edition of our newsletter, thoughts of green grass, blue skies, warm breezes, chirping birds, bustling communities, and more time spent outside are at the forefront of my mind. Spring is right around the corner; I can see and feel it. Days are getting longer and warmer.

In this edition you will find information about many wonderful things that UW-Extension Bayfield County and Bayfield County's Aging and Disability Services has to offer to community members. Are you interested in becoming more empowered to improve your well-being and longevity, connecting with other caregivers, or participating in an evidence-based health promotion program? Do you have questions about Medicare? These are some of the resources and information you will find in this edition.

A new feature in this edition is highlighting some of the many wonderful people who volunteer in Bayfield County's Aging and Disability programs. Volunteers play a critical role in Bayfield County's aging services. Their contributions are vital for delivering services like nutrition, health and wellness, family caregiver support, transportation, and more.

Without volunteers, many essential services would not be able to be delivered, and the quality of care and support for older adults would be significantly reduced.

Are you interested in volunteering or know someone who is interested? Have them contact me at 715-373-3352.

I hope you're enjoying the longer, warmer days and find this edition of our newsletter informative and enriching.

With appreciation,
Brynna

Brynna Watters-Moffitt, CSW
Aging & Disability Services Manager ~ Aging & Disability Resource Center of the North
(ADRC-N) Bayfield Co. Branch Manager

Volunteer Spotlight



St. Louis Congregate Meal Site
From L to R: Terry Ledin, Carol Radtke, Jacki Rae-Ledin, and Ann Bowker.

Individuals living with Alzheimer's disease and other dementias are at increased risk for injury or harm in certain areas of the home. As the disease progresses, they may become unaware of the dangers that exist. Consider taking the following precautions to create a safe environment, which may prevent dangerous situations from occurring and help maximize the person's independence for as long as possible.

Home Safety Checklist made possible through a collaboration with Procter & Gamble



General Home Safety Tips

- ✓ Store potentially hazardous items, such as medication, alcohol, matches, sharp objects or small appliances and tools, in a securely locked cabinet.
- ✓ Keep all cleaning products, such as liquid laundry pacs and bleach, out of sight or secured to avoid possible ingestion of harmful chemicals.
- ✓ Keep the number for the local poison control center handy or saved in your phone in case of emergency.
- ✓ Make sure carbon monoxide and smoke detectors and fire extinguishers are available and inspected regularly. Replace batteries twice a year during daylight saving time.
- ✓ Remove tripping hazards, such as throw rugs, extension cords and excessive clutter.
- ✓ Keep walkways and rooms well lit.
- ✓ Secure large furniture, such as bookshelves, cabinets or large TVs, to prevent tipping.
- ✓ Ensure chairs have arm rests to provide support when going from a sitting to standing position.
- ✓ Apply stickers to glass doors at eye level to ensure doors are visible.
- ✓ Install a latch or deadbolt either above or below eye level on all doors.
- ✓ Remove locks on interior doors to prevent the person living with dementia from locking themselves in.
- ✓ Consider removing firearms from the home or storing them in a locked cabinet.
- ✓ For more information, contact the **Alzheimer's Association 24/7 Helpline(800.272.3900)**



Bathroom

- ✓ Install grab bars for the shower, tub and toilet to provide additional support.
- ✓ Set the water temperature at 120 degrees Fahrenheit or less to prevent scalding.
- ✓ Apply textured stickers to slippery surfaces to prevent falls.



Kitchen

- ✓ Use appliances that have an auto shut-off feature.
- ✓ Prevent unsafe stove usage by applying stove knob covers, removing knobs or turning off the gas when the stove is not in use.
- ✓ Disconnect the garbage disposal.
- ✓ Mark food with purchase date; regularly check for and throw away expired items.
- ✓ Discard toxic plants and decorative fruits that may be mistaken for real food.
- ✓ Remove vitamins, prescription drugs, sugar substitutes and seasonings from the kitchen table and counters.



Laundry Room

- ✓ Clean out lint screens and dryer ducts regularly to prevent fires
- ✓ Consider installing safety locks on washing machines and dryers to prevent inappropriate items being put in or taken out too early.
- ✓ Install locks on laundry chutes to avoid temptation to climb into or drop inappropriate items down the chute.
- ✓ Keep all liquid laundry pacs and bleach – out of sight, secured and in the original (not decorative) storage containers to discourage someone from eating or touching harmful chemicals.



Bedroom

- ✓ Closely monitor the use of an electric blanket, heater or heating pad to prevent burns or other injuries.
- ✓ Provide seating near the bed to help with dressing.
- ✓ Ensure closet shelves are at an accessible height so that items are easy to reach, which may prevent the person from climbing shelves or objects falling from overhead.



Garage and Basement

- ✓ Limit access to large equipment, such as lawn mowers, weed trimmers or snow blowers.
- ✓ Keep poisonous chemicals, such as gasoline or paint thinner, out of reach.
- ✓ Lock and properly store ladders when not in use to prevent a tripping or climbing hazard.
- ✓ Remove access to car keys if the individual living with dementia is no longer driving.
- ✓ install a motion sensor on the garage door.
- ✓ Mark stairs with bright tape and ensure railings are sturdy and secure to prevent tripping or falls.

New Health & Well-Being Educator in Bayfield County



Hello, my name is Stephanie Bakker. After serving as the FoodWise Coordinator for our region for the past 11 years, the program's discontinuation due to federal budget cuts left a

meaningful gap in local nutrition and wellness support. Thanks to the commitment of the Bayfield County Board of Supervisors and funding from the Wisconsin Department of Health Services, I am honored to now serve as the **Bayfield County Health and Well-Being Educator with UW-Madison, Division of Extension.**

In this new role, I'm excited to continue partnering with organizations across Bayfield County to strengthen nutrition and active living opportunities for people of all ages. Programming opportunities include nutrition education and wellness initiatives in schools and early childhood centers, StrongBodies strength-training classes, healthy food access efforts, and activities that support older adults and community well-being.

If you'd like to learn more or explore collaboration opportunities, please reach out at stephanie.bakker@wisc.edu. You can also visit our institute website for additional information:

<https://health.extension.wisc.edu/>

Harvest of the Month
Enanjigeyang agoojing wa'aw giizis

APRIL
Iskigamizige-Giizis
maple sugar moon

leafy greens
ashkibagoon

FOOD WISE Extension UNIVERSITY OF WISCONSIN-MADISON

Harvest of the Month
Enanjigeyang agoojing wa'aw giizis

MAY
Waabigwanii-Giizis
flower moon

asparagus
Wiishkobi-opiniig

FOOD WISE Extension UNIVERSITY OF WISCONSIN-MADISON

Harvest of the Month
Enanjigeyang agoojing wa'aw giizis

JUNE
Ode'imini-Giizis
strawberry moon

peas
anijiminan

FOOD WISE Extension UNIVERSITY OF WISCONSIN-MADISON

Harvest of the Month
Enanjigeyang agoojing wa'aw giizis

JULY
Aabita-Niibino-Giizis
middle of the year moon

cucumbers
bipakoombensan

FOOD WISE Extension UNIVERSITY OF WISCONSIN-MADISON

Medicare 101 Informational Meetings in 2026

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. There is no charge for the presentations.

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.

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

2026 Medicare 101 Presentation Dates & Times:

Date	Time	Place
April 21, 2026	Noon	Virtual
May 19, 2026	6:00 pm	Iron River Library
June 23, 2026	Noon	Virtual
August 04, 2026	6:00 pm	Cable Library
August 31, 2026	6:00 pm	Washburn Library
Sept. 29, 2026	Noon	Virtual
Nov. 03, 2026	Noon	Virtual
Dec. 08, 2026	Noon	Virtual

Houseplant Care

Houseplants offer many benefits beyond beautifying a space. Not only can they improve the air quality in your home, they also can improve your mental well-being and reduce stress through basic care techniques.

Caring for houseplants involves attention to light, temperature, water, and nutrients. Proper placement in the home, appropriate watering techniques, and fertilizing during active growth are essential for keeping plants healthy.



It’s also important to watch for signs that a plant needs repotting or has pest or disease issues.

The guides found on the UW-Madison Extension Horticulture website offer practical tips for each aspect of houseplant care, ensuring your plants thrive indoors year-round.

[\(https://hort.extension.wisc.edu/articles/houseplant-care/\)](https://hort.extension.wisc.edu/articles/houseplant-care/)



Wisconsin Horticulture
Division of Extension



*Moving for
Better Balance®*



Slow flowing movements
relax the mind and body

Join us in Cable or Drummond!

No previous experience necessary.

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

Commit to improving your balance, strengthening your muscles and reducing the risk of falling.

Each session consists of warm-up exercises, a mix of core forms and brief cool down exercises.

Class is geared toward adults age 60+ who want to reduce the risk of falling, improve strength, mobility, and overall wellbeing.

2x a week for 12 weeks
March 25th – June 5th, 2026
(Wednesdays & Fridays)

Cable: 9:00 – 10:00 AM
Cable Community Center

Drummond: 10:30 AM – 11:30 AM
Drummond Town Hall

Leader: Suzanne Rooney
(715) 798-3344

Suggested contribution: \$5/class
All individuals age 60+ can participate regardless of ability to make a contribution. Participants under the age of 60 will be charged \$5/per class.

For information or to register, contact:

Madi Mackin, Bayfield County, (715) 373-3359, madi.mackin@bayfieldcounty.wi.gov

Brought to you by:





STRONGBODIES

VIRTUAL PROGRAM

To learn more, visit us at
<https://health.extension.wisc.edu/strongbodies>

The evidence-based StrongBodies program has been shown to improve:

- muscle strength
- muscle mass
- bone density

Classes are held twice weekly and include:

- progressive resistance training
- balance training
- flexibility exercises

Register online here: <https://go.wisc.edu/j9x389>

CONTACT US:

strongbodies@extension.wisc.edu

VIA ZOOM

APRIL 7 -
JUNE 25, 2026

TUESDAYS &
THURSDAYS
9:00-10:15

The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.

THE ART OF AGING

Monthly Coffee & Conversation on Topics Related to Aging Well Winter/Spring 2026

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

Northern Great Lakes Visitor Center, Ashland, WI

Edible Landscaping

Learn how to combine beauty and functionality by using edible plants in traditional landscapes and containers - perfect for creating attractive, productive patio or porch gardens.

Presenter TBD

May
1

These Session are FREE! Registration is Required:

By Phone
Bayfield County
Extension Office
715-373-3288

Online:
Scan QR CODE
or visit:
go.wisc.edu/bzt2g6



The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law. You may request an interpreter, materials in an alternative language and/or format, and/or other services to make this event more accessible. Contact us at 715-373-6104. Make your request at least one month prior to the session. There is no added cost to you for these services.



Extension
UNIVERSITY OF WISCONSIN-MADISON

AGING MASTERY PROGRAM



As children, we're taught how to become successful adults.
By contrast, no one teaches us how to age well.
We want to change that.

NEW DATES!

**Tuesdays, 10am - Noon
April 7 - May 26, 2026**

**Registration
Still Open
After 1st Class.**

Iron River Public Library, Iron River, WI

THIS PROGRAM IS FREE!

**WORKBOOK, COFFEE &
REFRESHMENTS PROVIDED.**

REGISTRATION IS REQUIRED!

To Register Online:
Scan QR Code →
or go to
<https://go.wisc.edu/bywf9x>



To Register by Phone:
Call the Bayfield County Extension Office
715-373-3288

Local Experts Present:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement



The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law. You may request an interpreter, materials in an alternative language or format, or other services to make this class more accessible, by contacting Tracy Henegar at 715-395-1426 by January 5, 2026. There's no added cost to you for these services.



Clean Sweep!

Make it a Clean Sweep For A Safer Home!

With 3 *FREE Collection Stations At 1 Location!

And 1 payment Collection Station

Thursday, July 23, 2026 ~ 2 pm – 6 pm

Bayfield County Fair Grounds

7080 North Main Street , Iron River, WI



Household Hazardous Waste

- Aerosol Paints
- Paint Thinners
- Fuels & Old Gas
- Pesticides
- Fertilizers
- Anti-Freeze
- Hydraulic Fluid Caulking
- Solvents
- Lead Tackle & Shot

LATEX Paint is NOT ACCEPTED!

Sponsored by Northwest Regional Planning Commission and Partnered with Veolia

This is NOT a complete list of acceptable items. Please check our website for additional information Batteries & certain lightbulbs have a fee charged.



Old Electronics

- Computers/Monitors
- Printers
- Keyboards/Mice
- TVs
- Cell Phones
- VHS/DVD/Cassette Tapes & Players
- Stereos/CD Players
- Air Fryers
- Toasters
- Hair Dryers
- And much more...

Partnered with Dynamic Lifecycle Innovations



Medications & Sharps

- Prescription Medications
- Over-The-Counter (OTC) Medications

(Please leave pills in packages and containers with labels attached to assist with identification of medication.)

- Sharps

(These items should be in a sealed container)

Sponsored by the Bayfield County Health Department

For more information:

<https://bayfield.extension.wisc.edu/news/hhw-cleansweep/>

Theresa - 715-373-3285 or

theresa.lachappelle@bayfieldcounty.wi.gov



CLICK & Learn: Bridging the Digital Divide

Submitted by Eric Faber, Digital Navigator Bayfield County



Connecting Lives through Internet & Community Knowledge (CLICK) is a Digital Navigator program designed to empower individuals through digital assistance and access to devices.

CLICK is available in Ashland, Bayfield, Burnett, Douglas, Iron, Sawyer, and Washburn Counties. The program provides underserved, under-connected, and low-income households with access to devices.

CLICK provides access to a Digital Lending Library, where individuals can loan devices (including laptops and tablets, dependent on location) at no cost. Whether individuals need a device for work, education, or staying connected with loved ones, the program ensures individuals won't be left behind in today's digital world. CLICK aims to build confidence and autonomy in device usage for work, education, social health, and physical health monitoring.

Along with a robust Digital Lending Library, Digital Navigators are a resource, providing individualized or small group assistance regarding connectivity services information, devices, and foundational digital literacy skills.

By working with the Northern Waters Library Service, a Digital Navigator is available at libraries in the counties listed above to help community members build confidence with technology.

Whether it's learning new digital skills, troubleshooting devices, or understanding online tools, Digital Navigators are ready to make technology "work for you". Digital Navigators host office hours and special classes at libraries to allow community members to access devices and navigation resources.

CLICK is funded through a partnership with Bayfield County and a grant from the Public Service Commission of Wisconsin using funds from the US 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.

Please visit the Northwest Wisconsin Workforce Investment Board's website (www.nwwib.com) to learn more about the CLICK program and be connected with a Digital Navigator in your area.

For More Information Contact:
ERIC FABER
Digital Navigator in Bayfield County
(715) 204-7501
efaber@nwwib.com





Location	Meal Days	Reservation required?	Site Opens:	Meal Served:
Barnes Town Hall 3360 County Hwy. N Barnes, WI 54873	Thursdays	Yes Call by 9:00 a.m. the day before.	11:30 a.m.	12:00 noon
Bell Town Hall 22620 Ash Street Cornucopia, WI 54827	Tuesdays	Yes Call by Monday at 8:30 a.m.	11:30 a.m.	12:00 noon
Cable United Church of Christ 13445 County Hwy. M Cable, WI 54821	1 st & 3 rd Mondays of the month	Yes Call by Thursday at 12:00 noon	12:00 noon	12:30 p.m.
Iron River Community Center 8275 E. Mill Street Iron River, WI 54847	2 nd & 4 th Thursday of the month	Yes Call by Monday at noon	11:30 a.m.	12:00 noon
First Lutheran Church 83105 Washington Avenue Port Wing, WI 54865	Wednesdays	Yes Call by Tuesday at 8:30 a.m.	11:30 a.m.	12:00 noon
Time Out Restaurant 4 Bayfield Street Washburn, WI 54891 <i>*Please be respectful of the restaurant and do not arrive earlier than 1:00 p.m.</i>	Wednesdays	No	1:00 PM*	1:30 - 2:00 p.m. Site Closes: 3:00 p.m.
St. Louis School 713 Washington Avenue Washburn, WI 54891	Fridays	Yes Call by Wednesday at 3:00 p.m.	11:30 a.m.	12:00 noon

Be sure to include your name, phone number, meal site location and date you are making the reservation, and how many people you are making reservations for.

Suggested contribution amount is \$3.00 - \$5.00 per meal. All contributions are used to fund the program.

HOME DELIVERED MEALS

How Does it Work?

- Participants must be 60 years old and up or have a spouse who is 60+ to participate.
- Participants will be required to complete a registration form and nutrition questionnaire and be considered homebound to be eligible.
- Delivery days and times are determined based on your home address. Participants must be home to receive the meals but may request a pause or break in service when necessary.
- Participants will have an opportunity to contribute toward the cost of their meals (\$3.00-\$5.00 a meal).

For more information, please call the **nutrition program line: 715-373-3396** and leave: your name(s), phone number and address when leaving a message.

Join Us

Alzheimers and Dementia Caregiver Support Group



Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for family and friends who are caring for someone who has Alzheimer's or another dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



This support group is offered in partnership between the Alzheimer's Association Wisconsin Chapter and the:



**Last Thursday of Each Month
1:00-3:00pm**

**Washburn Public Library
307 Washington Avenue
Washburn, WI**

**Contact the ADRC of the North at
1-866-663-3607 and ask to speak to
the Bayfield County Dementia Care
Specialist with any questions**

**Designed for anyone who is caring for
someone who has Alzheimer's or related
dementia.**

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811




Current Resident or

This newsletter was made possible in cooperation with the UW-Madison, Extension Bayfield County, the Aging & Disability Section of the Bayfield County Human Services Department and the ADRC of the North

Bayfield County Human Services Aging & Disability Services
715-373-6144


Bayfield County
Courthouse Basement
117 E 5th Street
Washburn, WI 54891

 **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

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

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Layout & Design: Theresa LaChappelle



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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/>

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“You may request an interpreter, materials in an alternative language or format, or other services to make an event, document, or resource more accessible, by contacting me. It often takes 20+ business days to coordinate vendor services. There’s no added cost to you for these services.”