

Newsletter Highlights

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	10	Slow flowing movements relax the mind and body. <i>Tai Ji Quan: Moving for Better Balance Class</i>	

Greetings,

As we step into the fall season, I want to extend a warm welcome to you. Autumn brings a noticeable shift—cooler mornings, earlier sunsets, and the familiar rhythm of routines settling back into place. It's a time of balance and transition, where the energy of summer gives way to the steady pace of the months ahead.

In Wisconsin, September marks Falls Prevention Awareness Month. This year's theme, *Stay Steady, Stay Connected*, highlights the vital role social connection plays in preventing falls and supporting resiliency as we age.

Inside this edition, you will find information about Caregiver Support Groups, Medicare Advantage Plans, Health Promotion & Disease Prevention-evidence based programs such as Strong Bodies, Tai Ji Quan, Fall Prevention, and more.

With this new season comes fresh opportunities, renewed focus, and moments to reconnect with our work, our communities, and each other.

Wishing you a smooth transition into the coming season and plenty of chances to enjoy what makes this time of year so special.

With appreciation,

Brynna

Brynna Watters-Moffitt, CSW

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

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**

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

Tuesdays, 3:00pm – 4:30pm

September 29th, 2026 - November 2nd, 2026

~VIRTUAL~

For Information or to Register:

1-866-663-3607

Colleen Brewer (colleen.brewer@ashlandcountywi.gov)

Shea O'Rourke (shea.o'rourke@pricecountywi.gov)

"After taking this class I am a more confident caregiver!"

Having tools to resolve problems is a definite advantage in becoming

a better caregiver and a happier, wiser, healthier me...and a healthier 'us'!"

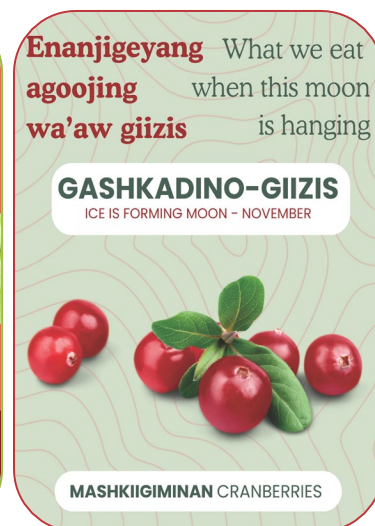
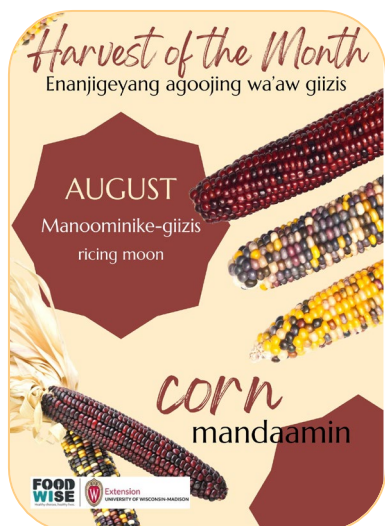
-PTC Class Participant

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.

Health & Well-Being – Harvest of the Month

From the desk of:

Stephanie Lapointe-Bakker, HWB Educator-UW-Madison Extension, Bayfield County





CORN: QUICK & EASY

- Add frozen corn to chili or chowder
- Make a delicious salad with corn, black beans, onions, tomatoes, peppers, cilantro, lime juice, olive oil, garlic, cumin, salt & pepper
- Add fresh or canned corn to guacamole or taco salad





FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program-SNAP and Expanded Food and Nutrition Education Program-EFNEP. The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.



PEPPERS: QUICK & EASY

- Slice peppers into strips and eat raw with your favorite dip
- Roast or saute sliced peppers to add to burritos or fajitas
- Cook peppers into a tomato sauce and add to pasta





FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program-SNAP and Expanded Food and Nutrition Education Program-EFNEP. The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.



APPLES: QUICK & EASY

- Mix apple chunks into your hot cereal
- Pair apple slices with cheese
- Add thin apple slices to chicken salad or peanut butter sandwich






FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program-SNAP and Expanded Food and Nutrition Education Program-EFNEP. The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.



CRANBERRIES: QUICK & EASY

- Toss cranberries on oatmeal or cold cereal
- Mix dried cranberries, raisins, cereal, and nuts for a healthy snack mix
- Add cranberries to salad






FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program-SNAP and Expanded Food and Nutrition Education Program-EFNEP. The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.



Medicare Open Enrollment October 15- December 7



CHANGES

Medicare Open Enrollment runs from October 15 through December 7. Every year Medicare Part D plans (the prescription portion of Medicare) ***can change the list of prescription medications they will cover.*** That means even if you are taking the same medications, the amount you pay for your medications may change in 2027 from what you are currently paying.

Medicare Advantage and Medicare Part D plans can and frequently do change each year; the in-network physicians, medications covered, the premiums, deductibles, co-pays, and affiliated pharmacies

WHAT CAN YOU DO ABOUT THIS?

All Medicare beneficiaries should check their Part D coverage and Medicare Advantage Plan coverage each year during Medicare's annual open enrollment period.

This is the time of year to find out if one's current plan will cost more, or less than other plans in 2027. If it is no longer the best plan for someone based on providers, medications and pharmacy, this is the time to make a switch to a different plan that will suit you better.

PLEASE CONSIDER PREPARING EARLY THIS YEAR.

To compare plans yourself, you can go to www.medicare.gov the website will help you compare your coverage options. New plans are released October 1st, so anytime after that date the new 2027 plans can be reviewed.

If you would like assistance to compare plan options, you can use the following resources:

- 1-800-MEDICARE or 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

Help may also be available locally to review Medicare Part D drug plans.

You can reach Bayfield County's Elder Benefits Specialist: Marianne Johnson by calling 715-373-3355.

Benefits Resources

Benefits Check-Up (<https://benefitscheckup.org/>) helps you find benefit programs that can help pay for medications, health care, food, utilities and more.

Benefits.gov (<https://www.usa.gov/benefit-finder>) can help you find out which government benefits you may be eligible to receive.

Department of Veterans Affairs (<https://www.va.gov/>) has information on government benefits available to those who served in the military. **FIRST, Before applying online, contact the Bayfield County Veteran's Office** (<https://www.bayfieldcounty.wi.gov/153/Veterans-Service-Office>). Their accredited staff can ensure your claim is filed correctly and that you receive every benefit you've earned.

National Clearinghouse for Long-Term Care Information (<https://acl.gov/ltc>) is a government site that helps you plan for long-term care needs and find services.

Medicare Advantage Plan Enrollment

By the GWAAR Legal Services Team

What is a Medicare Advantage plan?

Medicare Advantage plans are Medicare plans that are an alternative to having Original Medicare.

These plans are run by private health insurance companies that provide Medicare benefits. These plans are also reimbursed and regulated by the federal government.

The plans are required to cover Part A and B benefits but can also include Part D or drug coverage. They are required to cover what Original Medicare covers, but there are plans that cover more. Some of the plans may cover things that Original Medicare doesn't like dental, hearing, and vision coverage.

It is important to note that *if you have a Medicare Advantage plan you cannot have a Medigap or supplemental plan*. This means that coinsurance and copays will be your responsibility. The cost of premiums for Medicare Advantage plans will vary depending on what company the plan is from and what plans they offer.

When can I enroll in a Medicare Advantage plan?

- You can elect to enroll in a Medicare Advantage plan during your Initial Enrollment Period or IEP. This is the period when you first become eligible for Medicare.
 - This period begins three months prior to turning 65,
 - the month you turn 65, and
 - three months after you turn 65.
- You may also be entitled to an IEP if you are eligible for Medicare based on a disability.
 - This period would start three months prior to your 25th month of receiving disability benefits,
 - the 25th month, and
 - three months after.



- You can also sign up for a Medicare Advantage plan during the Open Enrollment Period or OEP.
 - This period starts October 15 and ends December 7 each year.
 - The coverage will begin the first day of the month in January.
 - During this period, you can also choose to enroll in Original Medicare
 - and/or enroll in or switch Part D plans.
- During the General Enrollment period you can
 - switch Medicare Advantage plans
 - or drop your Medicare Advantage plan and enroll in Original Medicare and a Part D plan.
 - This period starts January 1 and ends March 31 each year.



There is one more way to enroll in a Medicare Advantage plan this is during a Special Enrollment Period or SEP.

- These periods open when certain events occur.
 - There are SEPs for moving out of network,
 - losing employer coverage,
 - when eligibility for Medicaid ends,
 - and when you aren't eligible for Extra Help.

Each SEP has different criteria for when it can be used, how long the period is open, and what actions an individual can take during this period.

An example of a SEP is when someone moves outside of their Medicare Advantage plan network. If this occurs, an individual can switch plans. This SEP is open for two months after the move. *(continued next page)*

If you want to learn about Advantage plans in your area you can compare plans with the Medicare Plan Finder (<https://www.medicare.gov/>). You can also contact your local Aging & Disability Resource Center at 1-866-663-3607 to get help with questions about Medicare Advantage plans

What should I know before enrolling in a Medicare Advantage Plan?

- Medicare Advantage plans get to decide each year if they want to continue to offer plans in your area.
 - They will provide notice if they decide to discontinue coverage in your area.
- They can also change their:
 - premiums,
 - copays
 - and provider networks each year.

It's important to look out for notices from your plan to stay up to date on what your plan decides to do from year to year.

- You may have to get prior authorization to see a specialist.
- The providers you see will need to be in network.
 - This restricts who you can see
 - and where you are covered.
- You need to know the plan's formulary to check
 - if your prescribed drugs are covered
 - and what your cost will be.

- If you enroll in a plan with Part D coverage - you will need to ensure that your preferred pharmacy is in network.

Deciding to enroll in a Medicare Advantage plan is an important decision.

It is vital that you learn about the plans available to you, what's covered, and what the network coverage is.

Healthcare is expensive and learning about the coverage available to you will help you make informed decisions about your healthcare.

If you want to learn about Medicare Advantage plans in your area you can:

- Compare plans with the Medicare Plan Finder (<https://www.medicare.gov/>).
- Get help with questions about Medicare Advantage plans. contact your local Aging & Disability Resource Center at 1-866-663-3607



Listen Up: How Your Ears Affect Your Balance and Safety

Did you know your ears help with more than just hearing? They also play a key role in keeping you steady on your feet.

As we age, hearing changes are common — due to things like natural ear changes (yes, they really do get

bigger!), long-term noise exposure, health conditions, or even certain medications.

Here are some signs it might be time to check your hearing:

- **Phone calls are hard to follow.**
- **Group conversations feel confusing.**
- You ask “What?” more often.
- **TV volume is always high** (and others notice).
- **Background noise makes conversations difficult.**
- People sound like they're **mumbling**.
- **High-pitched voices** (like children's) are harder to hear.

If these sound familiar, it may be time to talk to a professional.



Taking care of your ears means more than hearing well — it's a key part of staying safe, steady, connected, and confident every day!

Noticing changes in your hearing?

Don't ignore the signs — hearing loss can affect more than just conversations. It can impact your balance, safety, and confidence.

Find out what you can do — including taking a quick online hearing test — at [FallsFreeWI.org/sound/](https://fallsfreewi.org/sound/).

Take the first step toward clearer hearing and safer living today! Learn more at:
<https://fallsfreewi.org/prevent-falls/sound/>





Moving for Better Balance®

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:



Ashland
Bayfield
Counties

PURPLE



TUBE PROJECT

**Helping Individuals with
Dementia Stay
Safe at Home**

Get Involved Today!

For more information

📍 630 Sanborn Ave, Ashland WI, 54806

🌐 <https://adrc-n-wi.org>

☎ 1-866-633-3607



What is the Purple Tube Project?

The Purple Tube Project provides a purple tube containing essential emergency information for individuals living with dementia. This information helps first responders, family members, and caregivers deliver appropriate care during emergencies.

Additional Information

- ✓ Free to residents
- ✓ Helps families feel prepared
- ✓ Supported by local ADRCs, EMS, and law enforcement

STRONG *People*™

STRONG BODIES

StrongBodies is an evidence-based strength training program for aging adults that helps them improve muscle mass, bone density, energy levels, and overall well-being.

TWO Formats available to area residents!!!

IN-Person



WHAT: Strength Training Class
DATES: Oct 12th – Dec. 24th, 2026
TIME: Mondays~1 pm - 2 pm
Thursdays~9 am -10 am
WHERE: Port Wing Town Hall

Join certified leaders:

*Mary Ann Adank, Sheila Bergman
and Holly Rigotti*

for this great **In-Person** class!

**To reserve space in the class,
please contact:
Sheila Bergman~715-455-8120**

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

Bayfield County DHS

117 E 5th. Street, PO Box 100
Washburn, WI 54891
Tel: 715-373-6144
Fax: 715-373-6128
www.bayfieldcounty.wi.gov

On-Line



WHAT: Strength Training Class
Fall 2026 Virtual Series
DATES: Oct 6th – Dec. 17th, 2026
TIME: Tuesdays & Thursdays
9 am -10:15 am
WHERE: Online Via **ZOOM**

**To reserve space in the class,
please register online:**

<https://forms.gle/2GZPvQBJQyF585f29>

There is **NO FEE** for the online class.

Questions? Contact us:

strongbodies@extension.wisc.edu

To learn more, visit us at

[https://health.extension.wisc.edu/
strongbodies/](https://health.extension.wisc.edu/strongbodies/)

Great for beginners and adults of all ages and fitness levels!

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 Fall 2026

1st Thursday of the Month
Iron River Community Center
8275 E Mill St, Iron River
9:30 - 11am

OR

1st Friday of the Month
N. Great Lakes Visitor Center
29270 Co Hwy G, Ashland
9:30 - 11am

Nutritional Vital Signs

Malnutrition can affect anyone, and knowing the signs can make a difference. Learn practical strategies to prevent nutritional risks, support healthy eating, and build confidence to advocate for yourself.

Presented by: Jessica Dunbar, Registered Dietician, NorthLakes Community Center

**Sept
3/4**

Online Safety

Antivirus apps can't stop you from falling for a scam, and most online dangers rely on tricks and lies, not viruses or hackers. As more of life moves online and AI makes scams more convincing, learn how to stay safe and protect your information.

Presented by: Eric Faber, CLICK Digital Navigator, Bayfield County

**Oct
1/2**

Who Get's Grandma's Yellow Pie Plate?

Planning to pass on personal items can be challenging. Explore issues related to the inheritance of personal property and learn tips to improve family decision-making and communication.

Presented by: Heidi Ungrodt, UW Extension

**Nov
5/6**

Memory Matters: Aging Well, Thinking Well

Explore memory and thinking as we age, brain health, and signs that may deserve further evaluation. We'll discuss healthy aging habits, warning signs of dementia, and ways to support a loved one living with dementia.

Presented by: Colleen Brewer, Dementia Care Specialist, ADRC Bayfield County

**Dec
3/4**

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



Dementia Care Specialist Programs

Ashland & Bayfield Counties



**Helping Individuals Living with Dementia,
Care Partners & Families**

Education • Support • Resources • Community



Colleen Brewer, Dementia Care Specialist
1-866-663-3607



BRAIN HEALTH SCREENS

Free Cognitive Evaluations

Early detection matters. A cognitive evaluation can:

- ✓ Identify changes early
- ✓ Support treatment and planning
- ✓ Connect you with resources sooner
- ✓ Help families prepare for the future

Screens can be administered in your home!

Contact your Dementia Care Specialist to schedule.



BUCKLE & BE HEARD PROGRAM

**Free seat belt covers alert first responders if someone is
living with dementia or if they are a caregiver.**

Free program. Contact your Dementia Care Specialist.

PURPLE TUBE PROJECT

**Store important medical information in a Purple Tube
inside your freezer so emergency responders can
quickly access it.**

Free program. Contact your Dementia Care Specialist.



SPECIALIZED DEMENTIA TRAINING



Training available for:

- Businesses
- Faith Communities
- First Responders
- Community Organizations

Contact your Dementia Care Specialist for details.

Programs, Classes & Upcoming Events



SUPPORT GROUPS

Caregiver Support Group

Ashland County

Third Thursday of Each Month

2:00 – 3:30 PM

The Enrichment Center

400 Chapple Ave, Ashland, WI 54806

Caregiver Support Group

Bayfield County

Last Thursday of Each Month

1:00 – 2:30 PM

Washburn Public Library

411 W Bayfield St, Washburn, WI 54891

Share experiences, learn practical strategies, and connect with others who understand.



CLASSES FOR PEOPLE LIVING WITH DEMENTIA

Brain & Body Fitness



Mondays

Date & Time To Be Determined



Boost Your Brain & Memory

Hosted at:

United Church of Christ

Cable, WI

Every Other Monday

September 21 – December 7, 2026

1:00 – 2:00 PM

Fun activities designed to support cognitive wellness.



POWERFUL TOOLS FOR CAREGIVERS

Two Virtual Sessions Available



August 11 – September 22



September 29 – November 2

(Every Tuesday for 6 weeks)

Learn to:

- ✓ Reduce stress
- ✓ Communicate effectively
- ✓ Care for yourself while caring for others

Contact your Dementia Care Specialist to sign up.



MEAL & MOVIE



Lauri Jean Zach Center
Glidden Senior Center



Pizza and Fellowship



Vote for one of three movies:

- Grumpy Old Men
- Calendar Girls
- On Golden Pond

August 20, 2026 • 11:30 AM – 3:00 PM

Contact your DCS for details and to reserve your spot.



UPCOMING EDUCATIONAL PRESENTATION

Dementia Prevention, Care & Navigating the Holidays



First Friday in December



9:30 AM



Great Lakes Visitor Center

Contact your Dementia Care Specialist for more information.



OTHER CLASSES & PROGRAMS

Melody Lane Singers

Every Thursday at 10:00 AM

A community choir for people living with dementia, community members, and their care partners.

Contact your Dementia Care Specialist for more information.



Need help? Call your Dementia Care Specialist today!

1-866-663-3607

While falls are common, they are not a normal part of aging.

There are steps we can all take to build resilience and prevent falls as we age. Led by the Wisconsin Institute for Healthy Aging, the Falls Free Wisconsin Coalition is a statewide initiative dedicated to helping Wisconsinites reduce our risk of falls.

The Coalition and Bayfield County's Aging & Disability Services and the ADRC-N (Aging & Disability Resource Center of the North) encourages everyone to take action to maintain our mobility, confidence, and independence as we age.

Here are some simple steps to get started:

- **Practice Balance & Strength**

Exercises: Doing balance exercises every day and strength exercises a few times a week can help us move safely. Strong muscles and good balance make daily activities—like walking, getting out of bed, or playing with grandkids—easier and safer.

- **Improve Safety at Home:** Small changes can make a big difference. Keep walkways clear, add good lighting, secure loose rugs, and install grab bars in places like the bathroom.
- **Use Assistive Devices:** Tools like canes, walkers, and walking poles can help us stay steady. They give us extra support so we can move with confidence and make daily tasks easier.
- **Manage Your Medications:** Ask your doctor or pharmacist to review your medications at least once a year, or anytime something changes. Some medicines can affect your balance or make you feel dizzy.

Features of an Unsafe Shoe



- **Wear Safe Footwear:** Choose shoes that fit well and support your feet. Look for shoes with laces, a non-slip sole, and a closed heel. To prevent slips and trips, avoid flip-flops, loose sandals, high heels, and slippers.
- **Pay Attention to Your Surroundings:** Watch where you're walking and look ahead for uneven ground or obstacles. Take your time and move carefully to stay safe.
- **Consider Vision Changes:** Our vision may change as we age. Get your eyes checked every year. If you get a new prescription, give yourself time to adjust and be extra careful at first.

If you have fallen, **you are not alone**. According to the Centers for Disease Control and Prevention (CDC), more than 1 in 4 adults aged 65 and older fall each year. The good news is there are steps we can take to stay safe as we age. Use the tips above to stay strong, steady, and independent.

Visit FallsFreeWI.org to find helpful tools and resources, including a balance and strength exercise guide, an interactive Home Safety Challenge, and more.

Take the Falls Free CheckUp® online at ncoa.org/tools/falls-free-checkup/

Features of a Safe Shoe



You've got places to go – let's make sure your footwear keeps up! Learn more at:



Urinary Tract Health in Aging Women with Dementia

Colleen Brewer, Dementia Care Specialist ~ ADRC-North ~ 1-866-663-3607

For older women living with Dementia, urinary tract infections (UTIs) are a serious and often overlooked health concern.

Unlike typical cases, UTIs in this population can cause sudden and severe confusion (delirium), behavioral changes, and functional decline—symptoms that are often mistaken for progression of dementia.^{4,5} UTIs are more common in women due to anatomical differences and increased risk after menopause, and in older adults—especially those living with dementia—they are more likely to be “silent,” meaning they present with atypical symptoms that are harder to recognize.⁵

Why UTIs Are a Concern

People living with dementia are more than twice as likely to develop a urinary tract infection (UTI) compared to those without cognitive impairment² and these infections often present differently than expected.

Rather than the typical symptoms such as pain or burning during urination, UTIs in this population frequently appear as sudden changes in mental status or behavior, including confusion or agitation.⁴

This atypical presentation can delay recognition and treatment, increasing the risk of serious complications. If left untreated, a UTI can progress to a kidney infection, sepsis, or even death^{4,7} making early detection and intervention especially critical.

Common Signs to Watch For

Typical UTI Symptoms (may be absent)

- Pain or burning with urination
- Frequent urge to urinate
- Cloudy, dark, or foul-smelling urine
- Blood in urine
- Pelvic or lower abdominal pain
- Fever or chills

Atypical Symptoms to Watch For

(Common in Dementia)

- Sudden or worsening confusion
- Increased agitation or restlessness
- Fatigue or unusual sleepiness
- Changes in appetite or withdrawal
- New or worsening incontinence
- Falls or unsteadiness⁵

UTI Prevention Strategies

Hydration:

- Encourage 6–8 glasses of fluid daily (unless medically restricted).
- Offer small, frequent sips or use straws to promote intake.



Regular toileting:

- Encourage bathroom use every few hours to avoid holding urine too long.



Good hygiene:

- Use gentle, fragrance-free products and wipe front to back.

Manage constipation:

- Constipation can interfere with bladder emptying and should be addressed through
 - diet,
 - fluids, or
 - medical guidance.

Avoid unnecessary catheters:

- Use only when medically necessary and
- Follow strict infection control practices⁴.

Clothing and environment:

- Choose breathable fabrics (like cotton),
- Change soiled clothing promptly, and
- Ensure the bathroom is safe and easy to access.



Continued on page 14

Dietary Recommendations for Urinary Tract Health

Nutrition and hydration play a key role in reducing UTI risk and supporting urinary health in older women with dementia.¹ Consistency and simple routines are especially important for this population.

Hydration first:

As stated previously, it is essential to aim for

- 6–8 cups (1.5–2 liters) of fluid daily unless otherwise directed.
- Water is best, but herbal teas, milk, and broths also contribute.



Bladder-supportive foods:

Incorporate foods that support overall urinary health, including:

- Fruits and vegetables with high water content (such as melons, oranges, and cucumbers),
- Fiber-rich whole grains, and lean proteins.
- Probiotic-rich foods like yogurt or kefir may help maintain a healthy balance of bacteria⁷.



Cranberry and Vitamin C:

- Unsweetened cranberry products may help reduce recurrent UTIs in some individuals³
- While foods rich in vitamin C (such as citrus fruits and berries) may support immune function⁶.



Limit bladder irritants:

Some foods and drinks may worsen bladder irritation or urgency, particularly in sensitive individuals. These include

- Caffeine,
- Alcohol,
- Carbonated beverages,
- Artificial sweeteners, and
- Highly acidic or spicy foods⁶.



Prevent constipation through diet:

Adequate fiber intake from these foods combined with proper hydration—can help prevent constipation, which in turn supports better bladder emptying⁴.

- Fruits, and vegetables,
- Legumes, and
- Whole grains

When to Seek Medical Care



Seek medical attention promptly if you notice sudden confusion or behavioral changes, new or worsening incontinence, or unexplained fatigue or functional decline. These symptoms may indicate a urinary tract infection, particularly with individuals living with Dementia, where presentation is often atypical. A proper diagnosis requires a urine test, including urinalysis and culture, and early treatment is essential to prevent complications⁵

Key Takeaway

In aging women living with dementia, UTIs are often “silent” but potentially dangerous. Caregivers should watch for subtle changes, prioritize prevention—including hydration and nutrition—and seek prompt medical evaluation when symptoms arise.

References

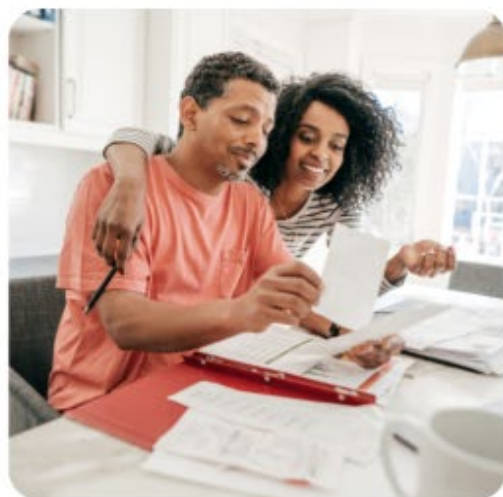
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Planning AHEAD

Advance directives, Handling financial changes, Estate planning, and Arriving at Decisions for the end of this life

Join us for a 7-session virtual program to help participants understand how to prepare for the end of life for themselves or a loved one.

**Thursdays, September 10 -
October 22, 2026
11:00am to 12:00pm on Zoom
Register here:
<https://go.wisc.edu/Okfbj7>**



**Registration is required and space is limited.
Registration is \$30 (includes program materials)**



Scan for more
information:



**For questions, email
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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



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:

• Theresa LaChappelle 715-373-3285 or theresa.lachappelle@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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