



Resource Directory

Washburn County

August, 2017

For latest updates please go online to view:

<http://www.adrcconnections.org/resource-guides>



“Connections for Better Living”

Phone: (715) 635-4460

850 W. Beaverbrook Ave. Suite 4

Spooner, WI 54801

www.adrcconnections.org

Toll-free: (888) 538-3031

Fax: (715) 635-4464

Email: aging@co.washburn.wi.us

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ADRC Staff**715-635-4460**

ADRC Director	Leslie Fijalkiewicz
ADRC Supervisor/Unit on Aging Director	Darby Smith
Dementia Care Specialist	Trisha Bailkey
Disability Benefit Specialist	
Fiscal Assistant	Missy Murley
Elder Benefit Specialist	Kelly Brunkow
Health Promotion Specialist	Natalia Del Monte
Information and Assistance Specialist	Anna Brown
Nutrition Program Coordinator	Natalia Del Monte
Transportation Coordinator/Receptionist	Dori LeVan
Resource Specialist	Kim Cobb

www.adrcconnections.org**[Email: aging@co.washburn.wi.us](mailto:aging@co.washburn.wi.us)**

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This resource directory contains information on many topics, products, and programs. It should be used as an overview and general guide. No endorsements or recommendations are made by the Aging and Disability Resource Center of Barron, Rusk, and Washburn Counties.

Washburn County Resources, 08/2017

Aging & Disability Resource Center of Barron, Rusk & Washburn Counties (ADRC)

Call 715-635-4460 or visit our website: www.adrcconnections.org

What is an ADRC?

The Aging and Disability Resource Center (ADRC) is a public office where people can find help in their communities for older people and adults with disabilities, as well as their families and friends. Our staff is available to answer your questions and help you explore all of your options. Free, private, confidential meetings with our staff are available at the resource center, over the telephone, or in a visit to your home.

Call (715) 635-4460 or 1-888-538-3031.

What we do

- Benefits counseling – Accurate and current information on private and government benefits and programs. “Red tape cutters” on problems related to Medicare, Social Security, and other benefits.
- Equipment loan information.
- Family caregiver services – Consultation with individuals and families, support group, respite programs, educational materials.
- Health & Wellness Programs – Healthy living programs, falls prevention workshops, nutrition education and counseling, and caregiver support workshops.
- Home Delivered Meals – Meals are delivered to homebound adults age 60+ and includes a check on their well-being. Suggested donation: \$3.50.
- Information and connections – Answers to questions and assistance in locating needed help.
- Informational lending library – Books, CDs, tapes, pamphlets, brochures.
- Liquid nutritional supplements – Available at reduced prices for adults in need of extra calories and protein.
- Long-term care options counseling – Consultation and advice about the options available to meet an individual’s long-term care needs, including enrollment into long term care options (Family Care and IRIS).
- Medicare/supplemental insurance counseling – Help seniors with filing claims, solving claim errors, appealing decisions, and understanding and comparing supplemental health insurance policies.
- Memory care connections – Support for spouses and others caring for a loved one with Alzheimer’s disease at home.
- Private-pay caregiver hiring – Families needing to hire a caregiver can review job applications completed by caregivers seeking work. Families use their private funds to directly pay caregivers.
- Senior dining – Healthy, appetizing meals served at various dining sites. Breakfast, noon meals and supper options available. Opportunity for networking, visiting with friends, volunteering. Suggested donation: \$3.50.
- Tax-aide – Help with filing Wisconsin Homestead Tax and income tax returns.
- Transportation – Rides available on first come, first serve basis to older adults and adults with disabilities to medical or nutrition related destinations. Suggested donation based on mileage. Information about transportation choices and volunteer drivers.
- Volunteer – Many of our programs rely on volunteers. If you are interested in volunteering, we can help connect you to satisfying opportunities.
- Youth Transition Services-Information about resources available when youth with disabilities reach adulthood.

Abuse & Neglect

Report suspected physical abuse, emotional abuse, financial abuse, sexual abuse, neglect, or self-neglect of an older person or adult with a disability. Callers may choose to be anonymous.

For reporting about people living in a long-term care facility.

Long Term Care Ombudsman

(800) 815-0015

For reporting allegations of abuse or neglect by facility staff or home health workers.

Wisconsin Division of Quality Assurance

(800) 642-6552

For all other reporting.

Washburn County Health & Human Services Department

(715) 468-4747

110 Fourth Ave. W P.O. Box 250 Shell Lake, WI 54871

Text Net: 888-814-5330

Center Against Sexual & Domestic Abuse (CASDA)

(800) 649-2921

318 21st Ave. E. Superior, WI 54880

(715) 392-3136

New Day Shelter

(715) 682-9566

24/7 Crisis Line

715-682-9565

P.O. Box 88 Ashland, WI 54806

(800) 924-4132

Embrace

(715) 532-6976

Crisis/support line and shelter for victims of domestic violence, sexual assault, and their families.

(800) 924-0556

212 Cedar St., Ste. 10 Spooner, WI 54801

Embrace

(715) 635-5245

Advocacy for survivors and victims of domestic abuse or sexual assault.

11 W 5th Ave. (in Lake Mall) Shell Lake, WI 54871

Advocacy/Community Organizations

Also see Support Groups

AARP Wisconsin – (American Assoc. of Retired Persons) 222 W Washington Ave. Suite 600 Madison, WI 53703	(866) 448-3611
AgrAbility of Wisconsin Independent living services for individuals and families engaged in farming and coping with a disability. Provided at your home or farm.	(608) 262-9336 TTY (800) 947-3529
AIDS Resource Center of Wisconsin 505 Dewey St. S. Suite 107 Eau Claire, WI 54701	(800) 750-2437 (715) 836-7710
American Cancer Society N19 W24075 Riverwood Dr. Waukesha, WI 53188	(800) 227-2345 (262) 523-5500
Arthritis Foundation 10427 W. Lincoln Ave., Suite 1300 West Allis, WI 53227	(800) 333-1380
Autism Society of Wisconsin 1477 Kenwood Dr. Menasha, WI 54952	(888) 428-8476
Brain Injury Alliance of Wisconsin 6409 Odana Rd., Suite #1 Madison, WI 53719	(800) 882-9282
Brain Injury Resource Center of Wisconsin 511 N. Grand Avenue Waukesha, WI 53186	(262) 770-4882
Coalition of Wisconsin Aging Groups (CWAG) Mailing address: P.O. Box 628248 Middleton, WI 53562 Physical address: 2850 Dairy Dr. Suite #100 Madison, WI 53718	(800) 488-2596 (608) 224-0606
Disability Rights Wisconsin 217 W Knapp St. Rice Lake, WI 54868	(800) 928-8778 (715) 736-1232
Down Syndrome Association of Wisconsin P.O. Box 3156 Eau Claire, WI 54702	(715) 379-0563
Epilepsy Foundation of Western Wisconsin 1812 Brackett Ave. Suite 5 Eau Claire, WI 54701	(800) 924-2105 (715) 834-4455

For complaints, questions and/or concerns regarding the care and the rights of people (ages 18-59) receiving Family Care or IRIS.

Family Care & IRIS Ombudsman (877) 338-3724
(715) 736-1232

For complaints, questions and/or concerns regarding the care and the rights of residents in nursing homes, group homes, and people age 60 and older receiving Family Care.

Long Term Care Ombudsman/ Family Care (800) 815-0015

NAMI of Barron County (National Alliance on Mental Illness) (715) 736-0089

P.O. Box 477 Rice Lake, WI 54868

North Country Independent Living V/TTY (800) 924-1220

69 N 28th St. Suite 28 Superior, WI 54880

The Arc Eau Claire (715) 514-1825

Developmental disabilities
800 Wisconsin St. Mailbox 86 Eau Claire, WI 54703

United Cerebral Palsy West Central Wisconsin, Inc. (888) 845-5775

206 Water St. Eau Claire, WI 54703 (715) 832-1782

Wisconsin Board for People with Developmental Disabilities (888) 332-1677

101 E. Wilson St., Rm. 219 Madison, WI 53703 (608) 266-7826

- Project Lifesaver – Washburn County** (715) 468-4700
 Through Sheriff’s Department to safeguard and locate individuals who may wander.
- North Country Center for Independent Living** (218) 428-2960
 In-home safety assessments
 Tools and resources for people with memory concerns and their families to remain safely at home.

Dementia Care Living Facilities –see Assisted Living and Nursing Homes

Geriatric Clinics

- Mayo Clinic Health System-Northland Geriatric Consultation Clinic** (715) 236-8500
 331 South Main Street Suite H Rice Lake, WI 54868

Memory Clinics

For the evaluation of memory problems.

- Clinics affiliated with WI Alzheimer’s Institute.** (608) 263-2761
- Essentia Health - Ashland Memory Clinic** (715) 685-7500
 1625 Maple Lane Ashland, WI 54806
- Wisconsin Alzheimer’s Institute** (608) 829-3300
University of Wisconsin School of Medicine & Public Health
 7818 Big Sky Drive, Suite 215 Madison, WI 53719
- Gundersen Memory Center** (800) 362-9567 ext 5900
 1900 S. Ave. La Crosse, WI 54601
- Marshfield Clinic-Memory Clinics** (715) 858-4500
 Eau Claire 2nd Friday of the month
- Mayo Clinic Health System Memory Care Clinic** (715) 838-1900
 Clinic hours: Monday afternoons.
 1400 Bellinger Street, 5th Floor Neurosciences Eau Claire, WI 54703
- Mayo Clinic Alzheimer’s Research Center** (507) 284-1324
 200 First St. SW Rochester, MN 55905
- Spooner Health System Memory Clinic** (715)-939-1687
 1280 Chandler Dr. Spooner, WI 54801

Assisted Living

Adult Family Homes **(877) 622-6700**

Supervision, room and board provided. Current listing : <https://www.dhs.wisconsin.gov/guide/afh.htm>
 1-2 bed homes are certified by Community Link, (name change to Inclusa 9/1/17), Inc..
 3-4 bed homes are licensed by the State of Wisconsin.

Residential Care Apartment Complexes (RCACs)

An apartment that includes a kitchen, living area, bedroom, and private bathroom.
 Registered or certified by the State of Wisconsin. Private & semi private rooms.
 Services include meals, laundry, housekeeping, arranging medical appointments and transportation, and may include up to 28 hours per week of nursing care per resident.
<http://www.dhs.wisconsin.gov/bqaconsumer/assistedliving/aslivdirs.htm>

Brentwood Senior Communities **(715) 736-7400**

633 Cameron Rd. Rice Lake, WI 54868

Glenview Apartments **(715) 468-4255**

201 Glenview Ln. Shell Lake, WI 54871

Woodstone Senior Living Community **(715) 736-6060**

950 Bear Paw Ave. Rice Lake, WI 54868

Community Based Residential Facilities (CBRFs)

State licensed: 24-hour supervision, meals, medication monitoring, personal care, semi-private, private rooms or apartments. Facilities generally have 5-25 residents. State licensed.

Care Partners Assisted Living **(715) 635-9211**

W7184 Green Valley Rd. Spooner, WI 54801

Country Terrace Catered Living **(715) 635-3908**

N4810 Hill Dr. Spooner, WI 54801

Glenview Community Based Residential Facility **(715) 468-4255**

201 Glenview Ln. Shell Lake, WI 54871

Dementia Care Facilities-also see Nursing Homes

Adult Family Homes, Community Based Residential Facilities, Residential Care Apartment Complexes, and Nursing Homes that specialize in caring for people with Alzheimer’s or other dementia.

Brentwood Memory Care			(715) 736-7402
633 Cameron Rd.	Rice Lake, WI	54868	
Colfax Health & Rehab Center			(715) 962-3186
1011 University Ave.	Colfax, WI	54730	
Heritage Manor			(715) 234-2161
19 W Newton St.	Rice Lake, WI	54868	
Monroe Manor			(715) 537-5700
508 E Monroe Ave.	Barron, WI	54812	
Our House Memory Care			(715) 736-0347
413 E South St.	Rice Lake, WI	54868	
Woodstone Memory Care			(715) 736-6060
50 Bear Paw Ave.	Rice Lake, WI	54868	

Assistive Technology/Adaptive Equipment

Assistive technology and adaptive equipment enable people with disabilities to accomplish daily living tasks, assist them in communication, education, work or recreation activities, and help them achieve greater independence and enhance their quality of life.

ADRC of Barron, Rusk & Washburn Counties (715) 635-4460
Assistive technology demonstrations

Assisted Living Store (888) 388-5862
www.assistedlivingstore.com

Adaptive Experts (800) 371-2778
Adaptive Mall

Driver Evaluation and Training for People with Disabilities

A national company that provides a team of state licensed Occupational/Physical therapist with expertise as licensed driving instructors. Services include comprehensive driving evaluations and behind-the-wheel driver training.

www.adaptivemall.com

e-pill medication reminders
www.epill.com

Lutheran Social Services (715) 210-7299
35 W Messenger St Rice Lake, WI 54868

North Country Independent Living V/TTY (800) 924-1220
Information, assessment and possible loans of equipment before purchase
69 N 28th St. Suite 28 Superior, WI 54880

Numotion (800) 522-6294
<http://www.numotion.com>

Stout Vocational Rehabilitation Institute (715) 232-2513
UW – Stout (800) 228-5457
Assistive Technology Services
101 Vocational Rehabilitation Bldg
221 10th Avenue East Menomonie, WI 54751

Walgreens Home Medical
849 Woodward Ave. Chippewa Falls 54729 (715) 726-8540
10489 State Rd 27 Hayward, WI 54843 (715) 634-1919
502 S Main St. Rice Lake, WI 54868 (715) 736-0120

Wisconsin Wistech Assistive Technology Resource Center 715-232-3300
Stout Vocational Rehabilitation Institute – UW Stout
221 10th Avenue East Menomonie, WI 54751

WisLoan (877) 463-3778
Low-interest loan for adaptive equipment. (414) 305-0509

Washburn County Resources, 08/2017

Aging & Disability Resource Center of Barron, Rusk & Washburn Counties (ADRC)

Call 715-635-4460 or visit our website: www.adrcconnections.org

Caregiver Support

Dementia Care Specialist ADRC (715) 635-4460

Offers support for people with dementia or who are concerned they have symptoms, their family care partners, and the community.

850 W. Beaverbrook Ave. Suite 4 Spooner, WI 54801

Chores & Care File ADRC (715) 635-4460

List of people willing to be hired privately for in-home help.

850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

Family Caregiver Support Services ADRC (715) 635-4460

Provides support services to families who provide care to persons age 60 or older and to grandparents or older relatives with minor children living in their home.

850 W. Beaverbrook Ave. Suite 4 Spooner, WI 54801

Memory Care Connections ADRC (715) 635-4460

Offers support and guidance for people caring for their loved ones with dementia at home.

850 W. Beaverbrook Ave. Suite 4 Spooner, WI 54801

Powerful Tools for Caregivers Workshop (715) 635-4460

Meets 2 hours a week for 6 weeks.

Helps family caregivers take care of themselves while caring for a parent, spouse or friend – at home, in a facility, or from a distance.

Agencies & programs that provide weekend or short-term care; also called respite

Also see Assisted Living and Nursing Homes for agencies that may provide weekend or short-term care.
Also see Support Groups.

American Parkinson Disease Association Wisconsin Chapter (608) 229-7628

Individuals with Parkinson disease may be eligible for a stipend to be used for respite care services.

Happy Day Club

A group activity and respite care program for early to mid-stage Alzheimer’s Disease or related memory disorders. Available in two locations, call for details.

Spooner Mondays, Wednesdays & Thursdays (715) 416-2942

Faith In Action (715) 635-2252

Provides short-term respite volunteers for people 60 years of age and older.

Office hours: Mon. – Thurs., 10:00 a.m. – 12:00 p.m. Leave a message; calls will be returned within 24 hours.

Office: 1790 Scribner St. Spooner, WI 54801
(in Trinity Lutheran Church)

Mailing address: P. O. Box 387 Spooner, WI 54801

Consumer Protection/Fraud

For complaints about identity theft and fraud.

Washburn County Sheriff's Office (715) 468-4700

For complaints about identity theft and fraud.
421 STH 63 Shell Lake, WI 54871

Better Business Bureau of WI, Inc. (800) 273-1002

10019 W Greenfield Ave. Milwaukee, WI 53201

Consumer Protection Hotline (800) 422-7128

Wisconsin Dept. of Trade, Agriculture & Consumer Protection TTY (608) 224-5058

For complaints about any type of insurance.

Office of the Commissioner of Insurance (800) 236-8517

125 South Webster St Madison, WI 53703-3474

Wisconsin Do Not Call List (888) 382-1222

Wisconsin Landlord/Tenant Hotline (800) 422-7128

Wisconsin Dept. of Trade, Agriculture & Consumer Protection TTY (608) 224-5058

Dental Resources

Dental providers listed serve all patients, regardless of ability to pay or insurance status.

Affordable Dentures			(715) 855-1020
Provides complete and partial dentures, extractions, denture repair, relines and adjustment services, X-Ray services			
4850 Keystone Crossing, White Oak Commons	Eau Claire, WI	54701	
4310 Menard Dr., Ste. 300, Hermantown Plaza	Duluth, MN	55811	(218) 308-8775
Donated Dental Services			(866) 812-9840
Volunteer dentist in your area.			
P.O. Box 14173	West Allis, WI	53214	
Ladysmith Dental Center			(715) 532-2500
315 Miner Ave. W	Ladysmith, WI	54848	(800) 782-8581, Ext. 32500
NorthLakes Community Health Center- Dental Clinic			(715) 634-2541
15910 W Company Lake Rd. Hayward, WI	54843		
Rice Lake Dental Center			(715) 236-8900
1501 W Stout St.	Rice Lake, WI	54868	

Emergency Needs – Housing, Gas, Food

Also see Energy/Utility Assistance, Food & Nutrition Programs, Housing, & Veterans Services.

911 – Police, Sheriff, Fire and Rescue Emergencies	Call 911
American Red Cross Western Wisconsin Chapter 3728 Spooner Ave. Altoona, WI 54720	(877) 618-6628
Harvest of Hope Fund Emergency needs for food, home heating fuel, medical expenses, re-training, and other immediate situations for farm families. 7118 Old Sauk Rd. Madison, WI 53717	(608) 836-4633
Indianhead Community Action Agency 608 Service Rd. Spooner, WI	(715) 635-3975
Salvation Army PO Box 81 Spooner, Wisconsin 54801	(715) 468-1043 Admin. (715) 635-3742
Rural Housing, Inc. Critical housing assistance. 4506 Regent St. Madison, WI 53705	(888) 400-5974
Washburn Christian Outreach Provides emergency shelter, rent, utilities, heating fuel, transportation issues, clothing, furnishings, other basic needs	(715) 468-1043

Employment

Job training, counseling and employment opportunities for older adults, veterans, and people with disabilities.

Division of Vocational Rehabilitation (DVR) (877) 387-3879
 Provides employment services and counseling to people with disabilities. 715-634-0523
 15954 Rivers Edge Drive, Suite 204 Hayward, WI 54843 715-634-0816 (FAX)

Washburn County Job Center (715) 635-2175
 Provides assistance for employers and individuals seeking employment.
 522 Service Rd. Spooner, WI 54801

Programs located at the Washburn County Job Center

Concentrated Employment Program, Inc. (CEP, Inc.) (715) 635-2175
 Provides assistance for employers and individuals seeking employment.

SCSEP (715) 939-1400
 (formerly known as Experience Works, Inc.)
 Employment for adults over 55 with limited income.

Stout Vocational Rehabilitation Institute (715) 232-2513
 Private pay vocational evaluation & training.
 101 Vocational Rehabilitation Menomonie, WI 54751

Ventures Unlimited

Vocational services for people with disabilities in three locations

Cameron (715) 458-5005

Hayward (715) 934-3035

Shell Lake (715) 468-2939

Veterans Assistance (800) 991-5288
 Office hours at Washburn County Job Center

Energy/Utility Assistance

Energy Assistance Programs

(715) 468-4747

Provides financial assistance with heating bills, furnace tuning & replacement, and weatherization for income-eligible households.

Washburn County Health and Human Services Department

110 Fourth Ave. W P.O. Box 250 Shell Lake, WI 54871

Lifeline & Link-Up Program

Eligible customers must be in a low-income household or receive a benefit from one of the following: Wisconsin Works, Medicaid, Supplemental Security Income (SSI), FoodShare, Energy Assistance, or Homestead Credit.

Lifeline & Link-up are programs designed to help low-income people or people on a fixed income, reduce their phone or cell phone bill and assist with telephone service connection and installation.

This program does not assist with past-due bills.

To apply, contact your local telephone company and say you want to apply for the Lifeline & Link-up programs for Wisconsin.

SafeLink Wireless

(800) 723-3546

Free cellular service and cell phone through Lifeline for low-income persons.

(800) Safelink

USDA Rural Development

(715) 635-8228

Provides low-interest loans for all income-eligible persons and grants for persons age 62 and older for home weatherization and modifications.

800 N Front St. Room 102 Spooner, WI 54801

Washburn Christian Outreach

(715) 468-1043

Provides emergency shelter, rent, utilities, heating fuel, transportation issues, clothing, furnishings, other basic needs

Financial Counseling

Also see Representative Payee Services

Family Means **(800) 780-2890**

Consumer credit counseling, financial counseling, debt repayment, and education.

2143 East Ridge Center Eau Claire, WI 54701

Free Financial Counseling **(715) 635-4444**

Free individual financial coaching to help reduce your stress about money management and help you to make a plan to reach your financial goals.

Free individual parent coaching is also available to help discover and employ positive strategies of parenting.

UW-Extension Office

850 W Beaverbrook Ave. Suite 1 Spooner, WI 54801

Green Path Debt Solutions **(800) 550-1961**

Over-the-phone credit and financial counseling. Reverse mortgage counseling and pre-purchase housing counseling, delinquent mortgage counseling. Bankruptcy and education courses.

Lutheran Social Services Financial Counseling Service **(888) 607-6775**

33 N 25th St. E Superior, WI 54880

Food & Nutrition Programs

Also see Senior Centers/Senior Dining for meal sites. Please check with your local grocer for delivery assistance.

FoodShare **(715) 468-4747**

A Federal program that provides monthly benefits to help low-income households buy food. For questions or to apply go online: www.access.wi.gov.

Washburn County Health and Human Services Department

110 Fourth Ave. W. Shell Lake, WI 54871

Liquid Nutritional Supplements **(715) 236-6109**

Lakeview Medical Center offers a variety of nutritional supplements.

1700 West Stout Street | Rice Lake, Wisconsin 54868

Meals On Wheels & Liquid Nutritional Supplements **(715) 635-4460**

ADRC

850 W. Beaverbrook Ave. Suite 4 Spooner, WI 54801

Mom's Meals NourishCare **(877) 508-6667**

3210 SE Corporate Woods Dr Ankeny, IA 50021

Washburn County Nutrition Program-Meals On Wheels **(715)635-4467**

Delivering a hot fresh meal 5 days per week. Frozen meals are also available. Suggested donation: \$3.50 per meal.

850 W Beaverbrook Ave, Suite 4 Spooner, WI 54801

Grocery Grabbers **(Faith in Action) 715-635-2252**

Free Grocery delivery service for homebound seniors

Partnership between Faith In Action Volunteers and Economart Grocery Store to fill grocery orders and deliver to homebound seniors on Tuesdays.

Grocery Getters Program **715-468-2319**

Orders taken on Tuesday and delivered on Wednesday. Call to set up an account.

Groceries delivered within a 10-mile radius of Gordy's in Shell Lake.

Food Pantries

Birchwood Area Food Pantry **715-416-3139**

1st and 3rd Monday and Saturday monthly, 10:30 AM - 1:30 PM

Main St. Birchwood, WI 54817

Gordon Area Food Shelf **(715) 376-4503**

Wednesday, 9:00 a.m.-Noon

Gordon Town Hall Gordon, WI 54838

Indianhead Community Action Agency, Inc. **(715) 635-3975**

Tuesday-Thursday, 9:00 a.m.-4:00 p.m.

608 Service Rd. Spooner, WI 54801

Ruby's Pantry **(715) 635-9309**

Food distribution 2nd Saturday of every month, 8:30 a.m. (\$20 donation)

Spooner Middle School, Tech Ed Bldg.

Elm St. Spooner, WI 54801

Washburn County Resources, 08/2017

Aging & Disability Resource Center of Barron, Rusk & Washburn Counties **(ADRC)**

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Minong Comforts Food Shelf (715) 466-1066
Henson's Country Foods of Minong
Distribution Times: 1st Thurs: 3:30-5:30 PM, 2nd Wednesday: 9:30 AM - 12:00 PM,
3rd Friday: 9:30 AM - 12:00 PM, 4th Friday: 2:30 - 5:00 PM
403 Bus Hwy 53 Minong, WI 54859

Washburn County Food Pantry (715) 635-9309
Tuesday, 9:00 a.m.-11:00 a.m. Thursday, 1:00 p.m.-3:00 p.m.
1649 Cottonwood Ave. Spooner, WI 54801

Community Meals

Alban's Table (715) 635-8475
Last Wednesday of every month, 4:00 p.m.-6:00 p.m.
220 Elm St. Spooner, WI 54801

First United Pentecostal (715) 635-8386
337 Greenwood Ave. Spooner, WI 54801
Fourth Saturday of every month, 7:00 a.m.-10:00 a.m.

St. Frances de Sales (715) 635-3105
409 N Summit St. Spooner, WI 54801
First Thursday of every month, 4:00 p.m.-6:00 p.m.

United Methodist Church (715) 354-3147
Fourth Thursday of every month, 5:30 p.m.
103 Balsam Ave. Birchwood, WI 54817

United Methodist Church (715) 468-2405
Second Wednesday of every month, 4:00 p.m.-6:00 p.m.
135 Reinhart Dr. Shell Lake, WI 54871

Grocery Getters Program (715) 468-2319
Orders taken on Tuesday & delivered on Wednesday, call to set up an account.
Groceries delivered within a 10-mile radius of Gordy's in Shell Lake.

Health Insurance/ Prescription Drug Programs

Medical Assistance (Medicaid) (888) 283-0012

Washburn County Health and Human Services Department
110 Fourth Ave. W. Shell Lake, WI 54871
(To see if eligible or to apply online: www.access.wi.gov)

Medicaid & Supplemental Security Income Recipient Service Hotline (800) 362-3002

Answers questions for those receiving Medicaid including coverage billing and prior authorization. Also provides referrals to dentist/dental services who accept Medicaid, Medicare, Medicare Part D information, and to report Medicare fraud.

Rice Lake Area Free Clinic (715) 736-3733

Every Tuesday (except holidays) of the month, 5:00 p.m.-9:00 p.m.
Medical Arts Bldg
1035 N Main St. Rice Lake, WI 54868

Medicare, Medicare Part D information, and to report Medicare fraud

Medicare National Information Line (800) 633-4227 (800) Medicare

Aging & Disability Resource Center (715) 635-4460 Elder Benefit Specialist Program

Disability Drug Benefit Helpline (under 60) (800) 926-4862

Medicare Part D Helpline (855) 677-2783 (715) 635-4460

Prescription Assistance Resources ADRC (715) 635-4460 850 W. Beaverbrook Ave. Suite 4 Spooner, WI 54801

SeniorCare (715) 635-4460 (800) 657-2038 A prescription program for Wisconsin residents age 65 or older. There are three levels of program participation, which is dependent on income.

ABC for Health Inc. (715) 485-8525 Health benefits counseling for low-income families and rural families. 100 Polk County Plaza, Suite 180 Balsam Lake, WI 54810

Medigap Insurance Policies Helpline (800) 242-1060 Office of the Commissioner of Insurance for Wisconsin (800) 236-8517 Regulates and enforces insurance laws, agent licensing and investigates complaints. P.O. Box 7873 Madison, WI 53707

Office of the Commissioner of Insurance (800) 236-8517 Regulates and enforces insurance laws, agent licensing and investigates complaints. 125 South Webster St Madison, WI 53703-3474

Washburn County Resources, 08/2017
Aging & Disability Resource Center of Barron, Rusk & Washburn Counties (ADRC)
Call 715-635-4460 or visit our website: www.adrcconnections.org

Social Security Administration

1703 W Knapp St.	Rice Lake, WI	54868	(800) 772-1213
4221 Tower Ave	Superior, WI	54880	(877) 628-6578

Washburn Christian Outreach

Provides emergency shelter, rent, utilities, heating fuel, transportation issues, clothing, furnishings, other basic needs

(715) 468-1043

Well Woman Program

Pays for Mammograms and other screenings for women age 45-64 who meet eligibility.

Wisconsin Well Woman Program (715) 635-4400

Pays for mammograms and other screenings for women age 45-64.

Washburn County Public Health Department

222 Oak St.	Spooner, WI	54801
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(715) 537-5691 ext.5

Healthy Living & Falls Prevention

Ask Me For The Health Of It Program (715) 635-3975

Free blood pressure checks and health information. 1st Tuesday morning & Thursday afternoon of each month at Washburn County Connections Store.
608 Service Rd. Spooner, WI 54801

Memory Screen ADRC (715) 635-4460

10-minute basic screening that can help identify possible changes in memory and understanding. Available in our office or your home.
850 W. Beaverbrook Ave. Suite 4 Spooner, WI 54801

Classes & Workshops

Local Senior Centers may offer a variety of physical activity programs.

Balance & Beyond Exercise Classes (715) 236-6239

PowerUP Voice & Movement Group (715)-939-1745

Spooner Health Rehab Services Gym. For people with Parkinson's disease and other neurological disorders
Group meets from 1-2:30 p.m. monthly on the third Thursday. Contact Rehab Services

ADRC Workshops (715) 635-4460

Healthy Living with Diabetes

Learn tips to manage your diabetes and prevent complications if you have diabetes, prediabetes or help care for someone with diabetes

Living Well with Chronic Conditions

Take charge of your chronic condition by learning how to relieve symptoms and set goals to live a healthier life

Powerful Tools for Caregivers

Gain the tools and knowledge to help take care of yourself as a caregiver, whether you care for a spouse, relative or friend

Stepping On Falls Prevention

Build strength through simple exercises and gain confidence in how to prevent future falls

Foot Care/Medication Set-Up Clinic

Indianhead Medical Center Home Health (715) 468-7833 ext. 345

113 4th Ave., 3rd Floor Shell Lake, WI 54871

First and third Wednesdays, call for an appointment

Silver Sneakers (715) 635-4400

Provides a free fitness center membership to older adults whose health insurance plan participates. Check with your local health plan and fitness facility.

Washburn County Public Health Department 222 Oak St. Spooner, WI 54801

The Wisconsin Tobacco Quit Line (800) 784-8669

Free information on quitting smoking, one-on-one telephone counseling, and referrals to local programs.

Clinics

Rice Lake Area Free Clinic			(715) 736-3733
Every Tuesday (except holidays), 5:00-9:00 pm			
Medical Arts Bldg, 1035 N Main St.	Rice Lake, WI	54868	
Cumberland Medical Clinic			(715) 822-2231
1475 Webb St.	Cumberland, WI	54829	
Essentia Health			
1180 Chandler Dr.	Spoooner, WI	54801	(715) 635-2151
11134 N State Rd. 77	Hayward, WI	54843	(877) 201-4964
Lake Superior Community Health Center			(715) 392-1955
Sliding fee scale			
3600 Tower Ave. Suite 1	Superior, WI	54880	
Mayo Clinic Rice Lake			(715) 537-6747
331 S Main St. Suite H	Rice Lake, WI	54868	
Mayo Clinic-Geriatric Services			(715) 236-8500
Specializing in assessments and care for older adults.			
331 S. Main St. Suite H	Rice Lake, WI	54868	
Marshfield Clinic Rice Lake Center			(715) 236-8100
1700 W Stout St.	Rice Lake, WI	54868	(800) 442-4268
NorthLakes Community Health Center			
600 Shell Creek Rd.	Minong, WI	54859	(715) 466-2201
11128 N State Hwy 77	Hayward, WI	54843	(715) 634-2541
Shell Lake Clinic			(715) 468-2711
105 4th Ave.	Shell Lake, WI	54871	

Hospitals

Cumberland Memorial Hospital			(715) 822-2741
1110 Seventh Ave.	Cumberland, WI	54829	
Hayward Area Memorial Hospital			(715) 934-4321
11040 N State Rd. 77	Hayward, WI	54843	
Indianhead Medical Center, Inc.			(715) 468-7833
113 4th Ave.	Shell Lake, WI	54871	
Lakeview Medical Center			(715) 234-1515
1700 W Stout St.	Rice Lake, WI	54868	
Spoooner Health System			(715) 635-2111
1280 Chandler Dr.	Spoooner, WI	54801	

Washburn County Resources, 08/2017

Aging & Disability Resource Center of Barron, Rusk & Washburn Counties (ADRC)

Call 715-635-4460 or visit our website: www.adrcconnections.org

Hearing - Deaf/Hard of Hearing

North Country Independent Living

V/TTY (800) 924-1220

Products to assist with hearing impairment available for loan.
69 N 28th St. Suite 28 Superior, WI 54880

Office for the Deaf and Hard of Hearing

Videophone: 715-502-9355

Northwestern Region
610 Gibson St, Suite 1 Eau Claire, WI 54701

Fax: 715-836-6761

Telecommunication Equipment Purchase Program (TEPP)

Helps persons who are deaf, hard of hearing, speech impaired, deaf with low vision, or deaf/blind purchase telecommunication equipment. Contact for an application:

Wisconsin Public Service Commission

(608) 266-5481 (608) 267-1479

P.O. Box 7854 Madison WI53707

TTY (800) 251-8345

Wisconsin Telecommunications Relay Systems

Allows a text telephone to be used by someone who may be deaf, hard of hearing or speech impaired to call or be called by virtually anyone using a voice telephone. Calls may be placed 24 hours a day, 7 days a week.

Voice	711 or (800) 947-6644
TTY	711 or (800) 947-3529
ASCII	711 or (800) 272-1773
Speech to Speech	711 or (800) 833-7637
Spanish only	711 or (800) 833-7813

Financial Help to Purchase Hearing Aids

For individuals with limited financial resources.

Audient Alliance for Accessible Hearing Care

(866) 956-5400

Help America Hear Program

(631) 366-3461

Starkey Foundation Hear Now Program

(800) 328-8602

Wisconsin Lions Foundation

(877) 463-6953

Home Care

Licensed Home Health Agencies

State licensed home health agencies offer in-home skilled nursing, therapy services and personal care. May be covered by Medicare if prescribed by a doctor.

Hearts of Gold, Inc. (715) 468-2931
 38 5th Ave. Shell Lake, WI 54871

Indianhead Home Health/Home Services (715) 532-4222
Note: Home health services will end October 7, 2017

Indianhead Medical Center Home Health (715) 468-7833
 Serves Washburn, Sawyer, Burnett, Barron and Polk counties.
 P.O. Box 300 113 4th Ave. Shell Lake, WI 54871

Lakeview Medical Center Home Care and Hospice (715) 236-6256
 1700 W Stout St. Rice Lake, WI 54868

Spoooner Health System Home Care (715) 635-2111 ext.238
 1280 Chandler Dr. Spooner, WI 54801

Hospice

State licensed home health care and support services for the terminally ill and their families.

Lakeview Medical Center Hospice Care (715) 236-6256
 State licensed home health care and support services for the terminally ill and their families.
 1700 W Stout St. Rice Lake, WI 54868

Regional Hospice Services, Inc. (715) 635-9077
 Spooner Health System
 1280 Chandler Dr. Spooner, WI 54801

St. Croix Hospice (855) 278-2764
 7200 Hudson Blvd. Suite 230 Oakdale, MN 55128

Housing – Assistance/Ownership

Help with down payment, taxes, purchase, and information.

Green Path Debt Solutions (800) 550-1961

Over-the-phone credit and financial counseling, pre-purchase housing counseling and education courses.

Indianhead Community Action Agency (715) 635-3975

608 Service Rd. Spooner, WI 54801

Movin Out, Inc. (877) 861-6746 ext. 7

902 Royster Oaks Drive, Suite 105 Madison, WI 53714

Property Tax Deferral Loan Program (800) 755-7835 TTY: (800) 943-9430

Applications may be obtained by contacting: Must be 65+
 WHEDA, P.O. Box 1728 Madison, WI 53701

Senior Tax Exchange Program

Local property tax credit in exchange for volunteering in area school districts with students.

USDA Rural Development (715) 635-8228

Wild Rivers Habitat for Humanity (715) 483-2700

Wed-Fri 10:00 a.m.-6:00 p.m., Sat 9:00 a.m.-5:00 p.m.
 2201 US Hwy 8 St. Croix Falls, WI 54024

Habitat Restore

805 S. River Street (Hwy 63) Spooner, WI 54801 (715) 635-4771
 Wed-Fri 10:00 a.m.-6:00 p.m., Sat 9:00 a.m.-5:00 p.m.

Housing – Renting

Independent Senior Apartments

Brentwood Senior Communities (715) 736-7400

633 Cameron Rd. Rice Lake, WI 54868

Lakewood Regency Apartments (715) 822-2741

1110 7th Ave. Cumberland, WI 54829

Woodstone Senior Living Community (715) 736-6060

950 Bear Paw Ave. Rice Lake, WI 54868

Housing-Subsidized Apartments

Federally subsidized apartments for seniors, age 62+ and/or adults with disabilities who are capable of living independently.

Catholic Charities Bureau Housing Management			(715) 236-2366
Acorn Apartments			(888) 276-0246
405 2nd St.	Minong	54859	
Evergreen Apartments			
797 N Lake Dr.	Shell Lake	54871	
Hilltop Manor			(715) 635-0773
814 Elm St.	Spooner, WI	54801	
Hometown Village			(715) 635-3031
309 Davis St.	Minong, WI	54859	
Impact Seven			(800) 685-9353
Almena Office			715-357-3334
ICAA - Birchwood			
ICAA Minong Greenhaven			
ICAA Minong Popple			
ICAA Spooner Family			
ICAA Spooner Oakhill			
Lorraine Glassing Villa	1204 Paulson Dr.	Spooner, WI	54801
Shell Lake Housing Authority			(715) 468-2730
Lakeland Manor- 201 2nd Ave.	Shell Lake, WI	54871	
Shell Lake Shores			(715) 468-4493
843 N Lake Dr.	Shell Lake, WI	54871	
Spooner Housing Authority			(715) 635-2808
Goslin Court- 713 Summit St.	Spooner, WI	54801	
Washburn County Housing Authority			(715) 635-2321
Birch Haven Apartments- Birchwood			
Schricker Manor- Spooner			
West Side Manor- Shell Lake			

Subsidized Rent Vouchers

Washburn County Housing Authority	(715) 635-2321
Wisconsin Landlord/Tenant Hotline	(800) 422-7128
Help resolving issues and complaints.	

Housing – Repairs/ Modifications/Weatherization

Indianhead Community Action Agency	(715) 635-3975
608 Service Rd. Spooner, WI 54801	
Faith In Action	(715) 635-2252
Provides volunteer services to repair homes, interior or exterior, and provide services related to weatherization. Faith in Action does <i>not</i> supply building or weatherization materials. Office hours vary. Leave detailed message and your call will be returned within 24 hours.	
P.O. Box 387 Spooner, WI 54801	
North Country Independent Living	V/TTY (800) 924-1220
Options for home accessibility.	
69 N 28th St. Suite 28 Superior, WI 54880	
Northwest Regional Planning Commission	(715) 635-2197
Emergency housing funds available to repair imminent threat to health and safety.	
1400 S River St. Spooner, WI 54801	
Tomorrow’s Home Foundation	(608) 255-3131
Manufactured/mobile homes.	
258 Corporate Dr. Suite 200C Madison, WI 53714	
USDA Rural Development	(715) 635-8228, ext. 4
Provides low-interest loans for all income-eligible persons and grants for persons age 62 and older for home weatherization and modifications.	
800 N Front St. Room 103 Spooner, WI 54801	
Washburn Christian Outreach	(715) 468-1043
Provides emergency shelter, rent, utilities, heating fuel, transportation issues, clothing, furnishings, other basic needs.	
WisLoan	(715) 736-1800
Low-interest loans available to people with disabilities for adaptive equipment such as ramps and grab bars.	
WI Fund	(715) 468-4624
Private Sewage System Replacement or Rehabilitation Grant Program.	
Washburn County Zoning Office	
10 Fourth Ave. Shell Lake, WI 54871	

Legal Assistance

Disability Rights Wisconsin	(800) 928-8778	(715) 736-1232
217 W Knapp St. Rice Lake, WI 54868		TTY (888) 758-6049
Helping Hands Family Services, Inc.		(715) 462-9630
Corporate guardianship services. P.O. Box 21 Hayward, WI 54843		
Safekeeping Guardianship Inc. (715) 403-0451		
Corporate guardianship services. N5731 Cemetery Rd Ladysmith, WI 54848		
Wisconsin Guardianship Support Center		(855) 409-9410
Greater Wisconsin Area Agency on Aging. Information about advance directives and guardianship-related issues. Does not provide legal representation.		
Wisconsin Judicare, Inc.		(800) 472-1638
Legal services program for low-income persons. P.O. Box 6100 Wausau, WI 54402		
Wisconsin State Bar Lawyer Referral & Information Services		(800) 362-9082
Does not provide referrals for pro-bono or reduced rates.		
Wisconsin Pooled & Community Trusts, Inc. (WisPACT)		(608) 268-6006
Special needs trusts for people with disabilities. 131 W Wilson St. Suite 300 Madison, WI 53703		

Medical Equipment

See also Assistive Technology

Wheelchairs, hospital beds, grab bars, medical supplies, etc. Local pharmacies may have additional medical supplies/equipment.

Apria Healthcare Inc. (715) 234-6961
 2021 Kern Ave. Rice Lake, WI 54868

Faith In Action (715) 635-2252
 Volunteers to help modify a home for safety and/or health reasons.
 Examples include grab bar installation, wheelchair ramp construction/repair, etc. Office hours vary. Leave detailed message and your call will be returned within 24 hours.
 P.O. Box 387 Spooner, WI 54801

Hearts of Gold (715) 468-2931
 Used medical equipment such as walkers, wheelchairs, bath chairs, etc.
 38 W 5th Ave Shell Lake, WI 54871

Home Medical Products & Services
 1590 Mcauley Ave. Rice Lake, WI 54868 (715) 234-5000 or (800) 528-9969
 15907 Highway 63 Hayward, WI 54843 (715)-634-1300 or (800) 692-0182

Independence First Mobility Store (608) 243-1785
 Low-cost & refurbished mobility and medical equipment.
 2554 Advance Rd. Madison, WI

North Country Independent Living V/TTY (800) 924-1220
 Equipment and technology to promote independence available for loan.
 69 N 28th St. Suite 28 Superior, WI 54880

Red Cross Pharmacy (715) 635-2117
 146 Walnut St. Spooner, WI 54801

Spooner Health System Loan Closet (715) 939-1687
 Used medical equipment such as commodes, walkers, etc. No wheelchairs.
 1280 Chandler Dr. Spooner, WI 54801

Medication Management

Safe Living Technologies-North (715) 234-2349

9-11 E Eau Claire St. Rice Lake, WI 54868
 (Professional Building-Prime America)

Mailing address:

331 S Main St., Ste E 217 Rice Lake, WI 54868

Comfort Keepers (866) 552-6730

Medication dispenser & reminder service.

North Country Independent Living V/TTY (800) 924-1220

Medication dispensers and reminders available for loan.

69 N 28th St. Suite 28 Superior, WI 54880

Prescription Drug Plan Selection Assistance ADRC (715) 635-4460

850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

Free Medication/Drug Disposal Locations:

Washburn Co Sheriff's Office 421 Old Hwy 63 Shell Lake

M-F: 8:00 a.m.-4:30 p.m.

Spooner Police Dept - 305 Elm St Spooner

M-F: 8:00 a.m.-4:00 p.m.

Birchwood Village Hall - 101 N Main St Birchwood

M-Th: 8:00 a.m.-4:00 p.m.

F: 8:00 a.m.-1:00 p.m.

Minong Police Dept - 123 5th Ave E Minong

Outside Dropbox - 24 Hours

Disposal Options

Medication Return Site

Washburn County Sheriff's Office

421 HWY 63 S. Shell Lake, WI 54871

Sharps Disposal

Spooner Health System Hospital (715) 635-2111

Indianhead Medical Center (715) 468-7833

Medication Set-Up Clinic

Indianhead Medical Center Home Health (715) 468-7833 ext. 345

1st & 3rd Wednesdays, call for appointment.

113 4th Ave., 3rd Floor Shell Lake, WI 54871

Red Cross Pharmacy (715) 635-2117

Weekly medication set up \$15/mo. fee.

Washburn County Resources, 08/2017

Aging & Disability Resource Center of Barron, Rusk & Washburn Counties (ADRC)

Call 715-635-4460 or visit our website: www.adrcconnections.org

Mental Health & Substance Abuse

Check your local phone book for counseling services

Local Crisis Phone Number			(888) 552-6642
Alcoholics Anonymous			(715) 931-8262
Support groups around Washburn County.			
Amery Behavioral Health Center			(715) 268-0069
Specializes in mental health and dementia behaviors for older adults, inpatient/outpatient.			
230 Deronda St.	Amery, WI	54001	
Grassroots Wellness			800-770 0588 ext 1
Free, peer-run respite for Wisconsin residents with mental health or substance abuse challenges.			
820 N Broadway St	Menomonie, WI		(715)-619-0588
NAMI (National Alliance for the Mentally Ill)			(715) 568-4426
119 W Humbird St.	Rice Lake, WI	54868	
Narcotics Anonymous			(866) 668-3580
Support groups around Washburn County.			
New Directions 2000			(715) 234-3637
Drop-in center.			
133 N Main St.	Rice Lake, WI	54868	
Washburn County Behavioral Health Services			(715) 468-4747
110 Fourth Ave.	Shell Lake, WI	54871	
Wisconsin Council on Problem Gambling			(800) 426-2535
1423 Kellogg St.	Green Bay, WI	54303	

Nursing Homes/Skilled Nursing Facilities

See also Dementia Care Facilities, page 15.

Aging & Disability Resource Center			(715) 635-4460
For assistance with information about paying for nursing home care, information on area nursing homes, or other options to nursing home placement.			
850 W. Beaverbrook Ave. Suite 4	Spooner, WI	54801	
Maple Ridge Care Center			(715) 635-1415
510 First St.	Spooner, WI	54801	
Cumberland Memorial Hospital Extended Care			(715) 822-6113
1110 7th Ave.	Cumberland, WI	54829	
*Heritage Manor Skilled Nursing & Rehabilitation			(715) 234-2161
19 W Newton St.	Rice Lake, WI	54868	
Rice Lake Convalescent Center			(715) 234-9101
1016 Lakeshore Dr.	Rice Lake, WI	54868	
Shell Lake Health Care Center <i>(formerly Terraceview Living Center)</i>			(715) 468-7292
802 E County Hwy B	Shell Lake, WI	54871	
Water's Edge Care Center			(715) 934-4300
11040 N State Rd. 77	Hayward, WI	54843	
*Wisconsin Veterans Home			(715) 720-6775
2175 E Park Ave.	Chippewa Falls, WI	54729	

* Have dementia units

Personal Emergency Response Systems

A Personal Emergency Response System (or PERS) is a service generally provided by a private company that helps to monitor its subscribers for falls, medical problems or other emergencies by use of a three-part system including a:

- 1) pendant, charm, necklace, belt or watch;
- 2) base station;
- 3) call center/monitoring station.

Medicare and most insurance companies typically don't pay for the equipment. New options include a Mobile Personal Emergency Response System (MPERS), which allows the subscriber to be away from the base station by using cellular technology. Many companies also offer automatic fall detection for those who don't know to press their help button or who have lost consciousness. Costs range from \$25-\$50/month.

Safe Living Technologies-North **(715) 234-2349**

9-11 E Eau Claire St. Rice Lake, WI 54868
 (Professional Building-Prime America)

Mailing address:

331 S Main St., Ste E 217 Rice Lake, WI 54868

Cumberland Memorial Hospital-Lifeline **(715) 822-2741**

1110 Seventh Ave. Cumberland, WI 54829

Hayward Hospital-Lifeline **(715) 934-4323**

11040 N State Rd. 77 Hayward, WI 54843

Indianhead Medical Center-Lifeline **(715) 468-7833**

113 4th Ave. Shell Lake, WI 54871

Lakeview Medical Center-Lifeline **(715) 236-6209**

1700 W Stout St. Rice Lake, WI 54868

Project Lifesaver -Washburn County **(715) 468-4700**

Through Sheriff's Department to safeguard and locate individuals who may wander.

Team Northwoods Communications **(715) 868-8326**

N4041 Sand Hill Road Bruce, WI 54819

Representative Payee Services

A representative payee is a person or agency who provides financial budgeting and bill paying for those who have a difficult time with these tasks on their own. A representative payee will manage your money and pay your bills and budget an allowance for you. If a person needs a representative payee for funds received from the Social Security Administration, they should contact their local field office.

Beneficial Rep Payee Services, Inc. (715) 831-9349

P.O. Box 3153 Eau Claire, WI 54702

House Calls of Menomonie, Inc. (888) 232-6475

P.O. Box 361 Menomonie, WI 54751

Payee Services, Inc. (715) 233-0203

P.O. Box 26 Menomonie, WI 54751

R.R.P. Services, Inc. (715) 434-1042

P.O. Box 651 Rice Lake, WI 54868 fax (715) 434-1043

Senior Centers/Senior Dining

Provide recreation activities for older adults, cards, crafts, dancing, trips, movies, exercise, delicious meals, etc. Please call the center to reserve your meal 24 hours in advance.

Lakeside Center			(715) 354-3001
Lunch meal served at 12:00 p.m.			
Dining at 5:00 p.m. – 4 th Friday of the month			
110 Euclid Ave.	Birchwood, WI	54817	
Minong Senior Center			(715) 466-4448
Lunch Meal served at 11:30 a.m.			
Dining at 5:00 p.m. – 1st Monday of the month			
700 Houston St.	Minong, WI	54859	
Friendship Commons			(715) 468-4750
Lunch meal served at 12:00 p.m.			
Dining at 5:00 p.m. – 2nd Tuesday of the month			
118 4th Ave.	Shell Lake, WI	54871	
Spoooner Senior Center			(715) 635-8283
Lunch Meal served at 12:00 p.m.			
Dining at 5:00 p.m.– 3rd Monday of the month			
402 Oak St.	Spoooner, WI	54801	

Social Security

Social Security Administration

The Social Security program's benefits include retirement income, disability income, Medicare and Medicaid, and death and survivorship benefits.

			National: (800) 772-1213
1703 W Knapp St.	Rice Lake, WI	54868	(800) 772-1213
4221 Tower Ave	Superior, WI	54880	(877) 628-6578

Support Groups

Alcoholics Anonymous Support groups around Washburn County.	(715) 931-8262
ALS Support Group-Duluth-Superior Area Fourth Tuesday of each month, 1:00 pm to 2:30 pm First Street Clinic , 420 East First Street, Aurora Room Duluth, MN Third floor parking ramp on First Street, west side of building; Skyway to building on second level.	(218) 786-5399
Alzheimer’s Support Groups 4th Thursday of each month at 6 pm at Spooner Health System 1st Monday of each month at Trinity Lutheran Church in Spooner, mornings	(715) 566-2664 (715) 416-2942
Aphasia Support Group Spooner Health System, Spooner Meets from 10-11:30 a.m. monthly on the first Thursday of the month	(715) 739-1745
Breast Cancer Support Group Pink Ribbon Advocacy, Inc. Rice Lake, WI 54868	(715) 537-1400
Breast Cancer Support Group (YANA) Meets 2nd Tuesday of the month at 4:30 p.m. Grace Episcopal Church 119 W Humbird Street Rice Lake, WI 54868	(715) 236-2835
Coping with Diabetes Support Group Meets 2nd Wednesday of the month – 1:00 – 2:30 p.m. Danklefsen Hall at United Methodist Church in Spooner, WI	(715) 635-7327 (715) 520-3933
Dementia Support Group Spooner Health System, Spooner Group meets at 6:00 p.m. on the fourth Thursday, crouzer@spoonerhealth.com	(715)-939-1735
Diabetes Information Group Lakeview Medical Center Rice Lake, WI 54868	(715) 236-8251
Diabetes Support Group Spooner Health System, Spooner	(715) 635-1217
Early Stage Memory Loss Support Group Group meets from 10-11:30 a.m. monthly on the first Thursday of the month. Spooner Health System	(715) 635-4460
Fibro/Chronic Pain Support Group Spooner 314 Elm Street Spooner, WI 54801	(715) 651-9011

Grief Support Group Meets every other month @ Spooner Hospital in Spooner. 819 Ash Street Spooner, WI 54801	(715) 635-9077
I Can Cope Cancer Support Group Marshfield Clinic Rice Lake	(715) 236-8235
Narcotics Anonymous Support groups around Washburn County.	(866) 668-3580
National Alliance for the Mentally Ill (NAMI) Rice Lake, WI 54868	(715) 568-4426
Northwoods Area Stroke Support Group Lakeview Medical Center Rice Lake	(715) 234-1515
Ostomy Support Group Rice Lake	(715) 637-5020
Parkinson's Support Group Shell Lake	(715) 468-4334
Relatives as Parents Support Group (Formerly Grandparents Raising Grandchildren) Meets 3rd Tuesday of the month – 8:00 a.m. – 9:30 a.m. Lakeland Family Resource Center	(715) 635-4669
Stroke Support Group Lakeview Medical Center Rice Lake	(715) 236-6314
Traumatic Brain Injury Support Group Lakeview Medical Center Rice Lake	(715) 234-0079
Traumatic Brain Injury Support Group Spooner Armory 624 E. Maple St (Hwy 70)	(715) 416-3676 (219) 393-4873
Veteran's Support Group Group is open to all community member Veterans and their families to meet for support, to share stories, and visit with each other. Group meets the 2nd and the 4th Tuesday of every month 9:30-11:00 AM Maple Ridge Care Center in the front conference room. If you have any questions please call 715-635-1415.	
Women Healing Women (Domestic Violence) Spooner	(715) 635-5245

Transportation Services-Medical

Emergency Medical -Call 911

Non-Emergency Medical

For individuals on Medical Assistance

Medical Transportation Management* (866) 907-1493

*For individuals **not** on Medical Assistance*

American Cancer Society’s Road-To-Recovery (800) 227-2345
 Available based on volunteer availability. Transportation to cancer treatment. No cost to patient.

Handi-Lift* (715) 822-5077
 1779 10th St. Cumberland, WI 54829
 Reduced cost for seniors and people with disabilities.

Veterans Service Office* (715) 635-4470
 To VA Hospital/Clinic
 1600 County Hwy H Spooner, WI 54801

Royal Lift - Transport and Errand Service LLC 715-416-4392
 N10202 County Highway K Trego, WI 54888
 Will transport to Eau Claire, Rice Lake, Superior, Shell Lake, and Hayward
 Private Transport, Personal Errands
 Rates Vary
 Monday, Wednesday, Thursday, Friday, Saturday, Sunday-8:00 AM - 8:00 PM

R.S.V.P. Transport (715) 635-4460
 For medical appointments and grocery shopping
 850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

*Ramp or lift-equipped available

Transportation Services-Non-medical, Local

Local Transportation

Namekagon Transit*	(866) 295-9599
County-wide public transportation. Door stop only service, reservations required. Reduced cost for seniors and people with disabilities.	
New Freedom Transportation Program	(800) 228-3287
Center for Independent Living, Inc. for Western WI, Inc. *To qualify a person must have a temporary or permanent disability, or be frail elderly and have a transportation barrier. 2920 Schneider Ave SE Menomonie, WI 54751	
RSVP Transport through the Unit on Aging	(715) 635-4460
Transportation to and from your local grocery store. Provides transportation on Tuesday and Friday each week, Open to anyone elderly or disabled over 18 years old	
Wisconsin Mobility Management	(866) 295-9599
Free, personal assistance in finding transportation resources that meet your needs. Private pay	

Other Transportation Related Resources:

A&J Mobility	(715) 874-6630
Automobile and van adaptations. 2650 Prospect Drive. Eau Claire, WI 54703	
Center for Independent Living Western Wisconsin	(800) 228-3287
Transportation voucher program (volunteer drivers).	
Chippewa Valley Shuttle Service	(877) 811-4211
To Mpls/St Paul Airport only. Call for current pick-up locations.	
Disabled Parking Permit Special Plates Unit	(608) 266-3041
Temporary & permanent available through Wisconsin Motor Vehicle Dept. P.O. Box 7306 Madison, WI	
Driver Safety Assessment Program	(715) 236-6408
Lakeview Medical Center	
Jefferson Bus Lines	(800) 451-5333
Eau Claire to Duluth, with stops in between, including Rice Lake.	
North Country Independent Living	(800) 924-1220
Transportation voucher program (volunteer drivers). 69 N 28th St. Suite 28 Superior, WI 54880	
NWT Express	(877) 698-3977
To Twin Cities for any reason. 15954 River's Edge Dr. Hayward, WI 54843	

*Ramp or lift-equipped available

Washburn County Resources, 08/2017

Aging & Disability Resource Center of Barron, Rusk & Washburn Counties (ADRC)

Call 715-635-4460 or visit our website: www.adrcconnections.org

Veterans Services

Hayward VA Clinic Hours: Monday, Tuesday, & Friday – 7:45 a.m. – 4:30 p.m. 15954 Rivers Edge Dr. Hayward, WI 54843	(715) 934-5454 Fax: (715)934-5456
Heat for Heroes Heating assistance for veterans.	(800) 891-9276
Indianhead Action Agency Homeless Veterans Support Programs	(715) 635-3975
La Crosse Veteran’s Center: Free mental health services for veterans, satellite office in Barron. 20 Copeland Ave La Crosse, WI 54603	(608) 782-4403
Minneapolis VA Medical Center Transportation available, call Veterans Service Office.	(715) 537-6290 (612) 725-2000
Rice Lake VA Medical Clinic 2700A College Dr. Rice Lake, WI 54868	(715) 236-3355
Supportive Services for Veteran Families (SSVF) Provides monetary assistance for veterans in need.	(608) 372- 8387
Veterans Housing and Recovery Program Homeless shelter for Veterans. 2820 E Park Dr., Bldg. 128 Chippewa Falls, WI 54729	(715) 726-2541
Veterans Restorative Justice Programs Veterans working with veterans readjusting to life after military service.	(715) 736-0940, press 3
Veterans Service Office Open 7:30-5:30 PM Monday - Thursday, Closed Fridays 1600 County Hwy H Spooner, WI 54801	(715) 635-4470
Veteran's Support Group Group is open to all community member Veterans and their families to meet for support, to share stories, and visit with each other. Group meets the 2nd and the 4th Tuesday of every month 9:30-11:00 AM Maple Ridge Care Center in the front conference room. If you have any questions please call 715-635-1415.	
Wisconsin Veterans Home 2175 E Park Ave. Chippewa Falls, WI 54729	(715) 720-6775

Vision – Blind/Low Vision

EyeCare America	(877) 887-6327
Free eye exams to those who qualify.	
Hadley School for the Blind	(800) 323-4238
Distance learning courses.	
700 Elm St.	Winnetka, IL 60093
Healthy Eyes Eyeglass Program	(414) 765-0505
Financial assistance to purchase prescription glasses to those who qualify.	
Prevent Blindness of Wisconsin	
759 N Milwaukee St. Suite 305 Milwaukee, WI 53202	
North Country Independent Living	V/TTY (800) 924-1220
Products to assist with vision impairment available for loan.	
69 N 28th St. Suite 28	Superior, WI 54880
Office for the Blind and Visually Impaired	(715) 392-7907
Free directory assistance exemption service & free home assessments from rehabilitation specialist.	
1805 N. 14th St., Ste.2	Superior, WI 54880-8801
Wisconsin Council of the Blind & Visually Impaired	(608) 255-1166
Services and resources for people who are blind or visually impaired.	
Free white canes	
Sharper Vision Store	(608) 237-8100
754 Williamson St.	Madison, WI 53703
Wisconsin Talking Book & Braille Library	(800) 242-8822
813 W Wells St.	Milwaukee, WI 53233

Websites

Internet access is available at no cost at the local libraries. Classes on navigating the Internet are available at some libraries, senior centers, and Wisconsin Indianhead Technical College.

Aging & Disabilities

Administration on Community Living	www.acl.gov
Wisconsin Aging Programs	www.dhs.wisconsin.gov/aging
Wisconsin Aging & Disability Resource Centers	www.dhs.wisconsin.gov/adrc/index.htm
Wisconsin Disability Services	www.dhs.wisconsin.gov/disabilities

Alzheimer's Resources

Alzheimer's Association	www.alz.org
Alzheimer's Disease Education and Referral	www.nia.nih.gov/alzheimers
WI Adult Day Services Association	www.wadsa.org
Benefits Medicare	www.medicare.gov
Social Security Administration	www.ssa.gov
Wisconsin ACCESS	www.access.wi.gov

Blind/Low Vision

Office for the Blind and Visually Impaired	www.dhs.wisconsin.gov/blind
Lighthouse International	www.lighthouse.org
Wisconsin Council of the Blind	www.wcblind.org

Caregiver Resources

National Alliance for Caregiving	www.caregiving.org
National Center on Caregiving	www.caregiver.org
Caregiver Action Network	www.caregiveraction.org
Caregiver Stress	www.caregiverstress.com
Wisconsin Family Caregiver Support Program	www.wisconsincaregiver.org

Deaf & Hard of Hearing

Office for Deaf and Hard of Hearing	www.dhs.wisconsin.gov/odhh/odhhservices.htm
Wisconsin Association of the Deaf	www.wisdeaf.org

Employment

Department of Workforce Development	www.dwd.state.wi.us
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Government

Wisconsin Official State Government Site	www.wisconsin.gov
Wisconsin Division of Quality Assurance	www.dhs.wisconsin.gov/dqa/sections.htm
Legislative Hotline	www.legis.state.wi.us
Wisconsin Insurance Commissioner	www.oci.wi.gov
Senior Guide for Consumer Protection	datcp.wi.gov/uploads/Consumer/pdf/SeniorGuide170.pdf

Washburn County Resources, 08/2017

Aging & Disability Resource Center of Barron, Rusk & Washburn Counties (ADRC)

Call 715-635-4460 or visit our website: www.adrcconnections.org

Health Information

NIH Senior Health www.nihseniorhealth.gov
Webmd www.webmd.com

Housing

Housing and Urban Development
Resource Locator resources.hud.gov

Organizations

AARP www.aarp.org
Coalition of Wisconsin Aging Groups www.cwag.org
Disability Rights Wisconsin www.disabilityrightswi.org
Long Term Care Ombudsman www.dhs.wisconsin.gov/aging/lcombud.htm
Greater Wisconsin Area Agency on
Aging Resources www.gwaar.org

Youth Transition

Adults Helping Our Youth (AHOY)

(715) 458-5005

Mentoring program for youth with disabilities age 16 and older through
Ventures Unlimited, Inc.

700 N. 1st St Cameron, WI 54822

Aging & Disability Resource Center

(715) 635-4460

Information about resources available when youth with disabilities reach adulthood.

850 W. Beaverbrook Ave. Suite 4 Spooner, WI 54801

**Western Regional Center for Children and
Youth with Special Health Care Needs (CYSHCN)**

(715) 726-7907

(800) 400-3678

Room 121, 711 N Bridge St. Chippewa Falls, WI 54729

Fax: (715) 726-7910

Toll Free: (800) 400-3678

TTY - 7-1-1

Learn More About Our Services

Caregiver Services

You are a caregiver if you are a spouse, adult child, other relative or friend who helps care for, or is concerned about an older adult or a person with a disability. Caregiving is a two-sided coin. Amidst the joy of helping someone else, there may also be feelings of stress, frustrations, guilt, and a concern about how you are going to handle future caregiving needs.

The ADRC of Barron, Rusk & Washburn Counties offers professional, unbiased information about supportive services and options that can assist you – the caregiver- and the person you are caring for.

Here are some of the services we offer:

- **Support Groups** - These groups provide a great opportunity for caregivers and family members to share and learn from others experiencing similar frustrations and concerns. Occasionally, speakers are brought in to provide valuable information and resources.
- **Powerful Tools for Caregiver Classes** - This six week course is designed specifically for the caregiver to teach important tools to help reduce stress, improve communications, master emotions and communicate in challenging situations.
- **Adult Day Care** - A day time social program for those with memory loss and confusion that provides safety, stimulation, and engagement with others. Please see brochure for full details.
- **National Family Caregiver and Alzheimer Family & Caregiver Support Programs** - Limited financial assistance is available annually to individuals providing care to others. Call us for more information about this program and status of the funds.
- **Information and Assistance** - We offer office, in-home and phone consultation about community resources and options available to you. These include respite care, financial resources and care options as well as information about ways to reduce stress and take care of you.
- **Caregiver Outreach Presentations** - Community presentations can be scheduled on issues related to caregiving to help raise awareness and educate the public about available resources.
- **Resource Library** - A variety of books, brochures and DVDs are available for check out. Topics range from caregiver wellness to specific health conditions related information

Choosing the Right Assisted Living Facility

Assisted Living facilities offer housing alternatives for older adults or adults with disabilities who may need help with dressing, bathing, eating, and toileting, but do not require the intensive medical and nursing care provided in a nursing home.

How to Choose a Facility

Begin by thinking about what is important to you or your loved one:

- Do you prefer to live with a lot of people or a few people?
- Do you want a private bathroom?
- Do you have Alzheimer's or dementia?

Narrow down your search:

- Do you want a facility in a particular town, close to friends and family?
- Can the facility provide the level of services that you need?

Schedule a tour of facilities that you are interested in:

- Visit each facility more than once, sometime unannounced.
- Visit at meal times, sample the food, and observe the quality of mealtime services.
- Observe interactions among residents and staff.
- Check to see if the facility offers social, recreational, spiritual activities.
- Talk to residents.
- Learn what staffing level they are and what training staff receive.
- Is there a waiting list?

Find out if the facility you are considering has received any citations:

- Contact the Division of Quality Assurance at 800-642-6552.
- Ask the facility if they have received any citations.

Disability Benefit Specialist Program

What is a Disability Benefit Specialist?

A Disability Benefit Specialist (DBS) works with individuals who are between the ages of 18 and 59 and have physical disabilities, developmental disabilities, and/or mental illness and counsels them about public or private benefits. DBS staff are trained by attorneys from Disability Rights of Wisconsin.

Who should seek help from a Disability Benefit Specialist?

- Persons who want to know more about private or public benefits.
- Persons who need help with or information about applying for benefits.
- Persons who have been denied a benefit which they think they are entitled to.

What can a Disability Benefit Specialist help you with?

- Social Security Disability Income (SSDI)
- Supplemental Security Income (SSI)
- Information about private health and disability insurance
- Medical Assistance
- Medicare A, B, C, and D
- Medicare Supplement Insurance
- Patient Assistance Drug Programs
- Other benefit needs and issues

Do Not Resuscitate Order, and Bracelet

Wisconsin passed a statute in 1996 as part of WI Act 2000 regarding “Do Not Resuscitate” (DNR) orders. A DNR order is signed by a physician to direct emergency medical service providers not to attempt cardiopulmonary resuscitation (CPR) on a patient. It is standard emergency medical practice to perform CPR on all persons found to be in cardiac or respiratory arrest.

A DNR order may be issued in certain circumstances if a patient with a qualifying medical condition requests that CPR not be done. This decision is made by the patient and their physician after discussing future treatment options. A special DNR bracelet informs first responders, EMT’s, paramedics, and emergency room personnel not to attempt CPR when a patient is wearing an approved bracelet. These statutes only apply to the emergency personnel noted above, who are primarily pre-hospital and emergency department health care providers; they do not control DNR orders for inpatient hospital or other inpatient settings.

Your attending physician is the only person who may issue a DNR order for you. The order is signed only if a qualified patient requests and signs the DNR order. A person who has a DNR order is then identified by a special DNR bracelet. The bracelet is placed on the person’s wrist by the physician or someone designated to do so. Family members cannot be given bracelets to put on the person.

DNR bracelets must be honored unless the patient revokes the order, or the bracelet appears to be damaged or tampered with. If a bracelet falls off, is damaged, or is not readable, it can be replaced as long as a signed order is in your medical record.

Elder Benefit Specialist Program

What is an Elder Benefit Specialist?

Elder Benefit Specialists provide information, assistance, and advocacy to Wisconsin residents age 60 or older on a broad range of benefit programs. They provide information and support in areas such as program eligibility criteria, applying for benefits, appealing benefit denials or incorrect benefit amounts, consumer debt, landlord/tenant law, and private insurance. Elder Benefit Specialists receive on-going training, support and supervision from attorneys at the Greater Wisconsin Area on Aging Resources.

Who should seek help from an Elder Benefit Specialist?

- People 60 or over who want to know more about private and public benefits.
- People 60 or over who need help in applying for benefits.
- People 60 or over who have been denied a benefit that they think they are entitled to receive.

How can an Elder Benefit Specialist help?

- They can provide you with accurate and current information on your benefits.
- They can provide advocacy on your behalf with other parties.
- They can provide you with explanations and possible solutions to issues related to your benefits.

What can an Elder Benefit Specialist help you with?

- Medicare A, B, C, and D
- Medicare Advantage Plans & Medicare Supplement Programs
- Medicare Savings Programs
- Senior Care & Medicare Prescription Drug Plans
- Social Security & Supplemental Security Income (SSI)
- Medical Assistance/Medicaid
- Spousal Impoverishment Protections
- Food Share
- Veterans Benefits
- Long Term Care Insurance
- Housing Problems
- Age Discrimination
- Consumer Problems

Elderly Nutrition Programs

The purpose of the Elderly Nutrition Program is to reduce hunger and food insecurity, to promote socialization of older adults, and to promote the health and well-being of older individuals. Everyone age 60 and older is welcome to participate. Good nutrition helps you think better, fight illness, and have more energy. Getting started on the path to good nutrition is easier than you think.

Here are some of the services we offer:

- Senior Dining - Dining with others can improve your appetite. Scratch cooking, coffee and great company are a few more reasons to give it a try. See the Senior Centers/Senior Dining section for detailed information.
- Meals on Wheels - If you are stuck at home and having a hard time cooking, Meals on Wheels will provide that same delicious meal, delivered with a smile. Maybe you need them during recovery and maybe you need them long-term, these meals are the “little bit of help” you need to stay independent.
- Liquid Nutritional Supplements - Sometimes a little extra is needed to build your strength. Supplements are available at reduced cost with a prescription from a doctor or dietician.
- Beneficial Bites - Need some “easy-to-digest” nutrition information? More importantly, need some reliable information? Your ADRC nutrition staff can help. Nutrition education sessions are regularly offered throughout the county so look for them.

Healthy Living Programs

- **Beneficial Bites**

Free educational sessions about different foods provided at several community/senior centers in Washburn County. These sessions provide information about the health benefits of the featured food, along with important details about selection, storage and preparation of the food. Food samples and recipes are also part of every session.

- **Healthy Living with Diabetes**

Increase confidence and develop techniques to deal with the symptoms of diabetes and improve blood sugar readings. Learn about appropriate exercise healthy eating strategies a, dealing with difficult emotions, stress reduction techniques, and preventing complications. This is a 6-week workshop.

- **Living Well with Chronic Conditions, Put Life Back Into Your Life!**

A 6-week workshop designed to help those with ongoing health conditions build confidence in their ability to manage their health and maintain active and fulfilling lives.

- **Powerful Tools for Caregivers**

A 6-week course designed specifically for the caregiver to teach important tools to help reduce stress, improve communications, master emotions and communicate in challenging situations.

- **Stepping On: Building Confidence and Reducing Falls**

A 7-week workshop for adults age 60 and over. Learn strength and balance exercises, the role vision plays in keeping balance, how medications can contribute to falls, what to look for in safe footwear, and home hazards

Home Care Services

Home care services are designed to help individuals remain living at home and in their communities for as long as they desire. Costs range between \$10-\$30/hour.

Who Should Consider Home Care Services?

- Older adults with support needs
- Individuals with a disability who have care needs
- People recovering from an illness, surgery or hospital stay

Types of Home Care Services Available:

- Skilled Care – health care services, physical therapy, medical social work
- Personal Care Services – bathing, dressing
- Supportive Services – house cleaning, meal preparation, laundry, etc.

Tips for Hiring A Home Care Provider:

- Interview providers in person
- Ask for references
- Ensure a criminal background check has been completed for staff
- Document a plan for services to be provided
- Make billing/payment arrangements
- Check availability for services on off-hours or weekends as necessary

Questions to Ask When Hiring a Home Care Provider:

- How long has the agency been in business?
- What training does the staff have?
- Are the caregivers and/or agency certified or licensed by the state?
- Are the caregivers insured?
- What is the minimum time your agency requires for the service?

Housing and Care Options

The following describes the various options available to individuals who need supportive services in their place of residence. Choice of a suitable alternative depends on a number of factors, including lifestyle preferences, the level of support needed, cost, and the options available in a particular community. Some of the options are subject to government regulation, while others are not.

In Home Care

Care services can be provided to individuals in their own home or apartment. Homemaker, chore services, home delivered meals, home health care, attendant care, and transportation are some of the services that make it possible for people with long term care needs to remain in their homes. These can be arranged through public social service agencies, purchased from private agencies, or provided by family and friends. While most services are unregulated, home health agencies are licensed by the state.

Senior and Disabled Housing/Independent Living Apartments

This housing is multi-unit rental housing that is specially designed for, and marketed to elderly and disabled tenants. Most offer studio and/or one bedroom apartments and some have a recreation room or other common space for social gatherings. There may be a manager available to make referrals or organize events. Tenants may individually arrange for supportive services from outside providers, as with any in-home care. No license or special regulation is required for the facility.

Residential Care Apartment Complex (RCAC)

RCACs combine apartment housing with supportive, personal and nursing services. Residents have their own apartments, including full bath and kitchen facilities, and retain control over their personal space, care decisions and daily routines. Services are individually tailored to each resident's capacities and preferences and are adjusted as necessary to avoid requiring people to move if they need more help. Facilities may provide up to 28 hours of service per resident per week. RCACs are either registered or certified. Certified facilities are monitored by the state and eligible to receive Medical Assistance waiver funding, registered facilities will not.

Adult Family Home (AFH)

An adult family home is a residence where one to four unrelated adults live and receive meals, supervision, and personal care. Many adult family homes, especially those with only one or two paying residents, are private homes where elderly or people with disabilities live with a foster family. Adult family homes caring for one or two unrelated adults are certified by a local managed care organization; homes caring for three or four residents are licensed and regulated by the state.

Community Based Residential Facility (CBRF)

CBRFs are staffed group living arrangements that provide room, board, supervision and other supportive services to five or more unrelated residents. Typically, residents have a private or shared sleeping room and share living, dining, and bathroom space with other residents of the facility. CBRFs are intended for people who cannot live independently but are neither acutely ill nor need extensive amounts of nursing care. Facilities vary in size from five residents to over 100. Some are houses, others are facilities. Some serve a frail elderly population; others serve people with disabilities, people with Alzheimer's disease, or mixed group of residents. All CBRFs are licensed by the state.

Nursing Home

A nursing home is a health care facility which provides room, board, and 24 hour care. Residents may be admitted for a short-term stays or for long-term care for chronic conditions. Nursing homes are licensed by the state. Most are also certified for Medicare and Medicaid, which provide public funds to cover the cost of care for eligible residents.

Living Will/Power of Attorney

As a competent adult, you have the right to make your own health care decisions. However, you could become incapacitated at any time by an accident, illness or debilitating condition that could lead to your loss of ability to express your wishes about medical treatment. For this reason, it is important for you to plan for future health care decisions. An advance directive is a legal document that allows you to make your health care desires and preferences known.

An advance directive includes written instructions recognized under state law by which you communicate your health care preferences. There are many different terms used to describe advance directives.

The written advance directives recognized by Wisconsin law are:

- Power of Attorney for Health Care (POAHC)
- Declaration to Physicians (known in Wisconsin as Living Will)

Completing either of these documents is voluntary. They are “valid” once they have been completed, properly witnessed and signed. It is important to know that you continue to make your own health care decisions as long as you are able. A Power of Attorney for Health Care becomes effective when two physicians, or one physician and one psychologist, personally examine you and sign a certificate that you are “incapacitated” to make health care decisions. A Living Will becomes effective when you are either in a “persistent vegetative state” or have a terminal illness with death imminent. Two physicians must certify that one of these conditions exists.

For further information, or to access Advanced Directive Forms visit www.dhs.wisconsin.gov/forms/AdvDirectives.

Long Term Care

Long term care programs, such as Family Care & IRIS, provide services and supports to eligible adults to meet their long term care needs, allowing them to maintain independence and choice in their lives.

Current long term care programs are designed to promote:

- Access – creating a setting where people are able to receive the services they need when they need them.
- Choice – allowing individuals to choose where and how they receive their care.
- Quality – ensuring that services meet an individual’s needs and provide for a good quality of life.
- Cost-effectiveness – assure a sustainable future.

Am I eligible?

- You must be a resident of the county in which you are applying.
- You must be elderly or have a physical or developmental disability.
- You must be found functionally eligible through a long term care functional screen.
- You must be financially eligible.

How to apply or receive additional information:

Contact the Aging & Disability Resource Center (ADRC) of Barron, Rusk & Washburn Counties and ask to speak with an Information & Assistance Specialist. ADRC’s are the single point of entry for providing information and options about long term care programs as well as determining eligibility. An Information & Assistance Specialist will meet with you to determine your eligibility for long term care programs as well as assistance with the enrollment process.

Nursing Home Relocation

Do you reside in a nursing home, but would prefer to live elsewhere?

For individuals that are residing in a nursing home the Community Relocation Initiative (CRI) may enable you to move to a different setting where you can receive the services that you need. Alternative settings can include your home/apartment or assisted living facility.

Am I eligible?

- You must reside in a nursing home and have long term care needs.
- Your nursing home stay is currently paid for by Wisconsin Medicaid.
- You must be 65 years of age or older or have a disability.

How to receive additional information:

Contact the social worker at the nursing home and ask for a referral to the Aging & Disability Resource Center (ADRC) of Barron, Rusk & Washburn Counties. An Information & Assistance Specialist will meet with you to determine your eligibility.

Volunteer Opportunities

Volunteer with us today!!

Volunteer Home Delivered Meal Drivers

Deliver a hot, nutritious meal to an older, homebound adult. Routes are available every day or select days of the week. Bring sunshine (and a hot meal) into the life of another.

Meal Site Volunteer

Make the group meal site a welcome and warm place to enjoy a midday meal. Help prepare the dining room, assist in serving meals, and clean up after the food, fun and fellowship.

Health & Wellness Class Volunteer

Interested in health, wellness, and prevention? Volunteers are trained to lead classes and work with community health educators.

Office Assistant

Projects could include making copies, answering phones, putting folders/information brochures together, stuffing envelopes, attaching mailing labels, and many more tasks based on the volunteers' interests.

Medicare Part D Assistant

Are you computer savvy and interested in a short term commitment? We need volunteers to help enter information into the computer during Part D Open Enrollment (October – beginning of December)

If interested in volunteering, call the Aging & Disability Resource Center today!

When Should a Person Quit Driving?

There is no specific age at which a person can be considered too old to drive, as long as he or she remains healthy and if the declines that take place in the senses and other capabilities are normal. However, because our driver's license carries the greatest responsibility that each of us will ever have, we need to ask ourselves some questions regardless of age.

- Do I have memory problems?
- Am I sometimes afraid to drive?
- Do I feel aggressive when I drive?
- Do I have trouble with my vision? Especially at night?
- Do I have trouble hearing?
- Do I take medication that causes drowsiness, or stimulates?
- Do others honk their horn at me for no reason?
- Do I have difficulty with heavy interstate traffic?
- How can I improve my driving skills?

Youth Transition Services Information

For students with disabilities, the Aging & Disability Resource Center is a vital link or “Bridge” between school and community in order to experience the adult world at its best!

The ADRC can assist in answering questions you may have such as:

- Where can I live after high school?
- Can I make my own healthy meals?
- Can I afford to live on my own?
- How am I going to get around town?
- What will I do for a job?
- Do I need assistance with handling my money?
- Do I need help making legal decisions?

How can the Aging & Disability Resource Center help you?

The ADRC can provide:

- Assistance, advocacy and eligibility for Long Term Care services at age 17 years, 6 months old.
- The tools necessary to assist with choices, right and future planning into adult programs and services after high school.
- Information on Guardianship, Power of Attorney for health, and Representative Payee.
- Direction and assistance in understanding your benefits such as Social Security and Medicaid.
- A review of vocational services and programs for future employment, whether part time or full time.