



Information for older adults, adults with disabilities, their families, and caregivers.

# Choices

September  
2024

Serving Langlade, Lincoln,  
Marathon, and Wood Counties

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Specialist

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Specialist

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Older Adults

Upcoming  
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Support

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Voting Rights



[www.adrc-cw.org](http://www.adrc-cw.org)

888-486-9545



## ADRC-CW MISSION:

The Aging and Disability Resource Center of Central Wisconsin promotes choice and independence through personalized education, advocacy, and access to services that prevent, delay, and lessen the impacts of aging and disabilities in the lives of adults.



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345273

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## Subscription Information

The newsletter can be mailed to you for a small fee of \$12.00 annually. Subscriptions for our four-county service area run January to December and can be mailed to any location. Please mail your name, address and payment to our Wausau Office:

**ADRC-CW - Monthly Newsletter**  
**2600 Stewart Ave., Suite 25**  
**Wausau, WI 54401**

## Senior Nutrition Program

Contact us to learn more: 888-486-9545 or <https://www.adrc-cw.org/services/meals-for-seniors/>

**Senior Dining and Café 60:** Persons age 60 or older, their spouse/partner, adults with disabilities living with a participating older adult. Enjoy a nutritious meal for a reasonable cost and an opportunity to socialize. Nutrition education provided.

Senior Dining participation **requires a reservation** by noon one business day prior.

**Meals on Wheels:** Nutritious meals delivered with a well-check. Eligible persons are:

- age 60 or older; a spouse/partner (living in the same home); or adults with disabilities living in the home with an older adult who is receiving Meals on Wheels, **and**
- confined to their home because of illness or disability, **and/or**
- unable to prepare their own meals.

Staff complete individual assessments to discuss eligibility. Hot meals delivered weekdays dependent upon route availability. Frozen meals are available based on needs. Meals on Wheels deliveries are scheduled. If you are unable to be home for your scheduled delivery, contact the ADRC-CW by noon one business day prior to the scheduled delivery.

Suggested contribution:

Senior Dining: \$4.50 per meal, Café 60: \$5.00 per meal, Meals on Wheels: \$5.00 per meal.

No eligible person is denied service due to inability to contribute. Our full per-meal cost is \$13.25 for Senior Dining and \$11.66 for Meals on Wheels. Some of the Nutrition Program costs are covered by local, state and federal grant dollars, however, customer contributions make a significant difference to our program.

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**Wausau Buyers' Guide**

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**Merrill Foto News**

715-536-7121

**Marshfield Buyers' Guide**

715-384-4440



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## Serving Langlade, Lincoln, Marathon, and Wood Counties

Toll free: 888-486-9545 Email: [adrc@adrc-cw.org](mailto:adrc@adrc-cw.org) Website: [www.adrc-cw.org](http://www.adrc-cw.org)

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# Ask a Benefit Specialist

Answers to your public and private benefit questions

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**Dear BenSpec,**

I am newly retired and I am wondering if you can help me understand my Medicare Benefits. I took the summer to unwind and now I am ready to dive into enrollment, except I am not sure where to start! Please give me all your expertise.

Sincerely,  
Stumped in September

**Dear Stumped in September,**

Congratulations on your retirement! We provide an exceptional learning opportunity through the ADRC-CW called Medicare Basics at **NO COST** to you.

Here are some of the topics we cover in the class:

- How and When to Sign Up for Medicare
- Parts of Medicare
- Medicare Drug Coverage (Medicare Part D)
- SeniorCare
- Medicare Supplements
- Medicare Advantage Plans

Our education is provided in an unbiased format by an ADRC-CW Benefit Specialist. We have multiple class offerings throughout Langlade, Lincoln, Marathon, and Wood counties.

Again, the cost is **FREE**, but we do require a registration. Please call us at **888-486-9545** so we can get you signed up today!

Sincerely,  
Your Local ADRC-CW Benefit Specialist

## September Medicare Basics Classes & Locations

### September 11

Medicare Basics Wausau  
9:00 - 11:00 am  
2600 Stewart Avenue Suite 25

### September 12

Medicare Basics Merrill  
1:00 - 4:30 pm  
607 N. Sales Street

### September 18

Medicare Basics Tomahawk  
1:00 - 4:30 pm  
113 S. Tomahawk Avenue

**Registration Required**  
**888-486-9545**

# Ask a Resource Specialist

## Answers to your housing, transportation, long-term care questions

### **Dear Resource Specialist,**

During the summer months, I have noticed that it is much easier for me to get outside, be active and socialize with others. However, with fall settling in and eventually winter around the corner, I find myself wanting to stay inside and hibernate. Is staying connected with my family, friends, and community really beneficial to my health?

Sincerely,  
Hibernating Harriet

### **Dear Hibernating Harriet,**

As we age, our social connections actually become even more crucial for our well-being. While there's no magical formula for healthy aging, strong relationships come close. Some benefits of socializing as we age include cognitive health, psychological benefits and physical health.



#### Sources

<https://mcpress.mayoclinic.org/healthy-aging/a-surprising-key-to-healthy-aging-strong-social-connections/>

**Cognitive Health:** When we socialize and interact with others, it is like exercise for your brain. It can improve your cognitive flexibility, maybe even more so than those fun brain games! Unfortunately, the opposite, including social isolation and loneliness, can lead to potential health risks, depression, and anxiety.

**Psychological Benefits:** Socializing can lead to improved mental health and also a sense of belonging or feeling of connection. As we age, our self-esteem can feel challenged at times, but social interactions can actually help increase our self-esteem. When we engage with others, it can help give our life purpose & meaning.

**Physical Health:** Socializing helps to reduce stress, can lower blood pressure and even lessen the risk of chronic health problems. Group exercise classes are a great way to stay connected while being active. Remember, dear readers, action is essential! Making new acquaintances and maintaining existing relationships are workouts for your soul, happiness, and brain health. So, let's keep those connections strong!

-Your Local ADRC-CW Resource Specialist

# Senior Dining

888-486-9545

Reservations are required by noon one business day prior.

ADRC-CW offices are open Monday-Friday 8AM-4PM

- September 2:** Closed for Labor Day
- September 4:** September Birthday Celebrations
- September 18:** Fall Harvest
- September 19:** All ADRC-CW Offices Closed

## Langlade County

### **Antigo Community Church**

723 Deleglise Street  
Antigo, WI 54409  
Serving Mon Tue Thu Fri 11:30 am

### **Elcho Community Center**

N11234 Dorr Street  
Elcho, WI 54428  
Serving Mon Wed and Thu 11:30 am  
Bingo with the Community Center: Wed at noon

### **St. Mary's Church**

N9155 Hwy 55  
Pickerel, WI 54465  
Serving Mon and Wed 11:30 am  
Bingo with the church: 2nd Monday at 12:30

### **Senior Center of Langlade County**

623 Edison Street  
Antigo, WI 54409  
Serving Wed 11:30 am  
Bingo with the Senior Center: Wed at 1:00

## Lincoln County

### **Gleason Lions Club**

N5179 Bradley Street  
Gleason, WI 54435  
Serving 3rd Wed of the month 12:00 pm

### **Jenny Towers Apartments**

711 E 1st Street  
Merrill, WI 54452  
Serving Mon – Fri 11:30 am

### **Tomahawk Senior Center**

113 S Tomahawk Avenue  
Tomahawk, WI 54487  
Serving Mon – Fri 11:30 am  
Bingo with the Senior Center:  
Thursdays at 12:30

## Marathon County

### **The Wild Steer - Café 60**

214910 State Hwy 97  
Stratford, WI 54484  
715-321-3400  
Serving Mon - Fri 6:00 am - 1:00 pm

### **Hmong American Center**

1109 N 6th St  
Wausau, WI 54403

- 9/5:** Steamed Catfish with Herbs
- 9/12:** Beef Stir Fry with Baby Bok Choy, Lemongrass & Ginger
- 9/19:** Pork and Mustard Green Boil with Ginger
- 9/26:** Boiled Chicken (whole chicken) with Lemongrass & Hmong Herbs

## Wood County

### **2nd Street Community Center**

211 E 2nd St  
Marshfield, WI 54449  
Serving Mon – Fri 11:30 am

### **Cedar Rail Apartments**

601 S Cedar Avenue  
Marshfield, WI 54449  
Serving Mon – Fri 11:30 am

### **Centralia Center**

220 3rd Avenue South  
Wisconsin Rapids, WI 54495  
Serving Mon – Fri 11:30 am  
Frequent Diner Prize the last day of the month  
Funny Friday Share your funny jokes or stories

### **Nekoosa Community Center**

416 Crestview Lane  
Nekoosa, WI 54457  
Serving Mon and Wed 12:00 pm

Suggested contribution for Senior Dining: \$4.50 per meal, Café 60: \$5.00 per meal, Meals on Wheels: \$5.00 per meal. No eligible person is denied service due to inability to contribute. Your contribution makes a significant difference to our program.





# Senior Dining Menu

**888-486-9545**

Please call by noon one business day prior to reserve or to cancel a Senior Dining Meal or Meals on Wheels delivery. ADRC-CW offices hours: Monday-Friday 8am-4pm

**September 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>Closed for Labor Day Holiday</b>	<b>3</b> Ham & Scalloped Potato Casserole Pacific Blend Veggies Whole Wheat Roll Banana	<b>4</b> Meatloaf Mashed Potatoes Gravy Dill Carrots Raisin Bread Spice Cake  <b>September Birthdays</b>	<b>5</b> Sloppy Joe On a Bun Roasted Potatoes Baked Beans Grape Salad	<b>6</b> Seasoned Baked Chicken Twice Baked Mashed Potatoes Diced Beets Whole Wheat Bread Peaches & Vanilla Pudding
<b>9</b> Swedish Meatballs Mashed Potatoes Broccoli Salad Whole Wheat Bread Applesauce	<b>10</b> Baked Seasoned Fish Tartar Sauce Baked Potato Sour Cream Creamy Coleslaw Rye Bread Berries	<b>11</b> BBQ Chicken Diced Seasoned Potatoes Texas Caviar Cranberry Cornbread Pineapple Cake	<b>12</b> Meat Lasagna Green Beans Mixed Greens Salad Dressing Garlic Breadstick Fruit Jell-O	<b>13</b> Chicken Salad On a Croissant Romaine Leaf & Tomato Veggie Chicken Noodle Soup & Crackers Sliced Peaches Cookie
<b>16</b> Chili w/ Macaroni Crackers String Cheese Mixed Greens Salad Dressing Berries Vanilla Yogurt	<b>17</b> Swiss Steak Parsley Buttered Potatoes Carrots Whole Wheat Bread Pineapple Upside Down Cake	<b>18</b> Roast Beef Mashed Potatoes Gravy Squash Oat Bread Fresh Fruit Mix  <b>Fall Harvest</b>	<b>19</b>  <b>All ADRC-CW Offices Closed</b>	<b>20</b> Kielbasa & Kraut Twice Baked Mashed Potatoes WI Blend Vegetable Whole Wheat Dinner Roll Raspberry Sherbet Jell-O
<b>23</b> Monterey Chicken with Veggies & Sauce Broccoli Brown Rice Pineapple Blueberry Coffee Cake	<b>24</b> Spaghetti & Meat Sauce Italian Blend Vegetables Garlic Breadstick Mixed Greens Salad Dressing Rhubarb Cake	<b>25</b> Chef Salad with Mixed Spring Greens, Tomatoes, Diced Turkey, Hard Boiled Egg, Shredded Cheese Dressing Fresh Roll Minestrone Soup Crackers Cookie	<b>26</b> Lemon Pepper Fish Baked Potato Sour Cream Carrots Rye Bread Creamy Fruit Salad	<b>27</b> Beef Stroganoff Mashed Potatoes Sweet & Sour Cabbage Whole Wheat Bread Strawberries
<b>30</b> Pulled Pork On a Roll Parsley Buttered Red Potatoes Pea Cheese & Onion Salad White Cake with Raspberries	<b>Milk served with each meal. Menus subject to change.</b> <b>Suggested contribution:</b> Senior Dining: \$4.50 per meal; Meals on Wheels: \$5.00 per meal No eligible person is denied service due to inability to contribute. Your contribution makes a significant difference to our program.			



# Vitamin B12 in Older Adults

Laura Tekippe, UW-Stout Dietetic Intern and Ronda James RD, CD ADRC-CW

## What is Vitamin B12?

Vitamin B12 is a water-soluble vitamin that is required for red blood cell formation, neurological function, and DNA synthesis (1 & 3).

## Why is Vitamin B12 important for older adults?

Older adults have a harder time absorbing vitamin B12 due to less secretion of acid in the stomach. This can cause vitamin B12 deficiency. The symptoms of vitamin B12 deficiency include fatigue, weakness, constipation, loss of appetite, weight loss, and anemia (3). Symptoms of vitamin B12 deficiency can also include cognitive dysfunction or memory

The Recommended Dietary Allowance (RDA) of vitamin B12, in both male and female, is 2.4 mcg for persons aged 14 years and older (3).

The Dietary Guidelines for Americans provides the following healthy nutrition tips on consumption of vitamin B12 (3):

- Fish, red meat, poultry, and eggs are excellent sources of vitamin B12.
- Include a variety of vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, and oils into your diet.
- Fortified breakfast cereals, milk, and milk products are good sources of vitamin B12.
- Have a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products throughout the week.

Common Foods that Provide Vitamin B12	Micrograms (mcg) per serving
Clams, cooked (3 oz)	84.1
Beef liver, cooked (3 oz)	70.7
Salmon, cooked (3 oz)	4.8
Rainbow Trout, farmed, cooked (3 oz)	3.5
Tuna, canned in water (3 oz)	2.5
Cheeseburger, double patty on a bun	2.1
Haddock, cooked (3 oz)	1.8
Breakfast cereals, fortified (1 serving)	1.5
Beef, top sirloin, broiled (3 oz)	1.4
Milk, low-fat (1 cup)	1.2
Yogurt, fruit, low-fat (8 oz)	1.1
Cheese, Swiss (1 oz)	0.9
Egg, whole, hard boiled (1 large)	0.6
Chicken, breast meat, roasted (3 oz)	0.3

\*Reference 3\*

## References:

1. Araújo, D. A., Noronha, M. B., Cunha, N. A., Abrunhosa, S. F., Rocha, A. N., & Amaral, T. F. (2016). Low serum levels of vitamin B12 in older adults with normal nutritional status by mini nutritional assessment. *European Journal of Clinical Nutrition*, 70(7), 859–862. doi: 10.1038/ejcn.2016.33
2. Hughes, C., Ward, M., Tracey, F., Hoey, L., Molloy, A., Pentieva, K., & McNulty, H. (2017). B-Vitamin Intake and Biomarker Status in Relation to Cognitive Decline in Healthy Older Adults in a 4-Year Follow-Up Study. *Nutrients*, 9(1), 53. doi: 10.3390/nu9010053
3. Office of Dietary Supplements - Vitamin B12. (n.d.). Retrieved from <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>



# Programs and Information



**Take a Stepping On Workshop!**  
Stepping On can help you avoid a dangerous and costly fall, so you can keep doing the things you love to do.

## Upcoming Classes

**Antigo Public Library**  
Fridays | 9:30 - 11:30 am  
Sept 13 - Oct 25

**Marshfield Community Center**  
Tuesdays | 9:30 - 11:30 am  
Sept 10 - Oct 22

**Merrill Lincoln County  
Service Center Room 106**  
Wednesdays | 9:30 - 11:30 am  
Sept 11 - Oct 23

**Mosinee St. John's  
Lutheran Church**  
Tuesdays | 9:30 - 11:30 am  
Sept 10 - Oct 22

**Wausau Fire Department  
Station 2**  
Tuesdays | 9:30 - 11:30 am  
Oct 8 - Nov 19

**Pre-registration  
required  
888-486-9545**

**Free**  
Donations are accepted  
to offset costs of  
program materials

## Hear from the Experts

**Physical Therapist**  
Strength and balance

**Optometrist & Pharmacist**  
Vision, hearing and medication  
increase fall risk.

**Community Safety Expert**  
Avoid hazards in your home

# Does it Matter if You Call Yourself a Caregiver?

Meagan Fandrey, Caregiver Coordinator

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## What is a caregiver, and why does it matter if you identify as a caregiver?

Caregivers are unpaid individuals helping a loved one with daily tasks. A caregiver could be a partner providing assistance every day with bathing and dressing. A caregiver might be a niece stopping by on a weekly basis to drop off groceries to her uncle. A caregiver might be a son that takes care of laundry, mowing the lawn, and snow removal. A caregiver doesn't even have to live nearby. A caregiver might be a daughter that lives in another state that helps mom with her finances, bills, and calling to set up services for mom.

Many of us are caregivers.

Caregivers are critical to our communities and support older adults and adults with disabilities. According to Caregiver.org, in 2015 there were approximately 34.2 million individuals in the U.S that provided care to an adult age 50 and older in the last 12 months.

Isn't it just being a husband, or a good daughter or thoughtful nephew? Does it matter if a caregiver identifies themselves as a caregiver? According to Benjamin Rose, an aging resource group out of Cleveland, the answer is yes.

Acknowledging and accepting the label of caregiver can provide benefits to the caregiver such as:

- Being more likely to seek out the support and resources that are available for caregivers
- Having increased confidence when navigating resources and talking to health care professionals
- Feeling a positive sense of fulfillment and satisfaction
- Having a sense of belonging in a larger community of other caregivers

No matter where you are in accepting the title of Caregiver, there are resources that can help in your journey with your loved one. These programs are free of charge (contributions welcome) and are not intended for professional caregivers. Registration is required in advance.

**PLEASE REFERENCE PAGE 13** for more information about programs provided by the ADRC-CW.

The Aging and Disability Resource Center of Central Wisconsin provides information and resources to caregivers living in Langlade, Lincoln, Marathon and Wood Counties. If you are a caregiver that lives out of the area but you are providing care for a loved one in Langlade, Lincoln, Marathon and Wood Counties, the ADRC-CW is just a phone call away. 888-486-9545 or visit [www.adrc-cw.org](http://www.adrc-cw.org)

Sources:

<https://www.caregiver.org/resource/caregiver-statistics-demographics/>

<https://benrose.org/-/resource-library/family-caregiving/self-identifying-as-a-caregiver>



## Caregiver Support Group

Join others that are providing care for a loved one.

**4th Monday of the Month**  
from 10:30 am -12:00 noon.

Location options:

- **Marshfield: ADRC-CW Office**  
300 S Peach Ave
- **Merrill: ADRC-CW Office**  
607 N Sales St
- **Wausau: ADRC-CW Office**  
2600 Stewart Ave

Virtual or call in option is available as well.

## Powerful Tools for Caregivers

6-week program that meets for 1 hour 45 minutes once a week.

Two programs are being offered this fall.  
Same time/dates but two locations.

Mondays, from

**October 7 - November 11, 2024**

1:00 pm - 2:45 pm

(please plan to attend all 6 sessions).

Location options:

- **Marshfield 2nd Street Community Ctr.**  
211 E 2nd St
- **Wausau ADRC Office**  
2600 Stewart Ave, Wausau

## Managing Caregiver Stress

One hour workshop

**Thursday Sept 26, 2024**

6 location options.

- **Antigo ADRC-CW Office**  
1225 Langlade Rd  
10:00-11:00 am
- **Marshfield Community Center**  
211 E 2nd St  
10:00-11:00 am
- **Merrill TB Scott Library**  
106 1st St  
10:00-11:00 am
- **Rothschild: Marathon Co Public Library**  
211 Grand Ave, Rothschild  
3:00-4:00 pm
- **Wisconsin Rapids ADRC-CW Office**  
220 3rd Ave, Ste 1  
3:00-4:00 pm
- **Virtual**  
Join from anywhere!  
10:00-11:00 am

**Registration is  
required for all  
programs**

**888-486-9545**

# Know Your Voting Rights

## Who Can Vote?

US Citizens who are 18 or older.

Live where you are registered to vote.

Register to vote by state's voter registration deadline.

### Wisconsin registration deadlines

- **Online registration** must be completed 20 days before Election Day
- **Registration by mail** must be completed 20 days before Election Day
- **In person registration** available up to and including Election Day

## People with disabilities can vote!

If you are under guardianship, find out if you have the right to vote from your guardian or by using your Determination and Order form. You can request a copy from Probate Court for \$2.

Find out more from:

### **Disability Rights Wisconsin**

Toll free 800-928-8778

608-267-0214

TTY/TEXTNET: 888-758-6049

<http://disabilityrightswi.org/resourcecenter/guardianship-and-voting>

Source

<https://disabilityvote.org/2024/statementvoting-rights-of-wisconsin-care-facility-residents/>



General Election Day  
November 5th

## Voting Rights of Wisconsin Care Facility Residents

17,500 individuals who reside in adult family homes, community-based residential facilities, and residential care apartment complexes have the right and are eligible to vote unless a court determines one is legally not competent and removes their right to vote.

Regardless of the reason a person resides in a care facility, their voting rights are retained unless a court determines otherwise.

For more detailed information go to [www.disabilityvote.org](http://www.disabilityvote.org)



### SENIORS, Caregivers, and Concerned Families...



### LATTYAK ELDER LAW LLC

715-359-8833

JANET M. LATTYAK, ATTORNEY

“LEGAL SERVICES FOR AGING ON YOUR TERMS”

50914

# September Spotlight

## Volunteer Ombudsman Program Reaches 30 Year Milestone

Did you know that right here in our community, your friends and neighbors have been making a difference in the lives of older adults for the past 30 years? 2024 marks 30 years that the Volunteer Ombudsman Program (VOP) has been making a difference in the lives of residents, one visit at a time.

These friends and neighbors, Volunteer Ombudsmen, are caring and concerned individuals with a passion for helping older adults in long term care settings. A Volunteer Ombudsman promotes and protects the rights of people 60 years and older who reside in nursing homes and assisted living facilities within their community. The Volunteer Ombudsman performs a vital service by building trusting relationships which allow residents to feel comfortable sharing their concerns. Volunteer Ombudsmen make unannounced visits to designated nursing homes and assisted living communities on a weekly basis. They empower, educate, and support residents. Volunteer Ombudsmen are volunteers like Mike from Marathon County. Here is what Mike shared about his volunteer work:

“Having been a provider at long term care facilities for 25 years, I understand fairly well the various difficulties encountered by residents, nursing staff, administration and physicians in the long term care environment. Unfortunately, some residents do not have close family or are forgotten by their families and community. I was interested in the volunteer ombudsman position because I believed that it would afford me the opportunity to develop a relationship with residents and to help to improve the quality of care at my long term care facility. It has been a rewarding experience”.

If you are interested in making a difference in the lives of elders in your community, contact us at [boaltc@wisconsin.gov](mailto:boaltc@wisconsin.gov) or by phone, 1-800-815-0015.



**Your Needs.**

**Your Independence.**

**Your Best Life.**

Lakeland Care is your local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.

[www.lakelandcareinc.com](http://www.lakelandcareinc.com)

DHS Approval 3/16/20

**LAKELAND CARE**  
Together, we build better lives.

234220

**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

**Toll-free Helpline:**  
**888-818-2611**  
Email: [smp-wi@gvaar.org](mailto:smp-wi@gvaar.org)  
**[www.smpwi.org](http://www.smpwi.org)**  
Facebook icon WisconsinSeniorMedicarePatrol

### Empowering Seniors to Prevent Healthcare Fraud

- ▶ **PROTECT**  
your personal information
- ▶ **DETECT**  
suspected fraud, abuse, and errors
- ▶ **REPORT**  
suspicious claims or activities



Call us with questions about billing errors, scams and medical identity theft



SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

347523



## **Rennes Health & Rehab Center**

*Rehabilitative Services & Skilled Nursing*

- Private Rooms
- 24-Hour Nursing Care
- In-House Staff Therapists
- Home Safety Evaluation
- Outpatient or Inpatient Rehab
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***For more information or a tour, please contact us:***

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