

FREE



2024-2025 Vilas County AGING & DISABILITY RESOURCE DIRECTORY



A publication of the Northwoods Star Journal and
Aging and Disability Resource Center (ADRC) of Vilas County.
(715) 479-3625

adrc@vilascountywi.gov



715-362-4625

We offer a variety of services that are tailored to meet your needs.

- Available 7 days a week, 24 hours a day
- FREE in-home consultation
- Carepartners specialized in memory care: Alzheimer's and Dementia
- Consulting nurse on staff
- Complement Hospice and Home Health services
- Respite care • Post-operative assistance
- Hospital sitting • Wake-up and tuck-in services
- Daily telephone checks
- Heavy and deep cleaning housework
- Assistance with all activities of daily living:
 - Hygiene ■ Dressing ■ Medication reminders
 - Home cooked meals ■ Diet monitoring
 - Light housekeeping ■ Laundry ■ Errands and shopping
 - Driving to and from appointments
 - Pet care ■ Companionship



THERE IS NO PLACE LIKE HOME

Nothing compares to the comfort of home!

Utilizing homecare is often the first and best choice for you and your elderly loved ones and their family caregivers. The surroundings are familiar and can be modified as your loved one's condition changes. When home is where you want to be, call us!

715-362-4625 • 715-360-4695 (cell)

YOUR LOVED ONES DESERVE THE VERY BEST!

We strive to be the premier provider of quality homecare with compassionate carepartners who have a mission to exceed our client's expectations.

355616

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Aging and Disability Resource Center (ADRC) of Vilas County

"YOUR RESOURCE CENTER"

Aging and Disability Resource Center Committee ▼



Dan Swiechowski
CHAIRMAN



Richard Logan,
VICE CHAIRPERSON



Arleen Harsvick



Gina Egan



Cookie Lough



Susan Nett



Nancy Schuller



Patricia Tucker

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RECEPTIONIST



Mary Bobert
RECEPTIONIST



Laura Rozga,
LEAD ADRC SPECIALIST



Nicole Dreger,
ADRC SPECIALIST



Leah Baughman
DEMENTIA CARE SPECIALIST



Pam Snyder
HEALTH & WELLNESS SPECIALIST



Patrick Smothers,
ELDER BENEFIT SPECIALIST



Charlotte Kaufman,
DISABILITY BENEFIT SPECIALIST

The Aging and Disability Resource Center (ADRC) Committee oversees the policy-making decisions for the ADRC department. The nine members are appointed by the Vilas County Board of Supervisors and represent residents regarding programs and policies for the ADRC department. Three members of the committee are elected County Board Supervisors and the other members are citizen members appointed to represent the target service groups which the ADRC serves including older adults, adults with physical disabilities and adults with developmental disabilities.

OPEN MEETINGS

The ADRC Committee meets monthly. Meetings are posted and the public is welcome to attend. Call the ADRC for more information.

Aging and Disability Resource Center (ADRC) of Vilas County

“YOUR RESOURCE CENTER”

Our Mission

To help older people and people with physical or developmental disabilities secure needed services or benefits, live with dignity and security, and achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center program is to empower individuals to make informed choices and to streamline access to services and supports.



Sue Richmond
DIRECTOR

What We Do

Aging and Disability Resource Centers are welcoming and accessible places where older people and people with disabilities can obtain information, advice and help in locating services or applying for benefits. They provide a central source of reliable and objective information about a broad range of programs and services and help people understand and evaluate the various options available to them. By enabling people to find resources in their communities and make informed decisions about long-term care, ADRCs help people conserve their personal resources, maintain self-sufficiency and delay or prevent the need for potentially expensive long-term care. ADRCs also serve as the single access point for publicly funded long-term care, including Family Care and IRIS.



Dan Swiecichowski
CHAIRPERSON

This resource directory will be a good place to start if you are looking for information on services. Please contact us with any suggestions that you might have for future directories. Our thanks to the Northwoods Star Journal staff for all their work in making this publication possible.

The ADRC of Vilas County does not assume responsibility for the services and/or endorse advertising content included in this directory. Further, this publication does not represent all businesses and organizations serving the residents of Vilas County. We have made every effort to make this directory useful to community members and regret if your agency was omitted. An organization's inclusion or exclusion is not a reflection of its merit. Agencies with programs or additional information to be considered for future publications should contact the ADRC office.

For additional information and assistance contact:

Aging and Disability Resource Center (ADRC) of Vilas County

Address

330 Court Street • Eagle River, WI 54521

(715) 479-3625 or Toll-Free (800) 374-1123 • Fax: (715) 479-3692

What is Abuse?

An “elder adult at risk” is a person age 60 or older who has experienced, is currently experiencing, or is at risk of experiencing abuse, neglect, self-neglect, or financial exploitation.

An “adult at risk” is any adult who has a physical or mental condition that substantially impairs his or her ability to care for his or her needs who has experienced, is currently experiencing, or is at risk of experiencing abuse, neglect, self-neglect or financial exploitation.

Physical Abuse is the willful infliction of physical pain, injury or unreasonable confinement. It includes, but is not limited to beating, choking, burning, inappropriate medication and tying or locking a person up or sexual assault.

Material or Financial Abuse is the misuse of an elder’s money or property. It includes deception, diverting income, mismanagement of funds and taking money or possessions against a person’s will.

Neglect occurs when a caregiver’s failure to provide adequate food, shelter, clothing, medical or dental care results in significant danger to the physical or mental health of an older person in his/her care.

Self-Neglect occurs when there is a significant danger to an elder person’s physical or mental health because the elder person is unable or fails to provide him/herself with adequate food, shelter, clothing, medical or dental care.

If you suspect abuse occurring in Vilas County, please call:

VILAS COUNTY DEPARTMENT
OF SOCIAL SERVICES
715-479-3668

We will ensure your concerns are investigated and your identity and call can remain anonymous.

ADRC SERVICES

ADRC OF VILAS COUNTY

330 Court Street, Eagle River, WI 54521

Telephone: (715) 479-3625

or toll-free (800) 374-1123

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

Website: adrc.vilascountywi.gov

Services: The ADRC of Vilas County is your “Resource Center” committed to providing programs and information designed to enhance the quality of life for older adults and adults with disabilities. Services provide opportunities for choices, encourage health and wellness, and living independently. The following programs are offered by the ADRC of Vilas County. There is no charge for services unless noted.

Alzheimer’s Family Caregiver Support Program:

The Alzheimer’s Family Caregiver Support Program provides financial assistance for respite and other supportive services for families and caregivers who care for people with Alzheimer’s Disease and other irreversible dementias.

Chore Service:

The Chore Service is available to help low-income adults, who are 60 years of age or older find workers who will provide light housekeeping.

Cycling Without Age-Vilas, Oneida:

A non-profit organization that partners with the ADRC of Vilas to provide free rides on trishaws used at special events, local assisted living facilities, nursing homes, and senior housing. Volunteers are trained as pilots.

Dementia Care Specialist:

The Dementia Care Specialist (DCS) supports people with dementia and their caregivers to ensure the highest quality of life possible while living at home. To achieve this, your DCS is working with the community to become dementia friendly. Please call the DCS to find out more about the dementia-related programs in Vilas County.

Disability Benefit Specialist:

Disability Benefit Specialists assist adults with disabilities ages 17 ½ to 59 years old with public benefit programs including application and appeal procedures. Phone, office, or home visits are available.

Elder Benefit Specialist:

Have you gotten to know your Elder Benefit Specialist (EBS)? Your local EBS is trained to help those 60 and over navigate the complex world of benefit programs including, but not limited to Social Security, Medicare, Medicaid, and WI SeniorCare. We are known as the “Red Tape Cutters” and have helped thousands, right here in Vilas County, to better understand these important issues, as well as many others. WE'RE HERE TO HELP, so give us a call.

Evidence-Based Programs:

Clinically proven programs that can help older adults maintain independence. Stepping On (fall prevention), Healthy Living with Diabetes, Mind Over Matter: Healthy Bowels, Healthy Bladder, Strong Bodies, and Eat Smart, Weigh Less, Move More.

Home Delivered Meals:

This program provides a healthy meal to older adults who are homebound and meet eligibility requirements. Participants are given the opportunity to make a contribution towards the cost of the meal.

Information Specialist:

The Information Specialists provide information and assistance on a broad range of programs and services for seniors and adults with disabilities. The ADRC helps people understand the various long-term care options available to them, serves as the access point for publicly-funded long-term care, helps people apply for programs and benefits, and helps make connections to community resources.

National Family Caregiver Support Program:

This federal program provides information, respite, and supplemental services to families and informal caregiver in caring for loved ones at home for as long as possible.



Wisconsin Senior Medicare Patrol is here to help you **protect, detect, and report Medicare fraud, errors, and abuse!**

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

SMP Contact:

888-818-2611

smp-wi@gwaar.org

<https://gwaar.org/senior-medicare-patrol>

ADRC SERVICES Continued on page 8

Affordable Housing

Current Vacancies

FEATURES

- Rent is 30% of monthly adjusted income to eligible applicants.
- Smoke-free community spaces
- Pet friendly
- Safe, maintenance-free apartments and grounds
- Off-street parking
- Laundry facilities
- Located near local amenities



An Equal Housing Opportunity Provider

www.ccbhousing.org

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CCB Housing Management
An Operation of Catholic Charities Bureau

715-394-2012
888-276-0246 (toll free)

15-08-20

ADRC SERVICES Continued from page 7

Newsletter:

The Vilas View newsletter is a resource for current news about activities and informative articles. Your free copy is available at the ADRC, all Senior Dining Sites, on-line or mailed to your home. Subscribe on-line at <https://www.mycommunityonline.com/find/adrc-of-vilas-county>

Senior Dining Sites:

Our dining sites throughout the county provide opportunities for persons age 60 and over and spouses to enjoy delicious healthy meals in a variety of settings. There are no income guidelines to qualify to participate. Contributions toward the cost of the meal are appreciated.

Volunteer Transportation Services:

Volunteer drivers are available to provide transportation for any citizen of Vilas County that is unable to drive. Individuals receiving Badger Care or Medicaid are not eligible for transportation to medical appointments.

Volunteer Opportunities:

The work of the ADRC is accomplished by an effective combination of trained staff and volunteers. A variety of volunteer opportunities are available. Mileage reimbursement is available for some activities.

ABUSE-ELDER/DOMESTIC

Dial 911, Anywhere in Vilas County for an Emergency. Stay on the phone to give all relevant information until you are asked to hang up.

TRI-COUNTY COUNCIL ON DOMESTIC VIOLENCE AND SEXUAL ASSAULT

P.O. Box 233, 3716 Country Drive, Suite 6
Rhinelander, WI 54501

Telephone: (715) 479-2912 or (715) 362-6841
Toll-free 24-hour Crisis Line: (800) 236-1222

Email: tricountycouncil@hotmail.com

Services: Temporary shelter, legal, medical and personal advocacy, assistance with locating housing,



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& Cremation Specialists

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Traditional Cremation

Package - \$5,200

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Package - \$4,400

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children's programs, elder abuse, outreach education, emergency transportation, information referral, support groups, transitional living for Vilas, Oneida, and Forest counties. All services are confidential and are provided free of charge.

VILAS COUNTY DEPARTMENT OF SOCIAL SERVICES

330 Court St., Eagle River, WI 54521

Telephone: (715) 479-3668

Services: The Vilas County Department of Social Services is the lead agency for adult and elder adult at risk investigations in Vilas County. Abuse is defined as neglect, self neglect, material (financial) abuse or physical abuse of a person. The Department of Social Services works with other local agencies (Law Enforcement, Aging and Disability Resource Center,

etc.) to investigate allegations and offer services. All calls are kept confidential.

ADVOCACY

AARP WISCONSIN

222 W. Washington Ave. #600,

Madison, WI 53703

Telephone: (866) 448-3611 (toll-free)

Fax: (608) 251-7612

Website: www.aarp.org/state/wi

Services: AARP Wisconsin is making a difference for older people and their families. For specific programs available check the website.

ADVOCACY Continued on page 10

For information and assistance contact:

Aging and Disability Resource Center (ADRC) of Vilas County

330 Court Street • Eagle River, WI 54521 • **(715) 479-3625 or Toll-Free (800) 374-1123**



Boyd Financial Services, LLC
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Penny, or Dave

for your free personal consultation today! (715)369-5577 or (800)709-3898

5493

ADMINISTRATION FOR COMMUNITY LIVING

Telephone: (202) 401-4634

Website: www.acl.gov

Services: An agency in U.S. Department of Health and Human Services whose mission is to maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers.

COALITION OF WISCONSIN AGING GROUPS (CWAG)

30 West Mifflin, Suite 406, Madison, WI 53703

Telephone: (608) 224-0606 or (800) 488-2596

Website: www.CWAG.org

Services: The Coalition of Wisconsin Aging Groups is a nonprofit, nonpartisan, statewide membership organization. CWAG's mission is to improve the quality of life for people of all ages through intergenerational understanding and leadership development, public education, legal and legislative advocacy and public policy development.

DISABILITY RIGHTS WISCONSIN

Telephone: (800) 928-8778

Website: disabilityrightswi.org

Services: Advocacy Services for persons with disabilities ages 18-59 who have questions or concerns about Family Care participation are asked to contact the Family Care Ombudsman Program at Disability Rights Wisconsin.

GUARDIAN SUPPORT CENTER

Telephone: (855) 409-9410

Email: guardian@gwaar.org

Website: www.gwaar.org

Services: Get information and assistance on issues related to adult guardianship, protective placement, advance directives, and more from the Wisconsin Guardianship Support Center (GSC)

LONG-TERM CARE OMBUDSMAN

1402 Pankratz, Suite 111,

Madison, WI 53704-4001

Wisconsin State Office: (800) 815-0015

Services: The Long Term Care Ombudsman Program protects the human and civil rights of people 60 years and older and responds to complaints and problems of residents or recipients of long-term care such as nursing homes, community based residential facilities, assisted living residential apartment complexes, and services of Family Care/IRIS Programs. The Ombudsman operates through the Wisconsin Board of Aging and Long Term Care. There is no charge for services.

WISCONSIN BOARD FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES

101 East Wilson Street, Room 219

Madison, WI 53703

Telephone: (608) 266-7826

Website: https://wi-bpdd.org/

Services: Providing advocacy for people with developmental disabilities to live the lives they want to live.

WISCONSIN LEGISLATIVE HOTLINE

Telephone: (800) 362-9472

Be an advocate for older adult issues. Call this toll free number to express your opinion to a state legislator regarding any state of Wisconsin legislative issue.

ADDICITONS: ALCOHOL & OTHER DRUG ABUSE- AODA, AND GAMBLING

ALCOHOLICS ANONYMOUS

Telephone: (715) 360-4637

Website: www.northwoodsaa.org

Call for information and meeting locations.

ALCOHOL & DRUG ABUSE PROGRAM

Human Service Center

705 E. Timber Dr, Rhinelander, WI 54501

Telephone: (715) 369-2215

Services: Care coordination for individuals of all ages that live with alcohol and other drug abuse issues.

**ALCOHOL & DRUG
RECOVERY CENTER –
MARSHFIELD CLINIC, MINOCQUA**
9792 Hwy 70, Minocqua, WI 54548
Telephone: (715) 358-7377 or (844) 288-8324

**ASPIRUS KOLLER BEHAVIORAL
HEALTH- RHINELANDER
RIVERSIDE CLINIC**
1020 Kabel Ave., Rhineland, WI 54501
Telephone: (715) 361-2805
Services: Comprehensive treatment for substance abuse, addictions, and mental health.

CENTER FOR SUBSTANCE ABUSE
Telephone: (877) 726-4727
Hotline: 800-662-4357
Services: The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness in America's communities.

GAMBLERS ANONYMOUS
Website: www.gamblersanonymous.org
Wausau Hotline: (715) 297-5317

KOINONIA TREATMENT FACILITY
1991 Winnebago St, Rhineland, WI 54501
Telephone: (715) 362-5745
Website: www.koinoniaocs.net
Services: Drug and alcohol treatment for residents of Forest, Oneida, and Vilas Counties.

TRANSITIONS CENTER, LLC
22N. Pelham St., Rhineland, WI 54501
Telephone: (715) 365-6696
Services: Alcohol, drug abuse, gambling, mental health, and domestic violence counseling on an outpatient basis for all ages. Individual, couples and family. Weekdays and some evening appointments available.

WISCONSIN COUNCIL ON PROBLEM GAMBLING, INC.

Telephone: (800) 426-2535 **Text:** (850)888-4673
Website: www.wi-problemgamblers.org
Services: Operates 24-hour statewide helpline to assist individuals with gambling problems and provides workshops and seminars on gambling awareness and education.

CAREGIVER PROGRAMS

ALZHEIMER'S FAMILY CAREGIVER SUPPORT PROGRAM (A.F.C.S.P.)

ADRC of Vilas County
330 Court Street, Eagle River, WI 54521
Telephone: (715) 479-3625 or (800) 374-1123
Services: Provides funding for respite care, adult day care, equipment, such things as special locks or door alarms to prevent wandering, Safe Return program, etc. Eligibility is based on income and a written diagnosis from health care provider of Alzheimer's Disease or other irreversible dementia. Clients can be any age and must reside in Vilas County.

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (N.F.C.S.P.)

ADRC of Vilas County
330 Court Street, Eagle River, WI 54521
Telephone: (715) 479-3625 or (800) 374-1123
Services: Provides family and informal caregivers with information, assistance, support and supplemental services. Help is available to any Vilas County resident.

WISCONSIN FAMILY CAREGIVER SUPPORT PROGRAM

Website: <http://wisconsincaregiver.org>
Services: Wisconsin's Family Caregiver Support Programs provide information and assistance to help people better care for their loved ones – and themselves. Whether arranging for services (e.g., respite care, transportation, etc.) or helping families understand their options for care, Family Caregiver Support

CAREGIVER PROGRAMS Continued on page 12

Programs give caregivers access to the information and services that can help them in the often rewarding – sometimes challenging – role of caregiver.

CHORE SERVICE

CHORE PROGRAM

ADRC of Vilas County

330 Court Street, Eagle River, WI 54521

Telephone: (715) 479-3625 or (800) 374-1123

Services: Provides assistance to low-income adults, who are 60 years of age or older, who need help with laundry and light housekeeping. Chore workers are not employed or endorsed by Vilas County but are self-employed. Clients are allowed a specified number of hours per month; reimbursement based upon the total income of the household.

CLOTHING/ HOUSEHOLD GOODS

ASPIRUS EAGLE RIVER HOSPITAL THRIFT SHOP

223 S. Main, Eagle River, WI 54521

Telephone: (715) 479-2583

Services: Good used clothing, bedding, and household goods at low cost. Items available for emergency needs such as fires or natural disasters.

Hours: Wednesday-Saturday, 10 a.m.-3 p.m.

Donations are accepted only during hours of operation. NO FURNITURE ACCEPTED!

GOODWILL INDUSTRIES

2181 Lincoln St., Rhinelander, WI 54501

Telephone: (715) 362-7565

Services: Used clothing and other items.

Hours: M-Sat. 9 a.m.-8 p.m., Sun. 9 a.m.-7 p.m.

ST. PETER'S THRIFT ANNEX

414 Jack Frost St., Eagle River, WI 54521

Telephone: (715) 479-6393

Services: Used furniture, home accessories.

Hours: W-F-Sat. 10-2

ST. PETER'S THRIFT SHOP

114 E. Division St., Eagle River, WI 54521

Telephone: (715) 479-1195

Services: Used clothing and household items.

Hours: Tuesday, Thursday, Friday 9-3

CONSUMER PROTECTION

BETTER BUSINESS BUREAU OF WISCONSIN

Telephone: (414) 847-6000

Website: www.bbb.org

Services: The Better Business Bureau serving Wisconsin is a non-profit organization that brings 65 years of experience in fostering ethical business practices; providing customer service excellence. The Reliability Reports provide the general public with critical information about companies and charities both locally and nationally.

CONSUMER HOTLINE OF AGRICULTURE, TRADE AND CONSUMER PROTECTION

P.O. Box 8911, 2811 Agriculture Dr.,
Madison, WI 53708

Telephone: (608) 224-5012

Website: www.datcp.wi.gov

Services: Having a problem with an auto mechanic, contractor, or landlord? Need advice about refunds or offers that sound too good to be true? Help is available from one of the four regional offices.

"DO NOT CALL" REGISTRY

Telephone: 1-888-382-1222

Website: nocall.wisconsin.gov

Services: Telephone numbers placed on the National "Do Not Call" Registry will remain on it permanently. Most telemarketers should not call your number once it has been on the registry for 31 days.

INTERNET CRIME COMPLAINT CENTER (IC₃)

Website: <https://www.ic3.gov>

Services: Offers ways to file a complaint, information about various alerts and scams and links to articles and other information.

NATIONAL FRAUD INFORMATION CENTER

Fraud Hotline: (202) 835-3323

Website: www.fraud.org

Services: A project of the National Consumers League is working to combat the growing menace of fraud, including phone-related, phony prizes, health, scams of the heart, identity theft and fraud against older adults.

OFFICE FOR VICTIMS OF CRIME/ NATIONAL ELDER FRAUD HOTLINE

810 7th St. NW, Washington, DC 20531

Telephone: (833) 372-8311

Website: <https://ovc.ojp.gov>

Services: If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline.

STATE OF WISCONSIN DEPARTMENT OF FINANCIAL INSTITUTIONS

Telephone: (608) 261-9555

Website: www.wdfi.org

Services: All questions and/or complaints regarding banks, credit unions, credit cards, debt collection agencies, mortgage companies and investments.

WISCONSIN SENIOR MEDICARE PATROL (SMP)

Helpline: (888) 818-2611

Email: smp-wi@gwaar.org

Website: www.gwaar.org

Services: The Wisconsin SMP empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report healthcare fraud, errors, and abuse through outreach, counseling, and education.

CONTINUING EDUCATION

LEARNING IN RETIREMENT

P.O. Box 518, Rhinelander, WI 54501

Telephone: (715) 365-4491,

Toll-free: (800) 544-3039 ext. 4491

Services: Learning in Retirement is for anyone with



CYCLING WITHOUT AGE PARTNERS WITH TREES FOR TOMORROW FOR AN ENVIRONMENTAL EDUCATION EVENT

a healthy sense of curiosity concerning the things and events in the world around them. Created for and directed by retired and semi-retired Northwoods residents. This is learning for the sheer pleasure of it! There are no grades, no tests and no required attendance.

NICOLET COLLEGE

5364 College Dr., Rhinelander, WI 54501

Telephone: (715) 365-4493

Toll-free: (800) 544-3039, ext. 4493

Website: www.nicoletcollege.edu

Services: Nicolet College provides numerous opportunities for educational degrees, short term training, and educational and cultural enrichment.

CRISIS INTERVENTION

FAMILY SERVICES CRISIS LINE

Human Service Center

Telephone: Toll-free (888) 299-1188

Services: A confidential, 24-hour 7-day a week crisis line. Offering support in any crisis situation. Crisis advisors have resources they can call upon or refer to that are located throughout Oneida, Forest and Vilas Counties. No fees charged.

CRISIS INTERVENTION Continued on page 14



Adult Day Program Specializing in Dementia Care

- Monday & Thursday 9:30am - 2:30pm
- Meets at Ascension Church
- Facilitates socialization and group interaction
- Motivational programs to foster independence
- Respite for the caregivers

For more information (715) 358-3404
www.PastimeClub.org

NON-PROFIT ORGANIZATION

398924

NATIONAL SUICIDE PREVENTION LIFELINE

Telephone or Text: 988
Veterans Press Option 1

TRI-COUNTY COUNCIL ON DOMESTIC VIOLENCE AND SEXUAL ASSAULT

P.O. Box 233, 3716 Country Drive, Suite 6
Rhineland, WI 54501

Telephone: (715) 479-2912 or (715) 362-6841

Toll-free 24 hour Crisis Line: (800) 236-1222

Email: tricountycouncil@hotmail.com

Services: Temporary shelter, legal, medical and personal advocacy, assistance with locating housing, children's programs, elder abuse, outreach education, emergency transportation, information referral, support groups, transitional living for Vilas, Oneida, and Forest counties. All services are confidential and are provided free of charge.

DEMENTIA RESOURCES

ALZHEIMER'S ASSOCIATION WISCONSIN CHAPTER

P.O. Box 1472, Rhineland, WI 54501

Telephone: (715) 352-4091 or (800) 272-3900

Website: www.alz.org/wi

Services: Alzheimer's Association Wisconsin Chapter is a non-profit organization, affiliated with the National Alzheimer's Association. Services offered include support group (see "Support Groups" section for more details), e-newsletter, 24/7 Helpline at (800) 272-3900, care consultations, information and referral services and family and community workshops.

DEMENTIA CARE SPECIALIST (DCS)

ADRC of Vilas County

330 Court St, Eagle River, WI 54521

Telephone: (715) 479-3625

Services: The Dementia Care Specialist supports people with dementia and their caregivers in order to ensure the highest quality of life possible while living at home. To achieve this your DCS is working with



*Every Life Deserves
a Special Time
of Honoring and Celebrating*

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with quality, integrity and trust*



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www.bolgerfuneral.com

personalized funeral services | burials & cremations
pre-planning options | professional resources

398921

the community to become dementia-friendly. Please call the DCS to find out more about the dementia-related programs in Vilas County.

MEMORY CAFES

For those experiencing early-stage dementia, mild memory loss or cognitive impairment accompanied by their care partners. Socialize, activities, games, refreshments, music and more. No Cost.

Northlife Church

6065 State Hwy 70 E, St. Germain, WI 54554
1st Monday of every month 10:00 a.m. - 11:30 a.m.

Walter E. Olson Memorial Library

203 N. Main Street, Eagle River, WI 54521
3rd Monday of every month 10:00 a.m. - 11:30 a.m.

PASTIME CLUB ADULT DAY CARE

Ascension Lutheran Church

7937 Hwy. 51 S., Minocqua, WI 54548
Mailing address: P.O. Box 276,
Minocqua, WI 54548



ADRC NUTRITION SITE MANAGERS: Front row: Judi Heikkinen, Josie Blaisdell-Allen, Jennie Johnson, Sue Richmond (Director) Middle row: Anna Moore, Sharon Gifford. Back Row: Mary Ellen Duranso, Pam Cira, Kamie Kolb, Jayne Blaisdell

DEMENTIA RESOURCES Continued on page 16



LAKELAND CARE

Together, we build better lives.

YOUR PARTNER FOR LOCAL CARE

Lakeland Care empowers elders and adults with disabilities through Wisconsin's Family Care program. As a member, our dedicated staff will partner with you to get the support and services you need. Contact your county's Aging and Disability Resource Center to find out if you qualify.

 www.lakelandcareinc.com

 1-877-227-3335





Elder Benefit Specialist, Patrick Smothers, and **Disability Benefit Specialist**, Charlotte Kaufman

DEMENTIA RESOURCES Continued from page 15

Telephone: (715) 358-3404

Website: www.pastimeclub.org

Services: The program provides a safe and comfortable environment for the members to be able to socialize, exercise, participate in memory centered activities, and reminiscence with peers. Lunch is included in the daily fee. This program allows caregivers to have 5 hours of respite.

Hours: Mondays and Thursdays

PROJECT LIFESAVER

Telephone: (715) 479-4441

Contact: Vilas County Sheriff's Department

Services: Coordinates the placement of radio transmitter wristbands on individuals who are at risk of wandering away from their homes. Trained law enforcement teams can use the transmitter signal to help locate these individuals should they wander away.

DENTAL ASSISTANCE

FAMILY HEALTH CENTER

DENTAL CLINIC- RHINELANDER

2268 North Shore Dr., Rhinelander, WI 54501

Telephone: (715) 420-1400

Services: The dental financial assistance program available through Family Health Center of Marshfield, Inc. Assistance with dental care. Sliding fee scale, Medicaid provider, and private insurance.

PETER CHRISTENSEN DENTAL CLINIC

128 Old Abe Rd, Lac du Flambeau, WI 54538

Telephone: (715) 588-4269 or (855) 588-7232

Services: General dentistry and restorative dentistry for children to senior citizens, all patients are welcome. Financing is available and most insurances are accepted, including Medicaid and Badger Care. Donated Dental Services Program

WISCONSIN DENTAL ASSOCIATION

Telephone: (414) 276-4520

Website: www.wda.org

Services: The mission of the WDA Foundation's Donated Dental Services (DDS) program is to help bring needed dental care to Wisconsin residents who are unable to afford treatment because of a limited income that is clearly linked to a permanent disability or advanced age (65 and older). This program is by application only. Eligibility is determined based on a completed written application and phone interview by the DDS referral coordinator.

DISABILITY RESOURCES

ADAPTIVE EQUIPMENT

MOBILITY WORKS

Client Care Center: (877) 275-4907

Services: Purchase, lease, finance, maintenance and repair of adaptive equipment including vehicle hand controls, foot pedals, lifts, seating as well as scooters and wheelchairs. Nearest locations in Green Bay and Eau Claire.

CHICK A DEE ACRES FARM, INC

475 Bloom Rd, Eagle River, WI 54521

Telephone: (715) 891-7675

Website: www.chickadeeacresfarm.org

Services: Serving Vilas, Oneida, and Forest counties of Northern Wisconsin. Chick A Dee Acres Farm, Inc., is a non-profit organization that provides day services to adults with physical and intellectual disabilities. The program will include life skills, daily living skills and recreation both on the farm and in the community of Eagle River. Our services are covered by Wisconsin Medicaid or private pay.



ADRC SPECIALISTS: From left: Laura Rozga, Lead ADRC Specialist, Amanda Thompson, Lac du Flambeau ADRS, Nicole Dreger, ADRC Specialist

DISABILITY BENEFIT SPECIALIST PROGRAM

ADRC of Vilas County

Telephone: (715) 479-3625 or (800) 374-1123

Services: Disability Benefit Specialists provide information on public benefits and programs. They provide assistance to clients age 17 ½ -59 in accessing benefits by gathering documentation and evidence, assisting with applications and appeals and making referrals to other agencies as appropriate. They are a great resource for program information and education.

HEADWATERS, INC

1441 East Timber Dr, Rhinelander, WI 54501

Telephone: (715) 369-1337

Services: Headwaters is a not-for-profit community-based services agency with more than 50 years of experience providing services for people with intellectual disabilities, autism spectrum disorders, serious and persistent mental illness, brain injuries, physical disabilities, and children with special needs throughout northern Wisconsin. We provide a variety of support services that can be customized to fit someone's specific needs, and we specialize in supporting people to live the kind of life they want in the communities where they want to live.

MIDSTATE INDEPENDENT LIVING

Technology and architectural accessibility. MILC also has a personal assistant service (PAS) which may include personal care, supportive home care, or respite services under a variety of funders.

MOVIN OUT, INC.

Telephone: toll-free (608) 251-4446

E-mail: info@movin-out.org

Website: www.movin-out.org

Services: A range of housing solutions for adults with disabilities and for families that include children with disabilities. Housing counselors assist people with disabilities and their families throughout Wisconsin to match up what's affordable and attainable given their specific situation and their desires.

SCHOLL COMMUNITY IMPACT GROUP

13141 Old W Road, Winchester, WI 54557

Telephone: (715) 493-3534

Website: <https://schollcommunityimpactgroup.org>

Services: Scholl Community Impact Group is a 501(c)(3) not-for-profit organization that strives to provide purposeful, supervised interactions with horses for families and individuals with physical, cognitive or emotional disabilities.

STATE OF WISCONSIN DEPARTMENT OF WORKFORCE DEVELOPMENT DIVISION OF VOCATIONAL REHABILITATION

Northern Advantage Job Center

51A North Brown Street, Rhinelander, WI 54501

Telephone: (715) 365-1500

Website: www.dwd.wisconsin.gov/dvr

Services: To obtain, maintain and improve employment for people with disabilities.

WISPACT, INC

226 Corporate Dr, Madison, WI 53714

Telephone: (608) 268-6006

Website: www.wispact.org

Services: Our special needs trusts are created to help preserve the assets of people with disabilities without endangering their eligibility for public benefits or placement on waiting lists. We enhance the well-being of people of all ages with disabilities across Wisconsin through the management of special needs trusts by promoting more choice and opportunities.

EMERGENCY SERVICES

911 ANYWHERE IN VILAS COUNTY FOR AN EMERGENCY

Stay on the phone to give all relevant information until you are asked to hang up.

AMERICAN RED CROSS NORTH CENTRAL WISCONSIN

Telephone: (877) 618-6628

Website: www.redcross.org/wi

For emergency only, call (800) 236-8680

Services: Emergency needs for help in case of disaster, fire, emergency communications for military personnel and their families.

SALVATION ARMY

Telephone: (715) 617-2179

Serves Eastern Vilas County
(715) 554-7044

Serves Western Vilas County
(715) 588-4204

Serves Lac du Flambeau

Services: Emergency lodging, medications, rent, utilities, food, transportation and other needs. Please call for more information.

SILVER ALERT

Vilas County Sheriff's Department

Telephone: (715) 479-4441

Silver Alert is a public notification system in the United States to broadcast information about missing persons - especially senior citizens with Alzheimer's disease, dementia or other mental disabilities - in order to aid in their return. Contact your local Sheriff's Department for more information or to report a missing person.

VILAS COUNTY SMART 911

Website: www.vilascountywi.gov

Services: Click on the Smart 911 icon on the Vilas County website. Submit information to be passed on to local emergency response teams in the event of emergency situations or sign up to receive critical community and/or weather alerts. Examples include: severe weather warnings, evacuation notices, bio-terrorism alerts, boil water notices, and missing person reports.

EMPLOYMENT

NORTHERN ADVANTAGE JOB CENTER

51A North Brown St., Rhinelander, WI 54501

Telephone: (715) 365-1500

Website: www.jobcenterofwisconsin.com

Email: jobcenterofwisconsin.com

Hours: M-F 8-4:30

Services: Wisconsin Job Centers help bring employers and job seekers together. Job Centers help workers to succeed in the world of work by connecting them to jobs, training, career information and support services.

WISCONSIN SENIOR EMPLOYMENT PROGRAM (WISE)

51A N. Brown Street, Rhinelander, WI 54501

Telephone: (715) 362-0300, (920) 469-8858,
(608) 242-4928

Website: www.dhs.wisconsin.gov/wise/index.htm

Services: The WISE program provides eligible adults age 55 and older with training opportunities and part-time, paid work experience to help get back into the workforce. Put your experience back to work!

FINANCIAL ASSISTANCE

CARITAS - EAGLE RIVER

120 N Silver Lake Rd, Eagle River, WI 54521

Telephone: (715) 480-5683

Hours: Wednesdays 11 a.m. to 2 p.m.

Services: Caritas is sponsored and funded by churches and individuals in the area. Caritas can help with things like food, utilities, housing, medical expenses, car repairs, and other needs. All are welcome.

CARITAS - MINOCQUA

St. Mathias' Episcopal Church Outreach Center

Telephone: (715) 356-9989

Hours: Thursdays 10 a.m. - 1 p.m.

Services: Caritas is sponsored and funded by churches and individuals in the area. Caritas can help with things like food, utilities, housing, medical expenses, car repairs, and other needs. All are welcome.

COMMUNITY BLOCK GRANT

Telephone: (715) 752-4620

Services: Provide grants/loans for home repairs (not for urgent situations) as funds are available.

FAMILY HEALTH CENTER OF MARSHFIELD, INC.

Telephone: (800) 942-5420

Services: Family Health Center of Marshfield, Inc. is a federally funded program in partnership with Marshfield Clinic, Inc. The program provides preventive and primary health care to persons or families with limited income resources. The program helps coordinate its services with existing public and private programs in order to stretch limited resources to maximize the number of people who can be helped. Waiting list applications are still being accepted.

FORWARD SERVICES CORPORATION

51A N. Brown St, Rhinelander, WI 54501

Telephone: (715) 365-1500

Services: Wisconsin Works helps parents support their families while looking for work or applying for Social Security. Job Access Loans (JAL) are short-term, no-interest loans to help you get and keep a job. Wisconsin Employment Transportation Assistance Program (WETAP) provides no-interest vehicle repair and purchase loans across our service area.

FRONTIER - WI LIFELINE APP.

Telephone: (800) 921-8101

Website: www.frontier.com

Services: Lifeline Program helps with discounts on bill if eligible requirements are met.

INTEGRATED COMMUNITY SOLUTIONS

Telephone: (920) 498-3737

Website: www.ics-gb.org

Services: WHEDA Housing Choice Voucher Program, administered by Integrated Community Solutions, is a federally funded housing program. (Also known as Section 8). This program provides rental subsidies to low-income families, senior citizens, handicapped and disabled individuals.



CYCLING WITHOUT AGE-VILAS, ONEIDA
Trishaw Pilot: Jimmy Vogel, Passengers: Judy and Bob Schell

The program assists lower income households in obtaining adequate and affordable housing. Various other rental assistance and housing programs through Newcap can be accessed through the Coordinated Entry staff members.

MARSHFIELD CLINIC PATIENT ASSISTANCE CENTER

Telephone: (800) 782-8581 ext. 94475

Services: Marshfield Clinic Patient Assistance counselors are here to provide support if you are experiencing a financial hardship and wish to apply for assistance.

NEEDYMEDS

Telephone: (800) 503-6897

Website: www.needymeds.org

Services: Offers a complete listing of patient assistance programs for prescription drugs, diagnosis-based assistance, and a list of camps based on diagnosis and camp scholarships available.

NORTHERN INCOME MAINTENANCE CONSORTIUM

Telephone: (715) 479-3668 or (888) 794-5722

Website: www.northernimconsortium.org

Services: Apply for benefits such as medical assistance or food share online.

FINANCIAL ASSISTANCE Continued on page 20

Locally Owned & Managed
Assisted Living Facility

Located in Rhinelander,
Wisconsin, on the shores
of the Wisconsin River.



GraceLodge
Assisted Living

1000 Day Street • Rhinelander
715-365-1234 • GraceLodge.com
Locally owned by Calvin and Susan Sprik

246602

NORTHWOODS SHARE

1019 E Wall St, Eagle River, WI 54521

Telephone: (715) 369-1658

Website: Northwoodshare.org

Services: Northwoods Share helps provide items that are not covered by other social programs through the Needs Pantry. Some items include paper, soap, personal care items, and clothing. The pantry is open on Wednesdays from 9 a.m. to 4 p.m. Also, Interdenominational Churches-Helping-Encouraging-Loving-Providing (IC Help) may be able to help with emergency financial needs of families in the greater Eagle River area, contact 715-891-8966 for more information. Check website or Facebook for community dinner information.

RURAL DEVELOPMENT, USDA

Telephone: (715) 345-7611

Website: www.rd.usda.gov.wi

Services: Grants available to seniors 62 or older to repair safety and health hazards in very low income owner-occupied homes. Loans also available for repairs and improvements.

QLINK WIRELESS PHONE

Telephone: (855) 754-6543

Website: www qlinkwireless.com

Service: Program offers a discount for those who meet eligibility requirements.

SAFELINK WIRELESS

Telephone: Toll-free (800) 723-3546

Website: www.safelinkwireless.com

Services: Offers free Tracphone plus 60 free minutes per month for those who qualify. Participants would not be eligible to use LifeLine phone discount.

SENIORCARE

Hotline: 1 (800) 657-2038

Website: http://dhs.wisconsin.gov/seniorcare

Services: Prescription drug coverage for Wisconsin residents age 65 or older. Four levels of program participation depending on income.



John C. Houlihan
ATTORNEY AT LAW

- Estate Planning
(Wills, Trusts, Powers of Attorney)
- Probate
- Real Estate

Contact our locally owned
and operated business for
a **FREE** legal consultation

We make house calls!

Professional & Financial Plaza
Hwys 51 & 70 West, Minocqua, WI

715-356-1422

jhoulihan@houlihanlaw.net

238058

TOMORROW'S HOME FOUNDATION

258 Corporate Dr., Suite 200C, Madison, WI 53714

Telephone: (608) 255-1088

Website: www.tomorrowshomefoundation.org

Services: Non-profit created by Wisconsin Housing Alliance to provide emergency assistance for critical repair for mobile homes.

WHEDA - PROPERTY TAX DEFERRAL LOAN PROGRAM WISCONSIN

HOUSING AND ECONOMIC DEVELOPMENT AUTHORITY

Telephone: (800) 334-6873

Website: www.wheda.com

Services: Property Tax Deferral Program: if you are age 65 or older, own your own home in Wisconsin and meet other qualifications, you may apply to WHEDA for a loan to pay your property taxes. The loan principle and interest do not have to be repaid until you transfer ownership of your property or you no longer live on it.

WISCONSIN FORECLOSURE RESOURCE

Telephone: toll-free (888) 995-HOPE (4673)

Services: Through the hot-line the Homeownership Preservation Foundation provides a free service that can provide answers, connection to a counselor, and comprehensive telephone counseling to help homeowners avoid foreclosure.

WISCONSIN HOME ENERGY ASSISTANCE PROGRAM (WHEAP)

Energy Services Inc.

115 S 3rd Street, Eagle River WI 54521

Telephone: 715-337-2124

Services: The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to households across the state to help lower the burden incurred with monthly energy costs.



FRIENDLY VILLAGE



Offering Specialized Programs & Services

- Certified Wound Care Nurse
- In House Transportation
- Comprehensive Post-Operative and Rehabilitation Services
- Physical Therapy, Occupational Therapy and Speech Therapy
- Private Rehabilitation Suites with en Suite Bathrooms, Phone/Cable and Separate Private Entrance
- Specialized Memory Care Unit: Secured Unit for Alzheimer's / Dementia Care
- Respite & Hospice Care



FRIENDLY VILLAGE

Providing top quality care to the community for over 40 years

Part of Eden Senior Care Network



📍 900 Boyce Drive Rhinelander, WI 54501

For More Information or to Schedule a Tour today Call:

📞 **715-365-6832**

🌐 www.friendlyvillagerehab.com

353969

FOOD

F.O.R.K. (FEED OUR RURAL KIDS)

4887 Echo Ridge Drive, Eagle River, WI 54521

Telephone: (888) 479-3675

Services: FORK and Vilas and Oneida County Departments of Social Services have partnered together in order to better support all of our areas food insecure residents of all ages.

HEADWATERS FOOD PANTRY, INC.

P.O. Box 561, Land O'Lakes, WI 54540

Located at 6516 Olympic Dr, Land O'Lakes

Contact: Paul (715) 547-6060

Food distribution 1st and 3rd Wed. from 8:30 a.m.-11:30 a.m.

HOME DELIVERED MEALS

VILAS COUNTY - ADRC of Vilas County

330 Court Street, Eagle River, WI 54521

Telephone: (715)479-3625

Toll-free: (800) 374-1123

Services: Nutritious meals delivered by a volunteer driver to homebound seniors unable to attend a local senior dining site (see dining sites listed on page 24). For individuals over the age of 60 and their spouse who meet eligibility requirements. For information on mail order meal options contact the office.

LAKELAND FOOD PANTRY

1707 Hwy. 51 North, Arbor Vitae, WI 54568

Telephone: (715) 358-2222

Food distribution: Every Tuesday from 8:30-11:30 a.m. and Every other Thurs. from 3:30-6 p.m.

SENIOR DINING SITES

**ADRC of Vilas County – 330 Court St., Eagle River, WI 54521 -
(715) 479-3625 or (800) 374-1123.**

Various lunch settings throughout the county provide delicious hot meals for those 60 or older and their spouses. No income requirements but contributions are appreciated.
Call Dining Site one day in advance for reservations.

Location	Days	For reservations CALL
More Than A Meal Cafe - Eagle River	Monday - Friday	Jennie Johnson (715) 891-1221
Golden Years Cafe Northern Exposure - Phelps	Monday-Wednesday, Friday	Judi Heikkinen (715) 545-3697
Lac du Flambeau Meal Site Lac du Flambeau	Monday-Friday	715-588-4388
Love of Life Cafe Gateway Lodge - Land O'Lakes	Tuesday, Wednesday	Anna Moore (715) 547-6076
The Lunch Bunch The Granary - Boulder Jct.	Monday, Tuesday, Friday	Josie Allen (715) 385-2617
St. Germain Senior Meal Delivery Only - St. Germain	Wednesday, Thursday, Friday	Pam Cira (715) 891-5453
Manners Café North Lakeland Elementary School Manitowish Waters-Dine-In Only	Tuesdays, Wednesdays	Mary Ellen Duranso (715) 904-0065

NORTHWOODS SHARE COMMUNITY DINNERS

The Rock Mission Center

1019 East Wall Street, Eagle River, WI 54521

Telephone: (715) 396-1658

Email: northwoodsshare@gmail.com

Services: A FREE community dinner that offers food and fellowship. No financial or residential requirements. Held on 1st and 3rd Tuesdays from September-May, serving from 5:00 pm to 6:00 pm (while supplies last)

PICK 'N SAVE EAGLE RIVER

Website: www.picknsave.com

Services: Pick 'n Save provides online grocery shopping for pick-up.

RUBY'S PANTRY

Calvary Baptist Church (Sponsored by)

1136 Military Road, Rhinelander, WI 54501

Telephone: (651) 674-0009

Website: www.rubyspantry.org

Services: Ruby's Pantry's mission is to procure and distribute corporate surplus food and goods to help fight poverty, hunger and disease in rural communities in the United States for those with low resources and in crisis through churches, food shelves and other local civic organizations. There is a fee for each share purchased.

SAVE MORE MARKET PLACE

Telephone: (715) 356-9437

Website: savemoremarketplace.com

Services: Save More Market Place provides online grocery shopping for home delivery or instore pick up.

THE COMMUNITY FOOD PANTRY

10441 Main St., Boulder Junction, WI 54512

Telephone: (715) 385-2146

Services: Serving western Vilas County with food assistance.

Food Distribution: Alternating Weeks on Thursdays 10-11:30 a.m., 3:30-5 p.m.

TRIGS TO GO

Website: TrigsToGo.com

Services: Trigs provides online grocery shopping for instore pick up.

VILAS FOOD PANTRY

1013 North Railroad St., P.O. Box 761,

Eagle River, WI 54521

Contact: Sandy (715) 479-9581

or Janlee (920) 284-9515

Food distribution: Every Wednesday from 8:30-10 a.m. and 1st and 3rd Tues. from 3-5 p.m.

FOOT AND NAIL CARE

This information was compiled from phone conversations with each office. Information is current as of the printing of this book. Providers are listed in alphabetical order. This is not meant to be an all-inclusive guide; we encourage you to call these providers for specific information regarding your personal situation.

ADVANCED FOOT AND ANKLE CENTER

586 Shepard Street, Rhinelander, WI 54501

Telephone: (715) 369-3691 (Tues/Fri)

Address: 1509 N. 4th Street, Tomahawk, WI 54487

Telephone: (715) 453-9661 (Thursdays)

Services: We bill Medicare for anyone with health issues such as fungal nails, diabetics, etc. Client should check with Medicare on what their deductible is; if Medicare does not cover, please call for cost.

LUMINOUS HEALTH NATURALLY

Foot/Nail Care by RN

Telephone: (715) 493-0067

Services: No need to leave your home, I'll come to you! An affordable package for everyone. Call today to shedule your appointment.

LAKELAND FOOT AND NAIL CARE, LLC

Barb Hanneman, RN

Telephone: (715) 321-4734

Services: Specialized care for senior feet: trim toenails, thinning of thick, overgrown nails, callouses, corns and foot care education. Mobile foot care to keep you mobile!

FOOT AND NAIL CARE Continued on page 24

MARSHFIELD MEDICAL CENTER- MINOCQUA ORTHOPEDIC & PODIATRY

9601 Townline Road, Minocqua, WI 54548

Telephone: (715) 358-1106

Services: Medicare billing for diabetic patients. Call Medicare to see what is

Covered. If not, please call for current cost for nail trimming.

WALKABOUT ORTHOTICS & PROSTHETICS

Main office

1815 Stewart Ave., Wausau, WI 54401

Telephone: 715-849-8703

HEALTH EDUCATION

ADRC OF VILAS COUNTY

330 Court St., Eagle River, WI 54521

Telephone: (715) 479-3625

Services: Provides informational programs on health and wellness to enrich the quality of life.

These workshops are offered throughout the county:

- **Eat Smart, Weigh Less, Move More:** This 15-week weight management program works because it is not a diet, it's a lifestyle! All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants. ADRC of Vilas is covering the cost of the program. (\$250 value).
- **Healthy Living with Diabetes:** This workshop is designed to help adults with diabetes or pre-diabetes learn self-management skills and increase their confidence in managing their diabetes.
- **Mind Over Matter: Healthy Bowels, Healthy Bladder:** A workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.
- **Stepping On:** A workshop to help participants identify why they fall and different ways to prevent falls, including strength and balance exercises, home safety check suggestions, and a medication review.

- **Strong Bodies:** This workshop has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises. Offered virtually via Zoom.

WISCONSIN INSTITUTE FOR HEALTHY AGING (WIHA)

1414 MacArthur Road, Suite B, Madison, WI 53714

Telephone: (608) 243-5690

E-mail: info@wihealthyaging.org

Website: <https://wihealthyaging.org>

Services: Encourages and supports healthy living among older people through partnerships with public and private organizations. WIHA has become the permanent home for several community-based workshops that promote healthy aging and healthy living: Living Well (a chronic disease self-management program), Healthy Living with Diabetes (a chronic disease self-management program for people with diabetes), Stepping On (a falls prevention program), and Powerful Tools for Caregivers (a program to support family caregivers). With strong, research-based evidence of success, these prevention programs have delivered tremendous results in decreasing emergency department visits, hospitalizations, and falls in Wisconsin.

HEARING RESOURCES

HEARING INSTITUTE ASSOCIATION

Telephone: (202) 975-0905

Website: www.betterhearing.org

Services: Offers a website with educational materials about hearing loss. A digital booklet is also available listing hearing aid companies that provide individuals financial assistance to purchase hearing aids.

HEAR WI

10243 W. National Ave., West Allis, WI 53227

Telephone: (414) 604-2200

Website: <https://hearwi.org>

Services: Organization that provides services to the underserved, under-resources population who are deaf/hard of hearing.

OFFICE FOR THE DEAF AND HARD OF HEARING

Telephone: (715) 502-9355 or (855) 359-5252

Website: dhs.wisconsin.gov/odhh

Services: Provides information and referrals for people with hearing loss.

TEPP - TELECOMMUNICATIONS EQUIPMENT PURCHASE PROGRAM

Public Service Commission

P.O. Box 7854, Madison, WI 53707

Telephone: (608) 231-3305 or (888) 806-3831

Services: Helps people with disabilities buy equipment they need in order to use basic telephone services. You can get an application or ask questions by calling or writing the Public Service Commission.

HOMELESS SHELTERS

H.A.V.E.N. HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK

1106 E. 8th St., Merrill, WI 54452

Telephone: (715) 536-1300 or (855) 888-9272

Website: www.haveninc.org

Services: Providing safety, shelter, and assistance to victims and survivors in a free and confidential manner.

N.A.T.H.'S FREDERICK PLACE SHELTER

204 W. Frederick St., Rhinelander, WI 54501

Telephone: (715) 369-9777

Website: www.nathnorthwoods.com

Services: 16 bed emergency, temporary shelter for families, women and men, who are experiencing homelessness. Must meet admission criteria.

NEW HOPE SHELTER

601 N. Summit Ave., Crandon, WI 54520

Telephone: (715) 478-3669

Website: www.newhopeshelter.net

Services: Short term emergency residential program that provides homeless families, as well as single men and women, up to 90 days of shelter and case management services.

HOMELESS SHELTERS Continued on page 26

INSURANCE



SOLVING THE INSURANCE PUZZLE

WORKSHOP DATES ARE:

**First working Tuesday of
each month at 1:00pm
at the ADRC office**

Medicare can be complicated. Understanding the options is crucial to making important decisions.

The presentation “**Solving the Insurance Puzzle**” breaks down the components necessary to consider when designing your own healthcare coverage.

Understanding how the pieces fit together is important to understanding how your own personal PUZZLE of Medicare will look.

The ADRC of Vilas County Benefit Specialist presents this workshop the first working Tuesday of each month at 1:00 p.m. at the ADRC office.

**No RSVP needed but call to confirm,
715-479-3625 or 1-800-374-1123.**

OUR SISTER'S HOUSE

328 E. Washington Ave., Tomahawk, WI 54887

Telephone: (715) 224-3520

Website: www.oursistershouse.com

Services: Their mission is to provide immediate temporary housing to individuals and families, to offer assistance in attaining employment and to find permanent housing and further education. Stays are allowed up to 3 months, no drugs or alcohol, no sex offenders accepted, and minor must be accompanied by an adult.

SALVATION ARMY HOMELESS SHELTER TRANSITIONAL LIVING CENTER

113 S. 2nd Avenue, Wausau, WI 54401

Telephone: (715) 845-6583

Website: <https://centralusa.salvationarmy.org>

Services: 30-90 day emergency shelter with three meals per day. Residents receive basic living skills training to help them succeed outside of the shelter.

They will also have access to a case manager to support their efforts searching for housing, applying for assistance and much more.

SUNSHINE FOR HUMANITY, INC.

1191 Hwy. 45 S, Eagle River, WI 54521

Telephone: (715) 477-2220

Services: Our mission includes basic needs, free will store, homeless shelter in Eagle River.

HOME HEALTH CARE/ HOSPICE

ASPIRUS AT HOME

1630 N. Chippewa Dr., Rhinelander, WI 54501

Telephone: (715) 361-5490

Services: Skilled nursing and rehabilitation services including physical, occupational, and speech therapies, while in the comfort of your own home.

ASPIRUS AT HOME OF IRON RIVER

Iron River, MI

Telephone: (715) 847-2600 ext 1

Coverage in Land O'Lakes and Phelps area.

ASPIRUS COMFORT CARE AND HOSPICE SERVICES

520 N. 32nd Ave., Wausau, WI 54401

Mailing: 333 Pine Ridge Blvd., Wausau, WI 54401

Telephone: (715) 847-2424 or (866) 331-2467

COMPASSUS HOME HEALTH AND HOSPICE

(Serving communities in Northern WI)

Arbor Vitae office: 1571 Highway 51 N, Suite C, Arbor Vitae, WI 54568

Rhinelander office: 111 E Davenport St., #101, Rhinelander, WI 54501

Telephone: (715) 997-4989

CHRISTIAN SERVANTS HOME CARE

Telephone: (920) 642-3329

Website: www.ChristianServantsHomeCare.com

Services: Christian Servants Home Care, founded by a family of caregivers providing supportive home care for children and adults, personal services, hospice support, developmental disabilities and memory care.

GOVERNMENT SUBSIDIZED HOUSING

Leave your maintenance worries behind



1 Bed-Rent 30% of income!

Now accepting applications for our waitlist at Mary John Vanderloop located in Minocqua. Designated for person 62 or older.

1-2 Bed-Rent 30% of income!

Now accepting applications for our waitlist at Veda Stone Villa located in Minocqua. Designated for developmentally disabled individuals.



The rent is ONLY 30% of your adjusted gross income!

715-351-9358

minocquaregion@impactseven.org
EHO



"This institution is an equal opportunity provider and employer."



MOMENTS HOSPICE

7 Brown Street, Suite 101, Rhinelander, WI 54501

Telephone: (715) 499-5436 Cell
(715) 484-9114 Office

Website: www.momentshospice.com

Services: Hospice is about living, not dying. Provide an Individualized Plan of Care to all patients. Meet the Skilled Nursing Facility, Assisted Living Community, Patient and Family to ensure that we are aligning services so that it is truly a joint plan of care. Music therapy, Massage therapy, pet therapy, and bereavement services.

SUSAN M. TURNER, RN, BSN

Certified End of Life Doula

11369 Hill n Dale Drive, Minocqua, WI 54548

Telephone: (715) 356-1431

Services: Certified End of Life Doula with 30 years of experience. Will provide all cares needed and will do all shifts with a minimum of 4 hours. Serving Vilas and Oneida Counties.

HOSPITALS

ASPIRUS EAGLE RIVER

MEMORIAL HOSPITAL

201 Hospital Rd., Eagle River, WI 54521

Telephone: (715) 479-7411

Services: Twenty-five critical access beds with a swing bed unit. 24 hour emergency room service.

ASPIRUS HOWARD YOUNG

MEDICAL CENTER

240 Maple St., Woodruff 54568

Telephone: (715) 356-8000

Services: 99-bed facility, offering top-rated health services, including orthopedics, and provides personalized, compassionate care.

ASPIRUS RHINELANDER HOSPITAL

2551 North Shore Dr., Rhinelander, WI 54501

Telephone: (715) 361-2000 or (800) 847-4707

Services: 99-bed hospital in a state-of-the-art facility offering expert healthcare services. 24-hour emergency services.

HOSPITALS Continued on page 28



ASSISTED LIVING MEMORY CARE & RESPITE CARE

Experience a community that cares. Milestone Senior Living soars beyond the ordinary to cultivate beauty, joy, and meaning in our residents' daily lives.

VISIT OUR LOCATIONS

EAGLE RIVER, WI

715-350-8011 | milestoneeagleriver.com
2332 North Railroad St. #45N

RHINELANDER, WI

715-361-1111 | milestonerhineland.com
4686 North Shore Drive

TOMAHAWK, WI

715-224-3747 | milestonetomahawk.com
314 E Lincoln Avenue

WOODRUFF, WI

715-439-4500 | milestonewoodruff.com
750 Elm Street

998639

We are ready with the support you need
so you can enjoy each day, your way.

EXCEPTIONAL CARE.

extraordinary LIVING.

NEVER Let a Crook in your house!



Every year, unscrupulous and/or illegal operations rob our seniors of their hard-earned life savings. And how do they gain access to your home?

- Through telemarketing calls
- Door-to-door sales
- The mail
- The internet

If anyone contacts you or a loved one with an **UNSOLICITED** or a “too good to be true” offer, you should never listen to them. The more high-pressure the sales pitch, the more alarmed you should be.

NEVER give any personal identifying information or allow them through the doorway.

ALWAYS ask for a business card or contact information and tell the individual you need to check with the ADRC of Vilas County. Tell them “Goodbye”!

NEVER let a crook into your house. Some of these ventures are legal but not honest and some are blatantly illegal. Call the ADRC Benefit Specialist for help in determining if this is a legitimate offer.

HOSPITALS Continued from page 27

MARSHFIELD MEDICAL CENTER - MINOCQUA

9576 Highway 70, Minocqua, WI 54548

Telephone: (715) 358-1000 or (800) 347-0673

Website: marshfieldclinic.org/minocqua-hospital

Services: 24-hour emergency services, surgery center with operating rooms and procedure rooms, imaging and lab space, pharmacy and more.

HOUSING ASSISTANCE

HABITAT FOR HUMANITY NORTHWOODS WISCONSIN

Telephone: (715) 420-0412

Service: Habitat for Humanity helps provide people with an affordable home.

ReStore Location:

908 Lincoln St., Rhinelander, WI 54501

Telephone: (715) 420-2301

HOUSING DISCRIMINATION

Telephone: (800) 669-9777

HOUSING AND URBAN DEVELOPMENT

310 W. Wisconsin Avenue, Suite 950,
Milwaukee, WI 53203

Telephone: (414) 297-3214

Website: www.hud.gov

Services: Rent assistance programs have variable income limits.

TENANT RESOURCE CENTER

1202 Williamson St., Suite 101

Madison, WI 53703

Telephone: (608) 257-3217

Website: www.tenantresourcecenter.org

Services: The Tenant Resource Center is a nonprofit, membership organization dedicated to promoting positive relations between rental housing consumers and providers throughout Wisconsin. By providing information and referrals, education about rental rights and responsibilities, and access to conflict resolution, we empower the community to obtain and maintain quality affordable housing.

HOUSING ASSISTANCE Continued on page 31

Community Based Residential Facility (CBRF): A place where five or more unrelated people live together in a community setting. Services provided include room and board, supervision, support services, and may include up to three hours of nursing per week.

Residential Community Apartment Complex (RCAC): These are apartment-type units with their own kitchen, bathroom living, and sleeping areas. The residents are somewhat independent, usually needing some degree of help with daily living activities. Through a facility, a resident can obtain up to 28 hours of assistance per week. Emergency assistance is available. Social and recreational activities as well as meals are also available.

Community Based Residential Facility (CBRF)

FACILITY	CBRF OR RCAC	CAPACITY	DEMENTIA	PRIVATE ROOMS	24-HOUR AWAKE CARE	PETS
Country Terrace of WI <i>Assisted Living</i> Memory Care (Locked) 8730 Packing Plant Road, Minocqua • (715) 356-1171 533 E. Timber Drive, Rhinelander • (715)365-3324 1450 W Phillip Street, Rhinelander • (715) 362-0333	CBRF	14	YES	14	YES	NO
	CBRF	8	YES	8	YES	NO
	CBRF	15	YES	15	YES	YES
	CBRF	15	YES	15	YES	YES
Grace Lodge 1000 Day Street, Rhinelander	RCAC	32	YES	32	YES	YES
Heritage House 25 E. Frederick Street, Rhinelander • (715) 369-1407	CBRF	8	YES	8	YES	YES
Lakeshore Bolten Lake Cottage <i>Memory Care (Locked)</i> 2201 W. Bolten Lake Lane, Lac Du Flambeau (715) 588-9222	CBRF	8	YES	8	YES	NO
Lakeshore Cedar Lodge <i>Assisted Living</i>	RCAC	21	WITH COMPANION	YES	VITAL CALL SYSTEM	POSSIBLY
Lakeshore Cedar Cottage <i>Memory Care (Locked)</i> 12440 Warpath Lane, Minocqua • (715) 356-2911	CBRF	15	YES	12	YES	NO
Lakeshore Lake Tomahawk Cottage (Locked Facility) 6416 Flicker Road, Lake Tomahawk • (715) 277-2010	CBRF	15	YES	12	YES	NO
Legacy of the Northwoods <i>Assisted Living</i> <i>Memory Care (Locked)</i> 910 Winter Street, Eagle River, WI • (715) 337-2487 www.legacyofthenorthwoods.com	RCAC	16	YES	YES	YES	POSSIBLY
	CBRF	16	YES	YES	YES	NO
Milestone Senior Living <i>Assisted Living</i> <i>Memory Care</i> 2332 N. Railroad Street, Eagle River • (715) 479-8018 www.jaybirdseniorliving.com	RCAC	16	YES	16	YES	POSSIBLY
	CBRF	19	YES	19	YES	POSSIBLY
Milestone Senior Living 4686 N. Shore Drive, Rhinelander • (715) 265-2796	RCAC	22	YES	22	YES	YES
	CBRF	18	YES	18	YES	YES
Milestone Senior Living <i>Assisted Living</i> <i>Memory Care</i> 750 Elm Street, Woodruff • (715) 439-4500 www.jaybirdseniorliving.com	RCAC	20	WITH COMPANION	20	YES	YES, WITH FEE
	CBRF	20	YES	20	YES	NO

For information and assistance contact: Aging and Disability Resource Center (ADRC) of Vilas County
 330 Court Street • Eagle River, WI 54521 • **(715) 479-3625 or Toll-Free (800) 374-1123**

Subsidized Apartments: Multi-unit apartments that are specifically intended for older and/or disabled residents who are capable of managing their own lives. “Subsidized” means residents must meet income qualifications and pay rent on a sliding fee scale. A variety of other apartments, that do not offer rent subsidy, can be located by looking in your local newspaper classified ads.

Subsidized Apartments		
FACILITY	LOCATION	CONTACT
BOULDER JUNCTION Boulder Pines Senior Housing	5420 Senior Drive, Boulder Junction	(715) 394-2012
EAGLE RIVER Eagle Pines	202 East Pine Street, Eagle River	(715) 479-9877 • www.meridiangroupinc.net
James Poehlman Villa	444 N. Main Street, Eagle River, WI	(715) 351-9358
LAC DU FLAMBEAU Forest Edge Apartments	13535 Heather’s Way, Lac du Flambeau 54538	(608) 716-7239 https://www.lifeatforestedge.com
LAND O’ LAKES Gateway Pines Apartments	4193 Oak Street, Land O’ Lakes	(715) 369-2550
MINOCQUA Mary John Vanderloop Villa	8764 Handrick Drive, Minocqua	(715) 351-9358
PHELPS Northwoods Village Apartments	4390 Hackley Circle, Phelps	(715) 369-2550
RHINELANDER Clare Melin Villa	125 West Hills Road, Rhinelander	(715) 661-1394
Evergreen Manor	411 W. Phillip Street, Rhinelander	(715) 365-7979
Historic West Elementary Apts.	718 W. Phillip Street, Rhinelander	(715) 365-7980
Rhine Haus	1207 Mason Street, Rhinelander	(715) 362-7855
Timber Lane Apartments	800 E. Timber Drive, Rhinelander	(715) 394-2012
ST. GERMAIN St. Germain Housing Authority	445 Sunrise Lane, St. Germain	(800) 490-6621 A&M Services
WOODRUFF One Penny Place	820 3rd Avenue, Woodruff	(715) 525-2683
Woodcourt Apartments	917 3rd Avenue, Woodruff	(715) 482-8847
Woodland Lake Estates	686 Elm Street, Woodruff	(800) 490-6621

Nursing Homes: A residential facility that provides 24-hour services, including room and board for three or more related persons. These people require more than seven hours per week of nursing care due to their physical or mental condition. Costs vary according to the services and level of care provided.

Nursing Homes		
FACILITY	CAPACITY	MEDICARE CERTIFIED
FRIENDLY VILLAGE 900 Boyce Drive, Rhinelander • (715) 365-6832	146	Yes (Dementia Unit)
MINOCQUA HEALTH & REHAB 9969 Old Hwy 70, Minocqua • (715) 356-6016	72	YES
RENNES HEALTH AND REHAB 1970 Navajo Street, Rhinelander • (715) 420-0729	95	YES
RIVERVIEW HEALTH SERVICES 428 N. 6th Street, Tomahawk • (715) 453-2511	61	YES
TOMAHAWK HEALTH SERVICES 720 E. King Road, Tomahawk • (715) 453-2164	83	YES

INTEGRATED COMMUNITY SOLUTIONS

2605 S. Oneida Street, Ste. 106, Green Bay, WI 54304

Telephone: (920) 498-3737

Website: www.ics-gb.org

Services: Information on subsidized housing. Rapid rehousing for homelessness. WERA assistance.

INCOME TAX

AARP FOUNDATION TAX-AIDE

Telephone: (715) 479-3727 during Tax Time

Services: This service offers free tax preparation help to anyone of any age and background, especially if you are 50 or older and cannot afford paid tax preparation. Tax-Aide volunteers are IRS trained and certified and can assist you in filing certain tax forms and schedules, including Form 1040.

INTERNAL REVENUE SERVICE

Telephone: (800) 829-1040

Website: www.irs.gov

Services: Federal tax information and problem resolution office.

WISCONSIN DEPARTMENT OF REVENUE

One Wausau Center,

731 N. 1st St., Suite 6000, Wausau, WI 54403

Telephone: (608) 266-2772

Website: www.revenue.wi.gov

Services: Information and assistance on Wisconsin taxes and homestead tax.

INFORMATION AND ASSISTANCE

AGING & DISABILITY RESOURCE CENTER (ADRC) VILAS COUNTY

330 Court St., Eagle River, WI 54521

Telephone: (715) 479-3625

Website: adrc.vilascountywi.gov

Services: The information specialists provide

information and assistance on a broad range of programs and services for seniors and adults with disabilities. The ADRC helps people understand the various long-term care options available to them, serves as the access point for publicly-funded long-term care, helps people apply for programs and benefits, and helps make connections to community resources.

ELDERCARE LOCATOR

Website: www.eldercare.acl.gov

Toll-free: (800) 677-1116

Services: The Eldercare Locator is a resource to help you find local community services for seniors anywhere in the U.S. This nationwide service is sponsored by the National Association of Area Agencies on Aging.

UNITED WAY 211 – INFORMATION & REFERRAL SERVICE

For Residents of Lincoln, Oneida & Vilas Counties
Non-emergency services

Telephone: 2-1-1 or (877) 947-2211

Website: <https://211wisconsin.communityos.org>

Services: 211 connects you with thousands of nonprofit and government services in your area.

LEGAL ASSISTANCE

FREE LEGAL ANSWERS/ AMERICAN BAR ASSOCIATION

Website: freelegalanswers.org (online access only)

Service: Free Legal Answers is a virtual legal advice clinic. Qualifying users post their civil legal question to their state's website, or the federal site for immigration and federal veterans' questions. Users will then be emailed when their question receives a response.

JUDICARE

Telephone: (715) 842-1681 or (800) 472-1638

Website: www.judicare.org

Services: Legal services for low-income people (income based on family size)

LAWYER REFERRAL AND INFORMATION

P.O. Box 7158, Madison, WI 53707

Telephone: (800) 362-9082

Website: <https://wisbar.org>

Services: Free answers to simple legal questions. Also referral to government agencies, community services or private attorneys as appropriate. Replies usually within 24 hours.

LIBRARIES

BEN GUTHRIE LAC DU FLAMBEAU PUBLIC LIBRARY

622 Peace Pipe Road, Lac du Flambeau, WI 54538

Telephone: (715) 588-7001

Website: www.ldflibrary.org

BOULDER JUNCTION LIBRARY

5392 Park Street, Boulder Junction, WI 54512

Telephone: (715) 385-2050

Website: www.boulderjunctionlibrary.org

FRANK B. KOLLER MEMORIAL LIBRARY

5761 Hwy 51, Manitowish Waters, WI 54545

Telephone: (715) 543-2700

Website: www.kollerlibrary.org

LAND O'LAKES LIBRARY

4242 Hwy B, Land O'Lakes, WI 54540

Telephone: (715) 547-6006

Website: www.landolakeslibrary.org

MINOCQUA PUBLIC LIBRARY

415 Menominee Street, Suite 100,

Minocqua, WI 54548

Telephone: (715) 356-4437

Website: <https://minocqualibrary.org>

PHELPS PUBLIC LIBRARY

4495 Town Hall Road, Phelps, WI 54554

Telephone: (715) 545-2887

Website: <https://townofphelps.com/library>

PLUM LAKE PUBLIC LIBRARY

8789 Peterson Street, Sayner, WI 54560

Telephone: (715) 542-2020

Website: <https://plumlakelibrary.org>

PRESQUE ISLE COMMUNITY LIBRARY

8306 School Loop Road, Presque Isle, WI 54557

Telephone: (715) 686-7613

Website: <https://presqueisle.com/community/presque-isle-community-library>

WALTER E. OLSON MEMORIAL LIBRARY

203 N. Main Street, Eagle River, WI 54521

Telephone: (715) 479-8070

Website: www.olsonlibrary.org

WINCHESTER PUBLIC LIBRARY

2117 Lake Street, Winchester, WI

Telephone: (715) 686-2986

Website: <https://www.winchesterpubliclibrary.com>

LOAN CLOSET

Adaptive equipment such as walkers, wheelchairs, canes, etc.

CONOVER LION'S CLUB

Telephone: (715) 477-0575

GENERATIONS / LAKELAND RETIREMENT FOUNDATION

Telephone: (715) 356-9118

THREE LAKES LION'S CLUB

Telephone: (715) 360-3751

MEDICAL EQUIPMENT

Consumer Tip: Durable medical equipment is assistive equipment used in the homes of people who are ill or injured and is paid for by Medicare Part B. In order for Medicare Part B to pay for this equipment, it must:

- 1) withstand repeated use,
- 2) primarily serve a medical purpose,
- 3) be appropriate for use in your home and
- 4) be prescribed by your own doctor.

If you are unsure if an item is covered by Medicare, call (800) 270-2313, or an ADRC Benefit Specialist.

HELP-HEALTH EQUIPMENT LENDING PROGRAM

1106 N. 5th Street, Wausau, WI 54403

Telephone: (715) 843-5985

Website: www.goodnewswi.com

Services: Health equipment & lending program

HOME MEDICAL PRODUCTS & SERVICES

• **Minocqua:** 8721 U.S. Hwy. 51 N.,

Minocqua, WI 54548

Telephone: (715) 358-2500

• **Rhineland:** 535 #A. Lincoln St.,

Rhineland, WI 54501

Telephone: (715) 369-2525

LIFEFONE

Telephone: (800) 331-9318

Website: www.lifefone.com

Services: Provides 24-Hour Help When You Need It 24/7. Protection for any emergency, MedReady automatic pill dispenser, fall detection, water resistant help button, personalized emergency care plan with phone, email, and text notifications. Providing Peace of Mind Since 1976.

LINCARE

1571 Hwy 51 N, Suite 8,

Arbor Vitae, WI 54568-9555

Telephone: (715) 358-3766

Website: <https://www.lincare.com>

Services: Lincare is a leading supplier of respiratory-therapy products and services for patients in the home. Our friendly team provides home delivery, professional evaluation, clear instructions on use of your equipment and ongoing support to ensure your treatment and equipment are working as planned.

MIDSTATE INDEPENDENT LIVING CHOICES

3262 Church Street, Stevens Point, WI 54481

Telephone: (800) 382-8484/(715) 344-4210 ext. 231

Website: www.milc-inc.org

SUNRISE APARTMENTS



Affordable Housing

1 & 2 BEDROOM UNITS

- Smoke-Free Property
- Appliances • On-Site Laundry
- Off-Street Parking • Community Rooms
- Rental Assistance Available
- Must be 62 or Disabled

445 Sunrise Lane, St. Germain, WI

  800-490-6621 Equal Housing Opportunity

This institution is an equal opportunity provider, and employer.

238184

GOVERNMENT SUBSIDIZED HOUSING

Leave your maintenance worries behind



1 Bed-Rent 30% of income!

Now accepting applications for our waitlist at Alice Henke Villa located in Tomahawk. Designated for person 62 Or older.



1 Bed-Rent 30% of income!

Now accepting applications for our waitlist at ThelmaWoodland Villa Located in Rhineland. Designated for person 62 Or older.

1-2 Bed-Rent 30% of income!

Now accepting applications for our waitlist at Clare Melin Villa located in Rhineland. Designated for disabled Individuals.

The rent is ONLY 30% of your Adjusted gross income!

715-661-1394

tomahawkregion@impactseven.org

EHO



"This institution is an equal opportunity provider and employer."



MEDICAL EQUIPMENT Continued on page 34

VRI CARE CENTER

Telephone: (800) 860-4230

Website: www.VRIcares.com

General Inquiry email: info@vricares.com

Services: For a cost (private-pay; insurance; agency) VRI can assist in preserving your independence with medication management-providing dispensers and monitoring. Emergency alert buttons are also available inside your home for fall detection and additional devices can also be used outside of your home through mobile GPS.

MEDICARE/MEDICAID/ MEDICARE ADVANTAGE (MA)

MEDICARE HELP LINE

Telephone: (800) 633-4227

TTY: (877) 486-2048

Website: www.medicare.gov

MEDICARE OR MEDICAID FRAUD HOTLINE

Telephone: toll-free (800) 447-8477

MEDIGAP HOTLINE

Telephone: toll-free (800) 633-4227

Services: A service of the Wisconsin Board on Aging & Long Term Care that provides counseling on original Medicare, Medicare supplement insurance and related topics.

MENTAL HEALTH

ASPIRUS KOLLER BEHAVIORAL HEALTH SERVICES

• **Rhineland:** 1020 Kabel Ave,
Rhineland, WI 54501

Telephone: (715) 361-2805

• **Eagle River:** 930 E. Wall St., Eagle River, WI 54521
Telephone: (715) 477-3000

Services: Comprehensive treatment for substance abuse, addictions and mental health.



Don't Forget your Annual Medicare Part D CHECKUP!

Each year Medicare Beneficiaries need to check their prescription drug coverage to assure they have the best possible coverage. Beginning October 15 and ending December 7, individuals have the opportunity to choose a new plan.

There is no cost to switch plans, but there may be additional cost to you if your plan makes any changes. Be sure to consider the following:

- Monthly premium increases
- Changes the formulary
- Higher co-pays or deductibles
- New quantity limits

**Call the ADRC of Vilas County
after October 1st
at 715-479-3727.**

Leave your contact information. Someone will return your call to schedule an appointment. We look forward to seeing you after October 15!

ASPIRUS RHINELANDER BEHAVIORAL HEALTH UNIT

2251 N. Shore Dr., Rhineland, WI 54501
Inpatient Services Telephone: (715) 361-2020
or **Toll-free:** (800) 472-7821

HUMAN SERVICE CENTER

705 E. Timber Dr., Rhineland, WI 54501
Telephone: (715) 369-2215
24 Hour Crisis Line: (888) 299-1188
Services: Emergency services designed to provide prevention, intervention, and support in mental health crisis situations. Also provides mental health, AODA, psychiatric medication provider, and case management for mental health.

LIMBERG & ASSOCIATES COUNSELING

8618 Hwy 51 North, Yeschek Building
Minocqua, WI 54548
Telephone: (715) 356-6146 or (800) 788-5882
Fax: (715) 358-9556

MARSHFIELD CLINIC-MINOCQUA BEHAVIORAL SERVICES

9576 Hwy 70, Minocqua, WI 54548
Telephone: (715) 358-7000
Toll-free: (800) 347-0673
Services: Mental health services. Individual and couple therapy.

NAMI-NORTHERN ALLIANCE ON MENTAL ILLNESS

Physical Address: 235 N. Stevens St
Mailing Address: P.O. Box 1494, Rhineland, WI 54501
Telephone: (715) 420-1700
Crisis: 988
Support: (715) 369-4740
Website: <https://www.nami.org/affiliate/wisconsin.nami-northern-lakes>
Services: NAMI is dedicated to building better lives for the millions of Americans affected by mental illness. NAMI and its state organizations and affiliates work in your community to raise awareness and provide support and education to those in need.

NEW HORIZONS FAMILY SERVICES

40 W Davenport Street, Rhineland, WI 54501
Telephone: (715) 420-0220
Website: www.newhorizonsfamilyservices.org

PERSONAL RESPONSE BUTTONS

ANGEL SENSE

Telephone: (888) 999-2023
Website: <https://www.angelsense.com>
Services: Angel Sense is a GPS tracking device, assistive speakerphone, live monitoring and proactive alerting system designed for your loved one.

LIFELINE

Telephone: (855) 681-5351
Website: www.lifeline.com
Services: Medical alert systems that fit every lifestyle with options like fall detection and mobile pendants. There is a solution that fits your lifestyle.

LIFE STATION

Telephone: (855) 402-4395
Website: www.lifestation.com
Services: For protection in and around your home, LifeStation's In-Home Medical Alert connects wirelessly to our monitoring center. You get the independence and peace of mind that comes with our leading medical alert service even if you don't have a traditional landline.

MEDIC ALERT FOUNDATION

Telephone: (877) 276-4436
Website: www.medicalert.org
Services: Medical emergency ID bracelets to identify your medication or medical conditions in case of an emergency.

MEDICAL CARE ALERT

Telephone: (855) 272-1010
Services: Medical Care Alert provides personal emergency response systems, automatic fall detection and GPS systems for tracking clients. Long Term Care programs may cover these services for eligible participants.

PERSONAL RESPONSE BUTTONS Continued on page 36

SUBURBAN TECHNOLOGY

Telephone: (920) 739-5156

Website: suburbantechology.com

Services: Provides personal response systems to enable older adults and those with long term health care needs to remain in their homes and communities.

VRI CARE CENTER

Telephone: (800) 860-4230

Website: <https://vricares.com/>

General inquiry email: info@vricares.com

Services: Emergency alert buttons available inside your home for fall detection and additional devices can also be used outside of your home through mobile GPS.

PUBLIC HEALTH

VILAS COUNTY PUBLIC HEALTH DEPARTMENT

330 Court Street, Eagle River, WI 54521

Telephone: (715) 479-3656

or toll-free (866) 845-2726

Programs and Services: Immunizations for those who qualify, Communicable Disease Education and Follow-up, Environmental Health Services (licensing & inspections of establishments that serve the public, well water testing, beach monitoring, human health hazards, rabies control and prevention), Coalition Involvement to work on Community Health Improvement Plan, WIC program for qualifying pregnant women and new moms, Newborn visits, and emergency planning for public health events, such as food or disease outbreaks.

RECREATION

CYCLING WITHOUT AGE-VILAS, ONEIDA

100 W. Keenan Street, Rhinelander, WI 54501

Telephone: Vilas: (715) 479-3625 or

Oneida: (715) 369-6170

Services: A non-profit organization providing free rides on trishaws used at special events, local assisted living facilities, nursing homes, and senior housing. Volunteers are certified pilots.

TONE ZONE FITNESS CENTER

Eagle River: (715)337-2113

Minocqua: (715) 356-5915

Rhinelander: (715) 420-1646

Services: Offers a wide variety of workout options for beginners to advanced members. Professional cardio and strength building equipment, free weight equipment, treadmills, ellipticals, and stationary bikes are just a few of the options to choose from. 24-hour access and use of their locker rooms and showers.

YMCA OF THE NORTHWOODS

2003 E. Winnebago Street, Rhinelander, WI 54501

Telephone: (715) 362-9622

Website: <https://www.ymcaofthenorthwoods.org>

Services: Well-being and fitness at the Y is much more than just working out. Beyond fitness facilities, they provide educational programs to promote healthier decisions and offer a variety of programs that support physical, intellectual, and spiritual strength. Discount for Veterans and insurance based memberships.

SENIOR CENTERS

GENERATIONS / LAKELAND RETIREMENT FOUNDATION

103 Elm St., Woodruff, WI 54568

Mailing address: P.O. Box 1815, Woodruff, WI 54568

Telephone: (715) 356-9118

Website: www.lakelandretirement.org

Services: Recreational activities, day trips/overnights trips, cards, games, classes, speakers and information assistance.

KALMAR SENIOR CENTER

P.O. Box 817, 1011 North Railroad St.

Eagle River, WI 54521

Telephone: (715) 337-2510

Services: Social and recreational activities such as Bingo, card games-bridge, cribbage, sheepshead; carvers club; quilters; craft activities; exercise, and casino bus trips. Contact the center for more information and program updates.

Office Hours: Monday and Tuesday 10-4.

SENIOR CLUBS

S.E.R. V.E.

Senior Eagle River Volunteer Enterprises

1011 N. Railroad Street, Eagle River, WI 54521

Telephone: (715) 337-2510

Services: Social activities such as Bingo, card games-bridge, cribbage, sheepshead, Carvers Club, Quilters, Craft activities, exercise, and casino bus trips.

ST. GERMAIN PRIME TIMERS

Contact: Karen Waggoner

Telephone: (715) 358-0763

Services: Monthly meetings the first Wednesday of the month at the St. Germain Community Center at 1:30 p.m. with speakers on various topics. A variety of social activities such as card games, seasonal dinner celebrations, trips to see performing arts and tours of various companies and locations. Fund raising activities for local charities and volunteer activities to assist local needs. We're "In the know and on the go."

SOCIAL SECURITY

SOCIAL SECURITY ADMINISTRATION

2023 Navajo St., Rhinelander, WI 54501

Telephone: (888) 868-8185 or (715) 369-4545

Website: www.ssa.gov

National number for general information:

(800) 772-1213

Services: Social Security retirement, survivor, and disability payouts. Medicare health insurance, Supplemental Security Income for low income, aged, blind, and disabled individuals.

SUPPORT GROUPS

Times, dates and types of support groups do change. For updated information, please call the ADRC of Vilas County, (800) 374-1123 or (715) 479-3625

ALCOHOLICS ANONYMOUS

Telephone: (715) 360-4637

Website: www.northwoodsaa.org

Caller will get referrals to their local areas, information, help & support.

CAREGIVER SUPPORT GROUP

Location: ADRC of Vilas County

Telephone: (715) 479-3625

Meetings: Fourth Wednesday of every month from 1:00 pm to 2:00 pm

COMPASSUS GRIEF SUPPORT GROUPS

Telephone: (715) 301-7218

- **Walter E. Olson Memorial Library**
203 N. Main St, Eagle River, WI 54521
First Thursday of the month at 1:00 pm
- **Minocqua Public Library**
415 Menominee St, Minocqua, WI 54548
Second Thursday of the month at 1:00 pm
- **ADRC of Oneida County**
100 Keenan St, Rhinelander, WI 54501
Third Thursday of the month at 1:00 pm

DEMENTIA CAREGIVER SUPPORT GROUP

Location: ADRC of Vilas County

Telephone: (715) 479-3625

Meetings: Third Thursday of every month from 10:30-11:30 a.m.

GRIEF SUPPORT MINISTRY

St. Peters Church

5001 County Road G, Eagle River, WI 54521

Telephone: (331) 725-8932

Email: mikepaisan@outlook.com

LORENZO'S HOUSE

Website: www.Lorenzoshouse.org

Email: info@lorenzoshouse.org

Services: Support group for empowering families walking with younger onset dementia-shifting the narrative from isolation to connection. Reach out by email or go to website.

NORTHERN MS ASSOCIATION

Hiawatha Community Center,

10870 Lakeshore Dr, Woodruff, WI 54568

Contact: Jeanne (715) 525-1180

Meetings: 2nd Tuesday of the month at 5:30 p.m.

Call to confirm meeting day and time.

SUPPORT GROUPS Continued on page 38

**NORTHWOODS PARKINSON
SUPPORT GROUP**

Ascension Lutheran Church Minocqua,
7937 Hwy. 51 S, Minocqua, WI 54548

Telephone: (715) 545-3414

Contact: Norma Semling

Meetings: Second Tuesday, 10 a.m.-noon,
Various speakers

**VISUALLY IMPAIRED PERSONS GROUP
(VIP) RHINELANDER CLUB FOR THE
BLIND & VISUALLY IMPAIRED
Papillon's,**

2124 Lincoln St., Rhinelander, WI, 54501

Contact: Brent Goodman

Telephone: (715) 401-2569

Email: RHI.VIP.CLUB@GMAIL.COM

Meeting: 2nd Tuesday of the month
at 11:30 a.m.

**VISUALLY IMPAIRED PERSONS GROUP
(VIP) WOODRUFF GROUP**

Location: The Wild Boar

1426 Hwy 51, Arbor Vitae, WI 54568

Contact: Diane Egan (715) 358-0361 or
Janice Specht (715) 356-6545

Meetings: Second Wednesday of the month at 11:30
a.m. for lunch followed by meeting. A variety of
subjects and speakers.

**SUPPORTIVE HOME
CARE/RESPIRE**

CARE.COM

Online resource for caregivers.

For information and assistance contact:

Aging and Disability Resource Center
(ADRC) of Vilas County

330 Court Street • Eagle River, WI 54521
(715) 479-3625 or Toll-Free (800) 374-1123

**REDMAN GELINAS
EYE CARE**

Serving the Northwoods Since 1980



Kirby Redman, O.D.

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Jess Kichak Kovacs O.D., R.N.

Michel Gelinias, M.D.

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(715) 762-2300

1020 3rd Avenue
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(715) 356-2262

141-B South Willow St.
EAGLE RIVER
(715) 479-9390

38475

COMPREHENSIVE OPTOMETRY, OPHTHALMOLOGY & CATARACT SURGERY

www.RedmanGeliniasEyeCare.com

CHRISTIAN SERVANTS HOME CARE

Telephone: (920) 642-3329

Website: www.christianservantshomecare.com

Services: Provides non-medical, in-home services including assistance with daily living, transportation, cooking/meal prep/feeding, light cleaning, and companionship.

CORNERSTONE CAREGIVING

9433 County Hwy J, Unit C, Minocqua, WI 54548

Telephone: (715) 317-5096

Services: Cornerstone Caregiving located in Woodruff, is a new in-home care service in Vilas County and surrounding areas. We are here to help our Seniors stay in their homes and help with all activities of daily living, light meal prep, light housekeeping and transportation. We have no minimum hours and accept private pay as well as Long Term Care Insurance and VA benefits. Call us for a free in-home assessment to see how we might be of service to you!

FAMILIES MATTER SENIOR HOME CARE SERVICES, LLC AND ADD

4848 E. View Road, Rhinelander, WI 54501

Telephone: (715) 362-4025 or (715) 612-1594

Services: Affordable non-medical in-home care and companionship. Assistance with activities of light housekeeping, personal care, daily living, meals, errands, shopping, companionship, medication reminders, respite/hospice care support. Serving within a 50-mile radius of Rhinelander. Insured.

HEAL TO THRIVE

809 Cedar, Rockford, IL 61102

Telephone: (779) 210-7387

Website: healtothrive.com

Services: Heal to Thrive assists with locating providers that will live in the home and that will assist with personal care, medication reminders, errand services, companionship, light housekeeping, and meal preparation.

SUPPORTIVE HOME CARE/RESPITE Continued on page 40

Want your ad to appear in the directory next year?

**Contact Nicole at
715-437-0326 or email
nraduechel@mmclocal.com**

**Northwoods
STAR JOURNAL™**



FOR RENT

AFFORDABLE HOUSING

FOR PEOPLE 62 OR DISABLED

at Old Orchard Estates, Three Lakes, WI

1 & 2 BEDROOM APARTMENTS

- Appliances
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- Community Rooms
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**PHONE
800-490-6621**



Equal Housing Opportunity

This institution is an equal opportunity provider, and employer.

238699

***HELPING HANDS SENIOR
HOMECARE SERVICES, LLC***

5241 Lassig Road, Rhinelander, WI 54501

Telephone: (715) 362-4625 or (715) 360-4695

Website: www.helpinghandsseniorhomecaresvcs.com

Services: Assistance with light housekeeping, personal care, daily living, meals, errands, shopping, companionship, medication reminders, respite and Hospice care support. Seasonal cleaning and heavy-duty cleaning available. Insured. Area served: 50 mile radius from Rhinelander.

KIM'S CARING HEART, LLC

2050 Hwy 45 N., Lot #19, Eagle River, WI 54521

Contact: Kim Petersen (256) 614-9313

Services: Provides in-home non-medical care

LOVING TOUCH HOME CARE, LLC

Telephone: (715) 362-2289 or (715) 490-5800

Website: www.lovingtouchhomecare.com

Services: Companionship, meal preparation, light housekeeping, medication tray set up and reminders, shopping and errands, personal care, respite, and Hospice Care. Registered nurse on staff, licensed, insured, and bonded.

***MIDSTATE INDEPENDENT LIVING
CHOICES***

3262 Church Street, Stevens Point, WI 54481

Telephone: (715) 344-4210

Website: www.milc-inc.org

Services: Support for people with disabilities of all ages including personal assistant service (PAS) personal care, supportive home care, or respite services.

***NICOLET SUPPORTIVE
HOME CARE***

8A W. Davenport St., Suite 220,
Rhinelander, WI 54501

Telephone: (715) 350-6405

Services: Any type of home care, respite, personal care, cleaning, meal preparation, laundry, shopping, and transportation. Insured.

NORTHWOODS SENIOR HOME CARE

Telephone: (715) 358-6792

Services: Assistance with companionship, errands, transportation, personal care, light housekeeping, meal preparation, respite and much more. Serving Oneida and Vilas counties. Insured.

PEACE OF MIND

9128 Mill Creek Drive, Marshfield, WI 54449

Telephone: (715) 660-6069

Services: Include Alzheimer's/Dementia support, medication management, bathing, in-home respite care (12-72 hours), transportation, shopping, errands, medical appointments. Call for details.

***RESPIRE CARE ASSOCIATION
OF WISCONSIN***

Telephone: (608) 222-2033

Website: www.respitecarewi.org

Services: Provides caregiver education and is a referral agency for in-home care.

SENIOR HEARTS HOME CARE, LLC

125 W. Davenport Street, Rhinelander, WI 54501

Telephone: (715) 362-7008

Services: Companionship, errands, transportation, personal care, light housekeeping, meal preparation, medication administration, respite care. Insured.

STAY HOME INSTEAD, LLC

Telephone: (715) 360-2571

Website: www.stayhomeinstead.com

Services: Companionship, errands, transportation, personal care, light housekeeping, meal preparation, respite care. Insured.

TLC HOME CARE

152545 Parrot Lane, Wausau, WI 54401

Telephone: (715) 355-5673

Website: <https://tlchomecarewi.com>

Services: Peace of mind knowing your loved one is in the best care. Workers are insured and bonded and provide a wide range of services including personal care, meal planning & preparation, light housekeeping & laundry, respite care, shopping & errands, medication reminders, and companionship.

VILLAGE CAREGIVING

4321 W College Avenue, Appleton, WI 54915

Telephone: (920) 510-4761

Email: michaeljones@villagecaregiving.com

Website: www.villagecaregiving.com

Services: Providing home care assistance, routine housework, cooking and serving, companionship, bathing assistance. Bonded and insured.

TRANSPORTATION SERVICES

ABBY VANS INC.

1115 W. 4th Street, Neillsville, WI 54456

Telephone: (800) 236-8438 or (715) 743-3364

Services: Medical and Non-Medical transport.

Private pay. Serving Vilas, Oneida, Lincoln, Langlade, and many additional south central WI counties.

ALLISON'S BAR CAR AND LIMO LLC

2278 West Hill Rd., Phelps, WI 54554

Telephone: (715) 891-6446

Email: allisonsbarcar@gmail.com

Website: www.thebarcar.net

Services: Affordable, safe and reliable transportation to make sure your night out ends safely. We are the provider for the Vilas County Safe Ride Programs. We are fully licensed and insured. Transportation to the Rhinelander Airport is also available. Use promo-code ERCC for 10% off of your first ride with us.

ARMS OF ANGELS TRANSPORTATION

Telephone: (906) 282-0491

Contact: Jerry

Services: Specializing in wheelchair and handicap transportation. We offer a wide variety of transportation to your local or out of town doctor's appointment, weddings, shopping, or any type event at reasonable rates. Available for distant trips. Serves the eastern side of Vilas County.

C&V TRANSPORTS, LLC

716 Mason St., Rhinelander, WI 54501

Telephone: (715) 567-004 Casey

Services: Non-emergency, wheelchair, ambulatory

Counties: Vilas, Oneida, Forest, Lincoln, Langlade, Price, Marathon.

EAGLE RIVER TAXI

P.O. Box 1328, Eagle River, WI 54521

Telephone: (715) 477-0171

Services: Eagle River, Three Lakes, Land O'Lakes, Phelps, St. Germain, Sugar Camp, Clearwater Lake and Sayner.

J. BARNES & COMPANY

1815 E. Bass Lake Road, Eagle River, WI 54521

Telephone: (847) 922-4774 Text or Call

Services: \$20 OFF UBER Code: P16VZ

NEW FREEDOM TRANSPORTATION

2920 Schneider Ave SE, Menominee, WI 54751

Telephone: (800) 228-3287

Website: www.cilww.com

Services: Qualified riders (temporary or permanent disability, frail elderly or have a transportation barrier). New Freedom Transportation uses volunteer drivers or their voucher program for rides for nutritional, medical, educational, employment-related, or social reasons.

NORTHWOODS MOBILITY SERVICES/ STAR GAZER RIDE SERVICES

9548 Hwy K, Tomahawk, WI 54487

Telephone: (715) 453-2929 (office)
or (715) 892-2760 (after hours only)

Websites: stargazerlimousine.com

Email: stargazerlimousine@yahoo.com

Services: Non-emergency transportations, both ambulatory and wheelchair, including wide wheelchair/bariatric, up to 1,000 lbs or 41 inch wide wheelchair. Provider for Veyo, Inclusa, and other insurances and agencies.

NORTHWOODS TRANSIT CONNECTION

3611 Hwy. 47, Rhinelander, WI 54501

P.O. Box 853

Telephone: (715) 420-0585 or (844) 267-4762

Website: www.northwoodstransit.org

Services: Public transportation in Oneida and Vilas Counties. Variety of transportation options including vehicles with ramp/lift. Call the office to receive the

TRANSPORTATION SERVICES Continued on page 42

most current routes in your area. One day advanced notice is appreciated. Please visit our website for information on routes and rates.

VETERANS TRANSPORTATION

Telephone: (715) 369-6227

Services: Free transportation to VA hospital in Iron Mountain for Veterans. Rides available Monday through Thursday.

VEYO - MEDICAL TRANSPORTATION MANAGEMENT, INC.

Telephone: (866) 907-1493

Services: Provides transportation to medical appointments for people on Wisconsin Medical Assistance, Forward Health and Badger Care Plus.

VOLUNTEER TRANSPORTATION ADRC OF VILAS COUNTY

330 Court Street, Eagle River, WI 54521

Telephone: (715) 479-3625

or toll-free (800) 374-1123

Services: Transportation by volunteer drivers in their vehicle for any citizen of Vilas County. Individuals receiving Badger Care or Medicaid are not eligible for transportation to medical appointments. Call for qualifications or to make reservations 48 business hours in advance.

TRIBAL RESOURCES

GREAT LAKES INTER-TRIBAL COUNCIL (GLITC)

2932 Hwy 47 North, Lac du Flambeau, WI 54538

Telephone: (715) 588-4388

Website: www.glitc.org

Services: The mission of GLITC is to enhance the quality of life for all Native people, GLITC supplements the tribes own efforts through development and operation of health and human services programs, education programs, and economic development programs in the Reservation Community it serves.

LAC DU FLAMBEAU AGING, AND LONG-TERM CARE PROGRAM

125 Old Abe Rd. (Inside Wellness Center),
P.O. Box 67, Lac du Flambeau, WI 54538

Telephone: (715) 588-4385

Services: Activities such as shopping, errands and outings. Assistance with chore and transportation. Fitness Center and Health and Wellness Program.

LAC DU FLAMBEAU CHIPPEWA HOUSING AUTHORITY

554 Chicog St., P.O. Box 187

Lac du Flambeau, WI 54538

Telephone: (715) 588-3348

Services: Provides information on various housing available for Native Americans.

LAC DU FLAMBEAU DEPARTMENT OF HEALTH AND HUMAN SERVICES

418 Little Pines, P.O. Box 67

Lac du Flambeau, WI 54538

Telephone: (715) 588-4235

Services: Income and Maintenance applications and services including; Food Share, fuel assistance. Medical Assistance, general assistance, Kinship Care Program and TANIF.

LAC DU FLAMBEAU DOMESTIC ABUSE & SEXUAL ASSAULT PROGRAM

P.O. Box 67, Lac du Flambeau, WI 54538

Telephone: (715) 588-7660

Crisis Hotline: (800) 236-7660

Services: Supportive services available 24 hours a day to assist domestic abuse and sexual assault victims. Shelter for victims and their families, support, advocacy, and education. Elder abuse advocate available.

LAC DU FLAMBEAU ECONOMIC SUPPORT

William Wildcat Tribal Center

418 Little Pines Road, Lac du Flambeau, WI 54538

Telephone: (715) 588-4235

Website: https://www.ldftribe.com/departments/2/Health_Human_Services/Economic_Support.html

Services: Food Share, Medicaid, Kinship, Childcare, Children First, Judicare, WHEAP, General Assistance.

**LAC DU FLAMBEAU FAMILY
RESOURCE CENTER**

533 Peace Pipe Rd., P.O. Box 189,
Lac du Flambeau, WI 54538
Telephone: (715) 588-1511
Services: Mental Health and AODA services. Outpatient only. Parenting and anger management classes.

**LAC DU FLAMBEAU FOOD
DISTRIBUTION PROGRAM**

220 Industrial Park Rd, Lac du Flambeau, WI 54538
Telephone: 715-588-4204
Services: USDA Commodities program for Native Americans and any other persons living on the Lac du Flambeau reservation. Must meet eligibility requirements.
Hours: Monday – Friday 7 a.m.-3 p.m.

**LAC DU FLAMBEAU SENIOR CENTER
AND NUTRITION SITE**

125 Old Abe Rd., (In the Wellness Center)
Lac du Flambeau, WI 54538
Telephone: (715) 588-4388
Services: Senior Dining site and home-delivered meals. Health & wellness programming. Social activities, benefit specialist, chores and transportation.

LAC DU FLAMBEAU TRANSIT

Telephone: (715) 588-4287
Services: Van service within Lac du Flambeau and surrounding areas for any senior citizen or disabled person to meal site and various activities. Call in advance.

**LAC DU FLAMBEAU
VETERANS PROGRAM**

409 Little Pines Rd., P.O. Box 67
Lac du Flambeau, WI 54538
Telephone: (715) 588-4174
Services: Veterans Benefit Specialist.

For information and assistance contact:

Aging and Disability Resource Center
(ADRC) of Vilas County
330 Court Street • Eagle River, WI 54521
(715) 479-3625 or Toll-Free (800) 374-1123

PETER CHRISTENSEN DENTAL CLINIC

128 Old Abe Road, Lac du Flambeau, WI 54538
Telephone: (715) 588-4269 or (855) 588-7232
Services: General dentistry and restorative dentistry for children to senior citizens, all patients welcome. Financing is available.

**PETER CHRISTENSEN
HEALTH CARE CENTER**

129 Old Abe Rd., Lac du Flambeau, WI 54538
Telephone: (715) 588-3371
Services: Preventive health clinics, health education, community health representatives, maternal, child and school health services, home visits for seniors and patient care coordinator.

**TRIBAL DISABILITY BENEFIT
SPECIALIST PROGRAM (DBS)**

2932 Hwy 47 N, Lac du Flambeau, WI 54538
Telephone: (715) 892-7909
Website: www.glitc.org
Services: The Tribal Disability Benefit Specialist Program (DBS) provides assistance and advocacy for tribal members, 18 – 59 years of age, with disabilities. A Tribal Disability Benefit Specialist can help determine which benefits tribal members are entitled to, identify a process to apply for benefits, assist in the application process, and assist in an appeal process if necessary. Specialists are trained to help tribal members with Social Security Disability Income (SSDI), Supplemental Security Income (SSI), Medicare, Medical Assistance – Health Insurance, Food Share, Utility Assistance and Veteran Benefits.

**TRIBAL ELDER BENEFIT SPECIALIST
PROGRAM (EBS)**

2932 Hwy 47 N, Lac du Flambeau, WI 54538
Telephone: (715) 588-3324
Website: www.glitc.org
Services: We offer information, advice and assistance to tribal elders aged 55 and older throughout the 11 Tribes of Wisconsin related to individual eligibility for, and problems with, public benefits and services and to health care financing, insurance, housing and other financial and consumer concerns.

TRIBAL RESOURCES Continued on page 44

Medicare Improvements for Patients and Providers Act (MIPPA), State Health Insurance Programs (SHIP), State Pharmaceutical Assistance Program (SPAP).

TRIBAL AGING AND DISABILITY RESOURCE SPECIALIST (ADRS)

Physical Address: 125 Old Abe Rd
(Inside Wellness Center)

Lac du Flambeau, WI 54538

Telephone: (715) 890-0017 or (715) 588-4394

Services: The ADRS Specialist is the first place to call for assistance, information, and advocacy for older adults and adults with disabilities and their families. The ADRS will listen to and understand each unique situation, gather information and connect people to available options and resources to maintain independence; including both private and publicly funded options.

VETERANS

RHINELANDER OUTREACH VA CLINIC

639 W. Kemp St., Rhinelander, WI 54501

Telephone: (715) 362-4080

Services: Primary care for Veterans

VETERANS RESOURCE CENTER (VRC)

400-498 W. Pine Street, Eagle River, WI 54521

Telephone: (715) 891-3526

Services: The Veteran Resource Center (VRC) is located in Eagle River, in the former VFW building. The VRC was established in 2023 with a vision to help veterans and their families directly. The VRC is a non-profit organization. For more information or assistance, contact 715-891-3526.

VILAS COUNTY VETERANS SERVICE

330 Court St., Eagle River, WI 54521

Telephone: (715) 479-3629

Contact: Brian Thomas

Services: To assist Veterans and their dependents in understanding and obtaining earned benefits provided by the federal and state governments.

VISION RESOURCES

STATE OF WISCONSIN OFFICE FOR THE BLIND AND VISUALLY IMPAIRED

2187 N. Stevens St, Suite C,

Rhineland, WI 54501

Telephone: (715) 401-9123

Contact: Jeff Droll

E-mail: jeffrey.droll@dhs.wisconsin.gov

Website: www.dhs.wi.gov/blind

Services: Providing comprehensive services for individuals who are blind or visually impaired.

WISCONSIN COUNCIL OF THE BLIND AND VISUALLY IMPAIRED

754 Williamson St., Madison, WI 53703

Telephone: (800) 783-5213 or (608) 255-1166

Website: www.wcblind.org

Services: Source for adaptive equipment and white canes; information and referral, low vision evaluations, rehabilitation teaching, and computer training. Limited scholarships are available, call for more information.

WISCONSIN TALKING BOOK AND BRAILLE LIBRARY

813 West Wells St., Milwaukee, WI 53233

Telephone: (414) 286-3045

or toll-free (800) 242-8822

Website: dpi.wi.gov/talkingbooks

Services: Recorded books, magazines, "talking books" and playback equipment loaned free of charge.

VOLUNTEER OPPORTUNITIES

AGING AND DISABILITY RESOURCE CENTER OF VILAS COUNTY

330 Court Street, Eagle River, WI 54521

Telephone: (715) 479-3625 or (800) 374-1123

Services: A variety of volunteer activities are available for volunteers of all ages. Transportation drivers, delivering meals to shut-ins and office support. Mileage reimbursement is available for some volunteer duties.

S.E.R. V.E

Senior Eagle River Volunteer Enterprises

1011 N. Railroad Street, Eagle River, WI 54521

Telephone: (715) 337-2510

Services: S.E.R.V.E. provides volunteers for community events such as Cranberry Fest and Paul Bunyan Days. Volunteers also help to raise money for scholarships for Northland Pines students and other local organizations. More volunteers are always welcome.

YOUTH IN TRANSITIONS SERVICES

ADRC SPECIALISTS

ADRC OF VILAS COUNTY

330 Court Street, Eagle River, WI 54521

Telephone: (715) 479-3625

Services: Transitioning from school to adulthood should be an exciting time, but can often be overwhelming, confusing, and uncertain, especially for adults with disabilities. You need someone that can help you navigate from Children's Services to Adult Services and identify your options, making sure you have all of the necessary services in place to make this next adventure in your life successful! At age 17 ½ youth with disabilities and their parents should contact the ADRC of Vilas County for information on how the ADRC can help with transitioning to adult services.

COUNTY COMMUNITY ON TRANSITION (CCoT)

Website: <https://sites.google.com/view/fovccot>

A County Community on Transition (CCoT) is a group of transition partners who have made the commitment to collaborate around identifying barriers to transition planning, to organize the supports needed and to envelope solutions for youth with disabilities in the local county they serve. FVO CCoT- Forest, Vilas, and Oneida County.

For information and assistance contact:

Aging and Disability Resource Center
(ADRC) of Vilas County

330 Court Street • Eagle River, WI 54521

(715) 479-3625 or Toll-Free (800) 374-1123

GUARDIAN SUPPORT CENTER

Telephone: (855) 409-9410

Website: <https://gwaar.org/guardianship-resources>

Services: Offers information and assistance on issues related to adult guardianship, protective placement, advance directives and more. Guardian training is also offered. Supported decision making toolkits are also available to help families through the process.

SOCIAL SECURITY ADMINISTRATION

2023 Navajo Street, Rhinelander, WI 54501

Telephone: (715) 369-5675

Website: <https://www.ssa.gov>

Services: Administers benefits paid through Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI). Contact your local ADRC Disability Benefit Specialist for assistance applying.

WISCONSIN BOARD FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES

101 East Wilson Street, Room 219

Madison, WI 53703

Telephone: (608) 266-7826

Website: <https://wi-bpdd.org/>

Services: Providing advocacy for people with developmental disabilities to live the lives they want to live. Provide assistance with Supported Decision Making.

WISCONSIN DIVISION OF VOCATIONAL REHABILITATION (DVR)

Northern Advantage Job Center

51A North Brown Street, Rhinelander, WI 54501

Telephone: (715) 261-8760 (Main Line)

(800) 469-0917 (Toll Free)

(608) 327-6400 (FAX)

(608) 327-6400 (TTY)

Website: <https://dwd.wisconsin.gov/dvr>

Services: Vocational Rehab (VR) services are any services described in a plan for employment necessary to assist a consumer in preparing for, securing, retaining or regaining an employment outcome that is consistent with the strengths, resources, priorities, concerns, abilities, capabilities, interests and informed choices of the consumer.

Toll-Free Phone Numbers

■ Aging and Disability Resource Center of Oneida County.....	(800) 379-7499
■ Aging and Disability Resource Center of Vilas County	(800) 374-1123
■ Alzheimer’s Association	(800) 272-3900
■ American Cancer Society	(800) 227-2345
■ American Council of the Blind.....	(800) 424-8666
■ American Kidney Fund.....	(800) 638-8299
■ American Heart Association	(800) 242-8721
■ American Lung Association.....	(800) 586-4872
■ Arthritis Foundation.....	(800) 283-7800
■ Consumer Product Safety Commission Hotline	(800) 638-2772
■ Eldercare Locator.....	(800) 677-1116
■ Epilepsy Foundation.....	(800) 332-1000
■ Health Care Fraud Hotline: Medicare & Medicaid	(800) 447-8477
■ Home Health Care Hotline - WI Complaint Center	(800) 642-6552
■ Inspector General - Dept. of Agriculture Hotline for Fraud & Violations.....	(800) 424-9121
■ Insurance Complaint Hotline - Commissioner of Insurance of WI.....	(800) 236-8517
■ IRS - Federal Taxes.....	(800) 829-1040
■ Job Accommodation Network	(800) 526-7234
■ Judicare - Legal Assistance.....	(800) 472-1638
■ Lawyer Referral Service & Assistance With Legal Problems	(800) 362-9082
■ Legislative Hotline.....	(800) 362-9472
■ Medicare Hotline - Hours: Mon.-Fri. 9am-3pm	(800) 633-4227
■ Medicare Part D Helpline	(800) 633-4227
■ Medigap Helpline for Long-Term Care.....	(800) 242-1060
■ National Cancer Institute	(800) 422-6237
■ National Multiple Sclerosis Society-Wisconsin Chapter.....	(800) 344-4867
■ National Kidney Foundation.....	(800) 622-9010
■ Nursing Home Complaints/Ombudsman/Long Term Care	(800) 815-0015
■ Poison Center.....	(800) 222-1222
■ SeniorCare Pharmaceutical Assistance Program	(800) 657-2038
■ Social Security	(800) 772-1213
■ The Living Bank for Organ & Tissue Registry.....	(800) 528-2971
■ Tri-County Council on Domestic Violence and Sexual Assault	(800) 236-1222
■ USDA Meat & Poultry Hotline.....	(888) 674-6854
■ Veterans Affairs.....	(800) 698-2411
■ Wisconsin Council of the Blind.....	(800) 783-5213
■ Wisconsin Dept. of Agriculture Consumer Complaints	(800) 422-7128

2024-2025 Resource Directory

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Web Sites

THESE ARE A FEW OF MANY WEBSITES THAT MAY BE OF INTEREST OR ASSISTANCE

- AARP www.aarp.org
- Administration for Community Living www.acl.gov
- Alzheimer’s Association www.alz.org
- Arthritis Foundation www.arthritis.org
- Board on Aging & Long Term Care (BOALTC) www.longtermcare.wi.gov
- Bone Health & Osteoporosis Foundation www.bonehealthandosteoporosis.org
- Bureau of Aging & Disability Resources www.dhs.wisconsin.gov/dph/badr.htm
- Centers for Disease Control and Prevention www.cdc.gov
- Coalition of Wisconsin Aging & Health Groups www.cwag.org
- Consumer Protection www.datep.wi.gov
- Elder Care Locator (national) www.eldercare.acl.gov
- Elder Hostel www.roadscholar.org
- Family Caregiver Alliance www.caregiver.org
- Healthy Eating www.myplate.gov
- Hospice Foundation of America www.hospicefoundation.org
- Mayo Clinic www.mayoclinic.org
- Medicare www.medicare.gov
- National Do Not Call Registry www.donotcall.gov
- National Institute on Aging www.nia.nih.gov
- Office of the Commissioner of Insurance www.oci.wi.gov
- Respite Care Association of Wisconsin www.respitecarewi.org
- Senior Drivers www.lpp.seniordrivers.org
- Social Security www.ssa.gov
- State of Wisconsin (homepage) www.wisconsin.gov
- United States Government www.usa.gov
- US Department of Veteran Affairs www.va.gov
- US Food & Drug Administration www.fda.gov
- Vilas County Courthouse www.vilascountywi.gov
- Vilas information, events, and tourism www.vilaswi.com
- WI Legislature www.legis.wisconsin.gov
- WI Tourism www.travelwisconsin.com
- WI Transportation www.wisconsin.gov



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