

2025 Senior Resource
DIRECTORY

Forest County
ADRC of the Northwoods



A publication of the Northwoods Star Journal and ADRC of the Northwoods



Rennes Health & Rehab Center
 Rehabilitative Services & Skilled Nursing

EXTRAORDINARY LIVES DESERVE EXCEPTIONAL CARE



Age doesn't define rules for the life we lead. It doesn't set a deadline for learning, engagement or experiences. At Rennes Group, age simply represents the extraordinary lives we're honored to care for every day.

We're guided by a promise to our residents, a commitment to deliver exceptional care focused upon dignity, respect and compassion that creates meaningful experiences and memories. We believe lifelong learning, new experiences and community engagement enhances our residents' lives.

We believe they deserve nothing less than exceptional.

39832

Our community partnerships with local businesses delivers upon this promise through community engagement and life enrichment.

After all, our stories are still being written, and we're happy to help fill the pages.

www.rennesgroup.com

CONTACT US

Rennes Health & Rehab Center
 1970 Navajo Street
 Rhinelander, WI
 Phone: 715.420.0728

CONNECT WITH US



In 1973, the Rennes' began a company that shifted how seniors were cared for as their needs changed. Still run by family, Rennes believes we all have the desire to feel respected. We are your trusted partners in the continuum of care for senior living and are committed to the Rennes difference.

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WELCOME TO THE ADRC OF THE NORTHWOODS

2025 SENIOR RESOURCE DIRECTORY



OUR STAFF

Tracy Ferraro: Human Services Director
Jamie Zarda: Regional Manager
Kathy Fohrman: Nutrition Manager
Kristin Bauknecht: Office Manager
Debbie Wendorf: Dementia Care Specialist
Karen McMillion: ADRC Specialist
Tawny Booth: Elder/Disability Benefit Specialist
Karly Harrison: Nutritionist
Danielle McLaughlin: Finance Administrator

SITE MANAGERS

Dale Reetz: Alvin
Sharon Gile: Armstrong Creek
Tammy Collins: Crandon
Peggy Alderton: Laona
Linda McEwen: Wabeno

BUS DRIVER(S)

Robert Veit
Kevin Kramer

FOR ADDITIONAL INFORMATION AND ASSISTANCE PLEASE CONTACT:

ADRC of the Northwoods • 300 A South Lake Street, Crandon, WI 54520 • 715-478-3256
officeonaging@co.forest.wi.us • Fax Number 715-784-6065

"The ADRC of the Northwoods does not assume responsibility for the services and/or endorse content included in this directory. Further, this publication does not represent all businesses and organizations serving the older adults of Forest County. We have made every effort to make this directory useful to the community and regret any omissions. An organization's inclusion or exclusion is not a reflection of its merits. Agencies with programs or additional information to be considered for future publications should contact the ADRC of the Northwoods.

THE ADRC'S MISSION...

LINKING INDIVIDUALS TO NEEDED SERVICES.

The ADRC's goal...to empower individuals to make informed choices by providing streamline access to services and benefits.

*The ADRC serves...older adults * adults with disabilities * people living with dementia * caregivers * family members * guardians * low-income household * homeless individuals*

WHO WE SERVE

Aging and Disability Resource Center of the Northwoods (ADRC) proudly serves residents in Forest County.

We assist adults with disabilities (including youths 17.5 years old and older) and older adults. We are also a resource for at-home caregivers, family members and professionals in the community - anyone who cares about or assists an older adult or an adult with a disability. We are here to answer questions and help you make connections to meet your goals and needs. All of our services are free of charge and confidential.

Older Adults - Do you have questions and concerns about aging-related issues? Whatever it is, let us help you access information, services, and solutions to help you make informed decisions and stay independent.

Adults with Disabilities (including youths 17.5 and older) - Need assistance applying for disability benefits, appealing a denial, or transitioning from young adult to adult benefits? Call us to receive help in exploring all the available options.

Families and Caregivers - Are you caring for or concerned about an older adult and looking for information? ADRC staff will be happy to discuss your concerns and point you in the right direction for solutions.

Professionals - Are you trying to locate services or information for a client? Contact an ADRC Specialist who is an expert at understanding resources and programs available locally.

For information on programs and services in your area contact the ADRC of the Northwoods at 800-699-6704

OUR DEPARTMENTS

AGING AND DISABILITY RESOURCE SPECIALIST; I & A

The Aging and Disability Resource Specialist program provides expert guidance and support to older adults and individuals with disabilities navigating available resources and services. ADRC Specialists are well-informed about local, state, and federal programs, including long-term care options, financial assistance, and health services. They work closely with clients to assess their needs and create personalized care plans that address those needs effectively. By connecting individuals with appropriate community resources, ADRC Specialists ensure that clients receive the support they require. Additionally, they offer essential information and advocacy, playing a crucial role in helping individuals maintain their independence and enhance their overall quality of life.

DISABILITY BENEFIT SPECIALIST PROGRAM (DBS)

The Disability Benefit Specialist Program, offered through the Aging and Disability Resource Center (ADRC), provides personalized assistance to individuals with disabilities in navigating the complex landscape of benefits and services. Disability Benefit Specialists are trained professionals who offer guidance on accessing Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), and other related programs. They help clients understand eligibility requirements, complete applications, and appeal denied claims, ensuring that individuals receive the financial support and resources they need to enhance their quality of life. Additionally, the program assists individuals ages 18-59 with disabilities in locating and navigating a wide range of community

services, educating them about their options, and connecting them to both public and privately funded supports. This comprehensive approach is vital in empowering individuals with disabilities to secure the benefits necessary for their health and well-being.

ELDER BENEFIT SPECIALIST (EBS)

The Elder Benefit Specialist is a vital resource within the Aging and Disability Resource Center (ADRC) that focuses on assisting older adults and individuals with disabilities in accessing financial benefits and support programs. These specialists provide personalized guidance on eligibility, criteria, the application process, and available resources, including Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), and various state assistance programs. By helping clients navigate the complexities of financial assistance, Elder Benefit Specialists empower individuals aged 60 and older to secure the resources they need to maintain their independence and improve their overall quality of life. Additionally, they focus on Medicare insurance and guide clients through the intricate landscape of benefit programs, often under the supervision of an attorney, ensuring that older adults receive comprehensive support tailored to their unique needs.

DEMENTIA CARE SPECIALIST

The Dementia Care Specialist program, offered by the Aging and Disability Resource Center (ADRC), provide targeted support and resources for individuals living with dementia and their caregivers. These specialists are trained to offer guidance on managing the challenges associated with dementia, including behavior management, communication strategies, and care planning. They connect families to local services, educational programs, and support groups, fostering a better understanding of dementia and enhancing caregiver skills. By promoting a person-centered approach, Dementia Care Specialists aim to improve the quality of life for both individuals with dementia and their caregivers, ensuring they receive the support and resources need for effective care. Ultimately, the goal is to help individuals with dementia and their caregivers achieve the highest quality of life possible while living at home.

NUTRITION MANAGER

The Nutrition Manager at the Aging and Disability Resource Center (ADRC) assists the congregate and home-delivered meal programs, ensuring that older adults and individuals with disabilities receive nutritious meals. In addition to meal services, the Nutrition Manager assists the elderly and individuals

with disabilities with transportation to medical appointments and shopping trips to surrounding communities, enhancing their mobility and access to essential resources. The Nutrition Manager also assists an evidence-based exercise programs with the collaboration of the U.W. Extension, promoting physical health and well-being among participants. Furthermore, the Nutrition Manager shall assist in the National Family Caregiver Support Program (NFCSP) and the Alzheimer’s Family Caregiver Support Program (AFCSP), providing critical resources and support for caregivers in the community. Through these multifaceted responsibilities, the Nutrition Manager pays a vital role in improving the overall quality of life for those we serve.

COMPREHENSIVE SUPPORT SERVICES

HOUSING OPTIONS

The Aging and Disability Resource Center (ADRC) provide comprehensive information and assistance regarding various housing options for older adults and individuals with disabilities. These services include guidance on affordable housing, assisted living facilities, nursing homes, and independent living arrangements. ADRC specialists help clients navigate the complexities of housing applications, eligibility criteria, and available resources, ensuring that individuals find safe and suitable living environments tailored to their specific needs. By connecting clients with housing options and support services, ADRCs play a crucial role in promoting independence and enhancing the quality of life for the populations we serve.

MONEY MATTERS

The Aging and Disability Resource Center (ADRC) provide the “Money Matters” service, which offers financial education and assistance to older adults and individuals with disabilities. This program helps clients manage budgets, understand financial options, and access benefits like Social Security and Supplemental Security Income (SSI). By empowering individuals with the knowledge to make informed financial decisions, “Money Matters” aims to enhance financial stability and improve overall quality of life.

PUBLICLY-FUNDED BENEFITS

The Aging and Disability Resource Center (ADRC) assist individuals in accessing publicly funded benefits that support older adults and individuals with disabilities. These benefits include programs such as Medicaid, Medicare, Supplemental Nutrition

Assistance Program (SNAP), and housing assistance. ADRC specialists provide guidance on eligibility requirements, application processes, and available resources, ensuring that clients receive the financial support and services they need to enhance their quality of life and maintain their independence.

WISCONSIN HOME ENERGY ASSISTANCE PROGRAM (WHEAP)

The Wisconsin Home Energy Assistance Program (WHEAP) helps low-income households manage energy costs by providing financial assistance for heating and electricity. Administered by the Aging and Disability Resource Centers (ADRC), WHEAP ensures eligible residents can access essential energy services and emergency fuel assistance based on state income guidelines.

WISCONSIN WEATHERIZATION PROGRAM

The Wisconsin Weatherization Assistance Program helps low-income households reduce energy costs and improve home energy efficiency. Administered by the Aging and Disability Resource Center (ADRC) and local agencies, the program provides services such as insulation, air sealing, and heating system repairs to enhance comfort and safety. By addressing energy inefficiencies, the program aims to lower energy bills and create healthier living environments for eligible residents.

FOODSHARE

Food Share is Wisconsin's supplemental nutrition assistance program that helps low-income individuals and families access healthy food. Administered by the Aging and Disability Resource Center (ADRC) and local agencies, Food Share provides financial assistance through an electronic benefits card, which can be used to purchase food at participating retailers. The program aims to alleviate hunger and improve nutritional intake for eligible residents, ensuring that all individuals have access to the food they need for a healthy life.

SENIOR CARE

Senior Care services offered by the Aging and Disability Resource Center (ADRC) provide comprehensive support for older adults to enhance their quality of life and maintain independence. These services include information and referral for health care, transportation, nutrition programs, and assistance with daily activities. ADRCs also offer case management, caregiver support, and resources to help seniors navigate available services, ensuring they receive the necessary care and support tailored to their individual needs.

MEDICARE SAVINGS PROGRAMS

The Medicare Savings Program (MSP) assists low-income individuals in paying for Medicare premiums, deductibles, and co-payments, helping to reduce their out-of-pocket health care costs. Administered by the Aging and Disability Resource Center (ADRC), the program is designed to provide financial relief to eligible seniors and individuals with disabilities, allowing them to access necessary medical services without significant financial strain. By offering support through various tiers of assistance, the MSP aims to improve health care affordability and access for those in need.

WISCONSIN MEDICAID PURCHASE PLAN (MAPP)

The Wisconsin Medicaid Purchase Plan (MAPP) is designed to help individuals with disabilities gain access to Medicaid while working, allowing them to maintain their employment and independence. Administered by the Aging and Disability Resource Center (ADRC), MAPP provides health care coverage for eligible participants who earn income above the standard Medicaid limits. The program enables individuals to purchase Medicaid coverage by paying a premium based on their income, ensuring that they receive necessary medical services while pursuing their employment goals. This support enhances the quality of life for participants by promoting both financial stability and health security.

HOMESTEAD TAX CREDIT

The Homestead Tax Credit is a property tax relief program in Wisconsin designed to assist low-income homeowners and renters by reducing their property tax burden. Administered by the Aging and Disability Resource Center (ADRC), the credit is available to eligible individuals based on their income, age, and residency status. By providing financial assistance through a credit on property taxes, the program aims to enhance housing affordability and support the financial well-being of qualifying residents, particularly seniors and individuals with disabilities.

LONG-TERM CARE OPTIONS

Long-term care options provided by the Aging and Disability Resource Center (ADRC) offer comprehensive support for individuals with chronic illnesses or disabilities who require assistance with daily living activities. These options include in-home care services, adult day care, assisted living facilities, and nursing home, allowing individuals to choose the best fit for their needs and preferences. ADRCs help navigate available resources, provide information on services, and assist in planning for care, ensuring that

individuals receive the support necessary to maintain their quality of life and independence.

MEDICAID IN WISCONSIN

Medicaid in Wisconsin is a state and federally funded program that provides health coverage to eligible low-income individuals, families, seniors, and those with disabilities. Administered by the Aging and Disability Resource Center (ADRC), Wisconsin Medicaid offers a range of services, including hospital and doctor visits, long-term care, and preventative care, aimed at improving health outcomes and access to necessary medical care. The program ensures that vulnerable populations receive essential health services while helping to alleviate the financial burden of medical expenses.

SOCIAL SECURITY ADMINISTRATION

The Social Security Administration (SSA) is a federal agency that provides essential financial support to individuals through various programs, including retirement, disability, and survivor benefits. The Aging and Disability Resource Center (ADRC) assist individuals in understanding their Social Security options and navigating the application process. ADRCs offer information on eligibility criteria, benefit calculations, and the importance of timely enrollments, ensuring that seniors and individuals with disabilities can access the financial resources they need for a secure and stable future. By connecting clients with SSA services, ADRCs play a vital role in promoting economic well-being for vulnerable populations.

PREPARING FOR OR CONSIDERING RETIREMENT

Preparing for or considering retirement involves planning for financial stability, healthcare needs, and lifestyle changes as individuals transition into this new phase of life. The Aging and Disability Resource Center (ADRC) provides valuable resources and guidance to help individuals assess their retirement goals, understand Social Security benefits, explore Medicare options, and develop a comprehensive financial plan. ADRCs also offer information on community services, social activities, and support networks that can enhance quality of life in retirement, ensuring individuals are well-equipped to enjoy their later years with confidence and security.

CONSIDERING APPLYING FOR DISABILITY BENEFITS

Considering applying for disability benefits is an important step for individuals who are unable to work

due to physical or mental health conditions. The Aging and Disability Resource Center (ADRC) provide crucial support and guidance throughout the application process for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). ADRC staff can help individuals understand the eligibility requirements, gather necessary documentation and complete application forms. Additionally, ADRCs offer resources for appealing denied claims and connecting applicants with local support services, ensuring that individuals receive the financial assistance they need to maintain their quality of life while coping with disabilities.

NUTRITION & TRANSPORTATION

Nutrition and transportation services offered by the Aging and Disability Resource Center (ADRC) play a vital role in supporting the well-being of seniors and individuals with disabilities. ADRCs provide information about local meal programs, such as home-delivered meals and congregate dining options, ensuring access to nutritious food. Additionally, they assist in connecting individuals with transportation resources, including public transit options and specialized transportation services, to facilitate access to medical appointments, grocery shopping, and social activities. By addressing both nutritional needs and transportation challenges, ADRCs help promote independence and enhance the overall quality of life for those they serve.

YOUTH IN TRANSITION (AGE 17 1/2-21)

The youth in Transition program offered by the Aging and Disability Resource Center (ADRC) is designed to support young adults with disabilities as they navigate the critical transition from school to adulthood. This program provides resources, guidance, and advocacy to help youth develop essential skills for independent living, employment, and higher education. ADRCs assist in creating individualized transition plans that address vocational training, social skills development, and access to community services. By fostering collaboration among families, educators, and service providers, the Youth in Transition program empowers young adults to achieve their goals and successfully integrate into their communities.

DEMENTIA-FRIENDLY SUPPORTS AND RESOURCES

Dementia-friendly supports and resources offered by the Aging and Disability Resources Center (ADRC) are designed to assist individuals living with dementia and their caregivers in navigating daily challenges and enhancing quality of life. ADRCs provide information on local support groups, educational programs, and respite

care options that help families cope with the demand of caregiving. Additionally, they offer resources for creating a safe and supportive home environment, accessing memory care services, and connecting with community activities that promote social engagement. By fostering awareness and understanding of dementia, ADRCs aim to create inclusive communities that support individuals and families affected by this condition.

ADRC OF THE NORTHWOODS SENIOR DINING LOCATIONS

Community	Dining Location	Day & Time of Serving Meals	Site Phone Number	Meal Site Manager	Phone Number
Alvin	Hwy 55 N.	Thursday Noon	715-545-4063	Dale Reetz	262-707-2490
Armstrong Creek	7860 Old 101 Road	Mon & Wed 11:30	715-336-2218	Sharon Gile	715-674-3532
Crandon	601 West Washington Street	Mon, Tues, & Wed Noon	715-478-3256	Tammy Collins	715-889-4843
Laona	5277 Linden Street	Mon, Tues, & Wed Noon	N/A	Peggy Alderton	715-889-3116
Wabeno	4473 N. Branch Street	Mon, Tues, & Wed 11:30	N/A	Linda McEwen	715-889-0123

SENIOR MEAL PROGRAM

The ADRC of the Northwoods Senior Meal Program offers healthy meals specifically designed for older adults in Forest County, ensuring they receive the nutrition they need. Meals are provided through convenient home deliveries or served at local centers, making it accessible for all seniors. This program not only addresses food security but also fosters social interaction, as it brings seniors together during mealtime, encouraging connections and camaraderie. By prioritizing nutritious food and opportunities for social engagement, the Senior Program offered by the ADRC of the Northwoods aims to enhance the overall quality of life for seniors, helping them to maintain their health and well-being in a supportive community environment.

SENIOR MEAL SERVICES WE OFFER: SENIOR DINING:

Come enjoy a tasty meal and connect with others at various location in our community! This program is not just about eating; it is also about staying connected, which is essential for healthy aging. You do not need to worry about your cooking skills or financial situation to qualify!

WHO CAN PARTICIPATE IN SENIOR DINING?

- Anyone aged 60 or older,
- A spouse or domestic partner who attends the dining center with his or her spouse or domestic partner who is aged 60 or older,
- An adult with a disability under 60 who lives in a facility primarily for seniors, where group meals are served,
- An adult with a disability, younger than aged 60, who resides with an eligible older individual participating in the program.

ADRC of the Northwoods Senior Dining offers a chance for individuals aged 60 and older, along with their spouses or partners, to enjoy nutritious meals at a reasonable cost while socializing and participating in activities. Nutrition education is also provided. The suggested contribution is \$4.00 per meal. No eligible persons are denied service due to an inability to contribute, but contributions are essential for funding. Reservations are required by noon the day before and can be made by calling the meal site managers.

MEALS ON WHEELS

Meals on Wheels provides delivered meals for individuals who may struggle to prepare balanced meals on their own. This service also helps lighten the load for caregivers, including spouses and family members. Each meal delivery offers a friendly visit as a bonus. To qualify for Meals on Wheels, you must meet the following criteria:

- A person aged 60 or older who is mainly homebound because of illness, disability, or isolation,
- A spouse or domestic partner of an eligible person can receive home-delivered meals, regardless of age or condition, if an assessment finds that it benefits the homebound older individual,
- An adult with a disability living with an eligible older participant if an assessment deems it beneficial.

Before starting meal delivery, staff from the Aging & Disability Resource Center of the Northwoods will conduct a home visit to assess eligibility. Hot meals are delivered on weekdays, depending on route availability and there may be a waiting list. A suggested contribution of \$5.00 is appreciated, but no one is turned away if they cannot contribute, although contributions are vital for the programs budget. Each request for Meals on Wheels is considered individually.

The Forest County Nutritional Advisory Council is composed of adults who utilize our meal site facilities, along with stakeholders and community members dedicated to improving nutritional services. This collaborative group is essential within the Aging and Disability Resource Center (ADRC), where it plays

a key role in the organizational structure to create a comprehensive framework for community support. By providing valuable insights and feedback on meal offerings, the council ensures that nutritional programs are tailored to meet the unique dietary needs and preferences of older adults and individuals with disabilities. Their contributions not only enhance the quality of services provided but also strengthen the ADRC's ability to address food security and health promotion. Through their active involvement, the council plays a crucial role in fostering a holistic approach to well-being, empowering community members to lead healthier lives while reinforcing the ADRC's mission to serve as a vital resource for all residents in Forest County.

HEALTHY LIVING PROGRAMS

Evidence-based exercise programs, funded by Title III of the Older Americans Act, are important for the health of older adults. These programs, like StrongBodies and Bingocize, help improve strength, balance, and reduce the risks of falls. StrongBodies focuses on building muscle and enhancing overall fitness, while Bingocize combines bingo with exercises making it fun and social. Both programs are designed to be safe and effective for seniors. By participating in these activities, older adults not only stay physically active but also enjoy social interactions, which can boost their mental well-being. Title III funding helps communities offer these valuable programs, supporting seniors in maintaining their independence and active lifestyles.

STRONGBODIES

Strongbodies is a strength training program offered in collaboration with both the ADRC of the Northwoods and U.W. Extension designed to improve the health and well-being of older adults. It focuses on enhancing strength, balance, and flexibility through safe and effective resistance exercises. The program aims to reduce the risk of falls, increase mobility, and promote overall physical fitness, enabling participants to maintain their independence and improve their quality of life. StrongBodies is delivered in a group setting, fostering social interaction and support among participants.

StrongBodies is currently offered in Armstrong Creek and Crandon, with plans to expand into Laona. The ADRC of the Northwoods collaborates with Karly Harrison, the Healthy Communities Coordinator with U.W. Extension to better serve the community. To begin enrollment, please call Karly Harrison at 715-478-7797.

BINGOCIZE

Bingocize is a distinctive Title III program of the Older Americans Act that merges the enjoyment of bingo with physical activity and health education, offered in collaboration with both the ADRC of the Northwoods and U.W. Extension. Primarily for older adults, Bingocize promotes physical fitness, cognitive engagement, and social interaction. Participants play bingo while performing simple exercises and learning about health topics, making it a fun and effective way to improve strength, balance, and overall well-being. The program encourages a sense of community and provides a supportive environment for participants to enhance their physical and mental health.

The ADRC of the Northwoods collaborates with Karly Harrison, the Healthy Communities Coordinator with U.W. Extension to better serve the community. To begin enrollment, please call Karly Harrison at 715-478-7797.

CAREGIVER SERVICES

If you provide assistance to someone with their daily needs—such as managing medications, bathing, meal preparation, or other essential tasks—you are fulfilling the important role of a caregiver. Caregiving can encompass a wide range of responsibilities whether you are caring for a friend, family member, or loved one. Recognizing the challenges that caregivers often face, we offer a wealth of information, resources, and support designed to make your caregiving journey little easier. ADRC of the Northwoods aim to empower caregivers by providing access to educational materials, community resources, and emotional support, helping you navigate the complexities of caregiving while ensuring the well-being of those you care for. You are not alone in this journey; we are here to help you every step of the way.

ALZHEIMER'S FAMILY CAREGIVER SUPPORT PROGRAM

Alzheimer's Family Caregiver Support Program (AFCSP) is designed to help families who are caring for loved ones with Alzheimer's disease and other types of dementia. This program offers emotional support, educational resources, and practical tools to make caregiving easier. Caregivers can join support groups, attend workshops, and receive one-on-one counseling, creating a community where they can share experiences and advice. The program also provides information on coping strategies, safety tips, and respite care options, helping caregivers take care of themselves while providing care for their loved ones. Overall, the program aims to support caregivers and improve the quality of life for both them and the individuals they care for. For more

information, please call Kathy Fohrman at 800-699-6704 or email officeonaging@co.forest.wi.us.

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

The National Family Caregiver Support Program (NFCSP) helps families who are caring for older adults or individuals with disabilities. This program offers resources and support to make caregiving easier, including information on services, respite care to give caregivers a break, and financial assistance for certain expenses. It also provides training and education to help caregivers develop skills for better care. By connecting families with the support they need, the program aims to improve the well-being of both caregivers and those they care for. For more information, please call Kathy Fohrman at 800-699-6704 or email officeonaging@co.forest.wi.us.

FOREST COUNTY CAREGIVER COALITION

Forest County plays an important role in the Forest County Caregiver Coalition, actively collaborating with various stakeholders, including local organizations, healthcare providers, and community members to support family caregivers. ADRC of the Northwoods leads this coalition working to provide valuable resources such as training, support groups, and

informational workshops tailored to caregivers' needs. By fostering partnerships and sharing knowledge, we aim to create a strong support network that empowers caregivers and enhances their well-being. Our commitment to this coalition ensures that caregivers have access to the tools and support they need to effectively care for their loved ones while also taking care of themselves. For more information, please call Kathy Fohrman at 800-699-6704 or like the Forest County Caregiver Coalition's Facebook page.

TRANSPORTATION SERVICES

The Aging and Resource Center of the Northwoods (ADRC) provides vital transportation services for older adults and individuals with disabilities, ensuring they can access essential resources in their communities. Transportation assistance is especially important for seniors, as it helps them maintain their independence and stay socially connected. Knowing that these services adhere to guidelines set by the Wisconsin Department of Transportation (WisDOT) offers peace of mind. WisDOT's standards ensure safety, reliability, and accessibility in transportation, making it a valuable resource for seniors who may struggle with mobility. By utilizing these transportation services, older adults can navigate their daily lives more easily, enhancing their overall quality of life.



Boyd Financial Services, LLC
1901 River Street • Rhinelander, WI 54501
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Specializing in Your Health Plan Needs



Our focus is finding the right health insurance plan that works for you. We offer many companies that specialize in

- Medicare Supplements
- Medicare Advantage
- Prescription Drug Plans
- Long Term Care Insurance



Call our health insurance team:
Penny, or Dave

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

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ROUTE

The Aging and Disability Resource Center of the Northwoods (ADRC) provides a valuable transportation service that connects seniors and individuals with disabilities to local communities such as Rhinelander, Antigo, and Iron Mountain for just \$5 per ride. This affordable service includes door-to-door assistance, where drivers pick participants up right at their front door and help them with their packages upon returning home. This added level of support ensures that seniors feel safe and comfortable during their outings.

Participants can enjoy a variety of activities, including shopping for groceries or other essentials, having lunch at local restaurants, and socializing with friends and neighbors. The companionship and interaction foster a sense of community and help combat feeling of isolation.

In addition to regular trips to local communities, ADRC of the Northwoods (ADRC) also organizes special events throughout the year, giving seniors and individuals with disabilities the chance to participate in outings that might include seasonal farmer's markets, color tours, flea markets, and tours of organizations. These special trips not only provide entertainment but also create opportunities for participants to engage with others and explore new experiences. With the help of our drivers, who prioritize safety and comfort, our transportation service enhances the quality of life for seniors and individuals with disabilities, making it easier for them to stay active and connected in their communities.

MEDICAL

ADRC of the Northwoods (ADRC) additionally provides vital transportation services for seniors and individuals with disabilities, specifically offering rides to and from medical appointments within a 125+ mile radius of Crandon. Accessing healthcare can be challenging for many older adults, and our transportation service aims to remove those barriers, ensuring that individuals can attend their medical appointments without stress or worry.

Our rates for non-emergency medical transportation are structured to be affordable and straightforward. We charge \$10 for travel times of two hours or less, \$20 for travel times between two and four hours, and \$30 for travel times exceeding four hours. This tiered pricing allows individuals to budget accordingly based on their specific transportation needs.

For those who require long-term medical transportation services, it is important to first consult with outside resources to determine eligibility and qualification for additional support. This ensures that we can provide the best assistance possible tailored to

each individual's situation.

Our dedicated and friendly drivers are not only trained to ensure safe transportation but also prioritize the comfort and well-being of our passengers. They provide door-to-door service, helping clients get in and out of vehicles. Please be aware that the driver is unable to assist with lifting or provide medical care.

To accommodate all members of Forest County, we have vehicles approved by WisDOT that are wheelchair accessible. These vehicles are equipped with features such as ramps and securement systems to ensure a smooth and safe boarding experience for passengers with mobility challenges. Our commitment to accessibility means that everyone can travel comfortably and with dignity, allowing them to participate fully in their daily activities and appointments.

If you have questions about our medical transportation services or need assistance scheduling a ride, please reach out to Kathy Fohrman at 800-699-6704. We are here to help you navigate your healthcare needs and ensure you have access to the services you require.

VETERAN'S TRANSPORTATION SERVICE

The Disabled American Veterans (DAV) Route provides transportation through a DAV Van that operated on Wednesdays and Thursdays to the Iron Mountain VA Medical Center. Reservations are handled on a first-come, first-served basis, and you must schedule your appointments by 4:00 PM the Thursday before the week you need a ride. Please be aware that all riders must be ambulatory, as the van is unable to accommodate wheelchairs or oxygen tanks. The driver is also not able to assist with lifting or provide medical care.

CENTER FOR INDEPENDENT LIVING

The Aging and Disability Resource Center of the Northwoods (ADRC) contracts with the Center for Independent Living to provide essential medical transportation services. This program connects volunteers with individuals who need rides to medical appointments, ensuring that those in our community can access the healthcare they need. Volunteers play a crucial role in this service, offering their time and support to help others maintain their health and well-being. If you are interested in becoming a volunteer driver or need more information about the program, please reach out to CILWW Menomonie, 2920 Schneider Avenue SE, Menomonie, WI 54751. Or call 800-228-3287 (Voice/TTY/Toll-free), 715-233-1070 (Voice/TTY), 715-233-1083 (Fax).

FOREST COUNTY POTAWATOMI PUBLIC TRANSIT

Forest County Potawatomi public transit provides transportation that operates Monday through Thursday from 6:00 AM to 5:50 PM. Forest County Potawatomi Public Transits' vision is to enhance mobility and access to services, social gatherings, employment, and entertainment ultimately improving the overall health of the community. Forest County Potawatomi offers handicap-accessible buses upon request.

To schedule a ride, please contact the Forest County Potawatomi Public Transit at 715-478-4779. Forest County Potawatomi kindly asks that you give them a 24-hour notice, and they will do the best to accommodate all transportation needs.

Enjoy free rides anywhere in Forest County!

COMMUNITY SUPPORT

Community support is vital for creating a sense of belonging and helping individuals and families during tough times. It reflects the kindness and solidarity that connect us as neighbors. When we come together to help one another, we build an environment where everyone feels valued and supported. Simple acts of kindness can make a big difference, giving hope and encouraging people to seek help without fear. By fostering a culture of community support, we empower each other to overcome challenges and create a brighter future.

STOCKBOX

The Stockbox, sponsored by Feeding America, is an important program that helps Forest County by providing free, nutritious food to those in need. Each month, community members can pick up food at Crandon City Hall from 10 AM to 12 PM. This initiative is designed to help fight food insecurity, ensuring that everyone has access to healthy meals, even when they might be struggling financially.

The Stockbox typically includes a variety of items, such as non-perishable foods and cheese, allowing families to prepare balanced meals. It not only helps to reduce hunger but also encourages healthier eating habits by offering good food options that some families might not be able to afford.

In addition to food distribution, the Stockbox creates a sense of community by bringing people together. Local volunteers assist with the program, helping to make the atmosphere friendly and supportive. This connection among residents helps strengthen the community and reinforces the idea of looking out for one another.

The Stockbox also serves as a resource for education, as key stakeholders share information about nutrition and cooking tips, as well as other local services that

can help families. By combining food distribution with community support and education, the Stockbox addresses immediate needs while promoting long-term well-being.

In summary, the Stockbox at Crandon City Hall is more than just a place to get food; it is a vital resource that helps individuals and families in the community. With the support of Feeding America and local volunteers, the Stockbox continues to make a positive impact on the lives of many in Forest County, ensuring that everyone has access to healthy food and community cares.

If you have any questions about the Stockbox or would like to learn more about how to get involved, please feel free to contact Kathy Fohrman at 800-699-6704.

COMMUNITY CARES CLOSET

The Community Cares Closet, offered by Forest County Social Services, is a vital resource for individuals and families in need within the community. This initiative provides essential items such as clothing, toiletries, non-perishable food items, and household goods to those facing financial hardships or unexpected emergencies. By offering these necessities, the Cares Closet aims to alleviate some of the burdens that come with difficult times, ensuring that no one has to go without basic items for their everyday life.

The Cares Closet operates with a mission to promote dignity and self-sufficiency, allowing individuals to access necessary supplies without the stigma often associated with seeking assistance. It is open to all community members, regardless of their circumstances, and encourages donations from local residents and businesses. This collaborative effort fosters a spirit of generosity and support, as community members come together to help one another in times of need.

If you or someone you know could benefit from the services offered by the Community Cares Closet, or if you would like to make a donation, please don't hesitate to reach out to Forest County Social Services at 715-478-3351.

TIES THAT BIND US

Ties that Bind Us is a local non-profit organization dedicated to assisting Forest County residents battling cancer. We provide essential support and resources to those in need. If you would like to apply for assistance, volunteer, or make a contribution, please email us at fettbu@gmail.com. Your support can make a difference in the lives of those facing cancer in our community.

ADVOCACY

AARP Wisconsin

Telephone: (888) 687-2277

Text: (833) 259-2277

Website: states.aarp.org/region/wisconsin

Educational presentations on issues important to 50+, publications and resources.

Membership fee: Contact AARP.

Administration for Community Living (ACL)

Telephone: (202) 401-4634

Address: 330 C St. SW, Washington, DC 20201

Website: www.ACL.gov

ACL is part of the administration for Community Living whose mission is to promote the dignity and independence of older people and to help society prepare for an aging population.

American Association of Retired Persons (AARP)

Telephone: (888) 687-2277

Text: (833) 259-2277

Website: www.aarp.org

Services: A national organization serving the needs of people age 50 and older through advocacy, research and consumer information.

ADRC of the Northwoods

Telephone: (800) 699-6704

(See Aging Services Section)

Community Link

(See Information Section)

Disability Benefit Specialist Program

Serving individuals 18-59 years of age.

ADRC Office - Crandon: (800) 699-6704

(See Aging Services Section)

Disability Rights Wisconsin

Telephone: (608) 267-0214 - Madison Office or (800) 928-8778

Fax: (833) 635-1968

Address: 1502 W Broadway Ste. 201, Madison, WI 53713

E-mail: info@drwi.org

Website: www.disabilityrightswi.org

Services: Deinstitutionalization and downsizing of large facilities that house people with disabilities so that resources can be made available for people to live in their communities. Patient/consumer rights for people with disabilities who live in various types of residential or treatment facilities. Special education advocacy for students with disabilities in the public school system in Wisconsin. Employment and housing discrimination based specifically on disability status.

Elder Benefit Specialist Program:

Serving individuals 60 years of age and older.

ADRC Office - FCP: (800) 699-6704

(See Aging Services Section)

Elder Law Center

(See Legal Assistance)

Midstate Independent Living Choices

(See Disabilities Resources Section)

Ombudsman

The Board on Aging & Long Term Care

Telephone: (800) 815-0015

Address: 1402 Pankratz St., Suite 111,
Madison, WI 53704-4001

Contact: Linda Dobbratz (715) 276-3650

E-mail: lindadobbratz@wisconsin.gov

Services: The Long Term Care Ombudsman program protects the rights of people and responds to complaints and problems of residents of long term care, 60 yr. or older. Includes individuals living at home who receive family care.

Tribal Aging & Disability Resource Specialist- Sokaogon Chippewa & Lac du Flambeau Tribes Great Lakes Inter Tribal Council

Telephone: (715) 890-0017

Services: Serves the Lac du Flambeau Tribe and Sokaogon Tribe to ensure that tribal members receive culturally appropriate information on aging and disability resources and are able to comfortably and effectively access long term care programs and services.

Wisconsin Legislative Hotline

Telephone: (800) 362-9472

Website: www.legis.wisconsin.gov

Call this toll-free number to find out who your state legislator is and obtain his/her contact information. Visit our website for more info on your legislature.

Hours: Monday-Friday 8:15 a.m.-4:45 p.m.

AGING SERVICES

ADRC of the Northwoods

Telephone: (800) 699-6704

Address: 300 A South Lake St., Crandon, WI 54520

Contact: Jamie Zarda, Director

Fax: (715) 784-6065

Website: adrcofthenorthwoods.org

Find us on Facebook: It is the purpose of the ADRC of the Northwoods to respect, inform, and assist and serve Forest County residents 60 years of age and older so that they may maintain independence and live in a manner of their choice. It is further the mission of this agency to protect vulnerable adults and to advocate on their behalf. There

is no fee for service unless noted. Unless otherwise listed, please contact the ADRC of the Northwoods for further information in regard to aging services.

Hours: 8:30 a.m.- 4:30 p.m.

Aging & Disability Resource Center of the Northwoods - Crandon & FC Potawatomi Offices

Telephone: (800) 699-6704

Fax: (715) 478-2182

Address: 300A S. Lake Street, Crandon, WI 54520

The Aging & Disability Resource Center is a service unit that provides information and “links” to available resources and services. Staff members can assist in many areas including, but not limited to: advocacy, paperwork, referrals, accessing benefits, benefit appeals, housing and long-term care options. Tribal Aging & Disability Resource Specialist-Sokaogon Chippewa & Lac du Flambeau Tribes.

Bureau on Aging and Disability Resources

Telephone: (608) 266-1865

Fax: (608) 267-3203

Address: 1 West Wilson St., Madison, WI 53703

Mailing Address: P.O. Box 7851, Madison, WI 53703

E-mail: DHSDLTCaging@dhs.wisconsin.gov

Website: www.dhs.wisconsin.gov/aging

Services: The Bureau of Aging and Disability Resources is the state administrative agency responsible for the development of policy and the management of programs that serve persons who are elderly, persons with physical disabilities, persons who are blind or visually impaired, persons who are deaf or hard-of-hearing, persons in need of adult protective services, and persons who need or receive information about access to community-based long-term support through an Aging and Disability Resource Center.

Days & times of operation: 8:00 a.m.-4:30 p.m.

Elder Benefit Specialist

Telephone: (800) 699-6704

Contact: Tawny Booth

Services: Benefit Specialists are individuals trained to help older persons who are experiencing problems with their private or government benefits. Benefit Specialists receive ongoing training and are monitored by attorneys knowledgeable in elder law. Areas in which they can assist you include: Medicare, Medicare Supplemental Insurance, Medicare Part D, SeniorCare and other prescription drug programs, Supplemental Security Income, Social Security, Medical Assistance, Consumer Problems, Age discrimination in employment, Homestead Tax Credit, Housing Problems and other legal and benefit problems.

Eldercare Locator

Telephone: (800) 677-1116

Website: www.eldercare.gov

Services: The Eldercare Locator is a resource to help you

find local community services for seniors anywhere in the U.S. The National Association of Area Agencies on Aging sponsors this nationwide service.

Family Caregiver Support Program

Telephone: (715) 478-3256

Contact Person: Kathy Fohrman

Many individuals are not aware that they may qualify for Family Caregiver Support. This is due in part to the fact that many spouses and family members do not recognize themselves as caregivers. For more information on the Caregiver Support Program call the number listed above.

Forest County Potawatomi Elder Program

Telephone: (715) 478-4715

Address : 5456 Kak Yot Lane, Stone Lake

Mailing Address: P.O. Box 340, Crandon, WI 54520

Elder Services Coordinator: Penny Christianson

Website: www.fcpotawatomi.com

Meal Site Phone Number: (715) 478-4892

Area served: Stone Lake, Laona, Blackwell, Carter, and Wabeno

Meals provided for tribal members 55 or older

Congregate Meals: Offered Monday through Thursday at 5456 K&K Yot Ln., Crandon, WI 54520 (The Caring Place) from 11:00-1:00.

Home Delivered Meals: Offered to home bound elders residing in the service area.

Great Lakes Inter Tribal Council

Telephone: (715) 890-0017

Contact: Amanda Thompson, ADRS

Services: Serves the Lac du Flambeau Tribe to ensure that tribal members receive culturally appropriate information on aging and disability resources and are able to comfortably and effectively access long term care programs and services.

Greater Wisconsin Agency on Aging Resources (GWAAR)

Telephone: (608) 243-5670

Fax: (866) 813-0974

Address: 1414 MacArthur Rd., Suite A, Madison, WI 53714

E-mail: info@gwaar.org

Services: Provides advocacy, planning, coordination and information to 70 county aging departments; administers Federal and State aging funding to counties.

Meals on Wheels:

Telephone: (715) 478-3256

Program for people ages 60 or older that are homebound due to health reasons, and are physically or emotionally unable to travel for a meal with others. To qualify for homebound meals, individuals must meet homebound criteria. An in-home visit will be conducted by agency staff to ensure program requirements are met. A driver delivers

AGING SERVICES CONT.

nutritious meals to homebound seniors unable to attend a local senior dining site. There are no economic guidelines to qualify, but donations are accepted.

Information and Assistance:

The ADRC of the Northwoods help older adults and their family members determine needs, and assist them in finding specific services. For more information please call (800) 699-6704.

Preventive Health Services:

The ADRC of the Northwoods, along with the collaboration of UW Extension, currently sponsor the evidence based preventative programs StrongBodies and Bingocize. (Please see page 8) ADRC of the Northwoods and the UW Extension is looking to expand other programs into the County that include Bingocize. Please contact the ADRC of the Northwoods. for more information at (800) 699-6704.

Senior Dining Sites:

Program provides an opportunity for persons age 60 or older and their spouses to enjoy a nutritious meal in a social setting at five different locations in Forest County: Alvin, Armstrong Creek, Crandon, Laona and Wabeno. There are no economic guidelines to qualify to attend. All participants are given the opportunity to donate towards the cost of the meal. For more information please call (715) 478-3256.

Transportation Services:

The ADRC of the Northwoods provides two Senior transportation programs for Seniors (55+) and persons with disabilities - Medical Escort and Route Transportation. For more information call (715) 478-3256.

Village Caregiving

Telephone: (920) 510-4761

Address: 4321 W. College Avenue, Appleton, WI 54915

Email: michaeljones@villagecaregiving.com

Website: www.villagecaregiving.com

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

Volunteer Opportunities:

Volunteers are very important to the ADRC of the Northwoods. A variety of different volunteer opportunities are available in office and in the community. Mileage reimbursement is available for volunteer drivers. Contact the ADRC of the Northwoods for volunteer opportunities. The ADRC of the Northwoods is always in need of volunteer drivers. Individuals interested in becoming a volunteer

driver should contact Kathy Fohrman at 715-478-3256. Drivers must have a good driving record, a vehicle in good repair and insurance coverage.

Sokaogon Chippewa Elder Program

Telephone: (715) 478-6440

Cell: (715) 622-0490

Address: 3051 Sand Lake Rd., Crandon, WI 54520

Aging Unit Director: Dori McGeshick

Housing Phone Number: (715) 478-2001 Walter Panick Jr.

Website: sokaogonchippewa.com

Services: Transportation, information, referral and nutritious meals.

ALCOHOL & OTHER DRUG ABUSE-AODA

Alcohol and other Drug Abuse Program

Telephone: (715) 369-2215

Crisis Line: (888) 299-1188

The Human Service Center

Address: P.O. Box 897, 705 E. Timber Dr.,
Rhineland, WI 54501

Website: www.thehumanservicecenter.org

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

Hours: Monday-Friday, 8:00 a.m.-4:30 p.m.

Alcoholics Anonymous

For information and daily meetings throughout the area, call or text (715) 360-4637

Call for help: (715) 966-9343

Website: www.northwoodsaa.org

Aspirus Behavioral Health-Rhineland & Koller Behavioral Health

Telephone: (715) 361-2805

Riverside Clinic (Outpatient)

Address: 240 Maple St., Lower Level
Woodruff, WI 54568

Telephone: (715) 356-8140

Woodruff Clinic

Telephone: (715) 356-8540

Address: 311 Elm St., Woodruff, WI 54568

Aspirus Koller Behavioral Health Services

Telephone: (715) 361-2805

Fax: (715) 361-2920

Address: 400 W. Glen St., Crandon, WI 54520

Website: www.aspirus.org

behavioral-mental health

Services: Outpatient AODA, Mental health, psychiatry, assessments, prevention services. Internal referral required.

Aspirus St. Mary's Hospital

General: (715) 361-2000 or (800) 578-0840

Inpatient: (715) 361-2020

Address: 2251 N. Shore Dr., Rhinelander, WI 54501

Services: Comprehensive treatment for substance abuse and addictions, including inpatient detoxification.

Forest County Potawatomi:

Health and Wellness Center AODA
and Behavioral Science

Telephone: (715) 478-4300 (option 3)

Address: P.O. Box 396, Crandon, WI 54520

Services: Mental health assessment and treatment, family therapy, IQ testing, ADHD testing, anger management, individual and group counseling and alcohol and drug abuse counseling services are offered. Art therapy for children and adults also available.

Hours: Monday-Friday, 8 a.m.-4:30 p.m.

Koinonia Treatment Facility

Telephone: (715) 362-5745

Fax: (715) 362-2819

Address: 1991 Winnebago St., Rhinelander, WI 54501

Mailing Address: P.O. Box 1550, Rhinelander, WI 54501

Services: Drug and alcohol treatment for residents of Forest, Oneida, and Vilas Counties.

National Council on Alcoholism & Drug Dependence

Telephone: (601) 899-5880 or (855) 648-7228

Fax: (212) 269-7510

Website: www.NCADD.org

Transitions Center, LLC

Telephone: (715) 365-6696 - Fax: (715) 365-6768

Address: 22 N. Pelham St., Rhinelander, WI 54501

Mailing Address: P.O. Box 622, Rhinelander, WI 54501

E-mail: transitionscenter@frontiernet.net

Website: www.transitionscenter.net

Business Hours: Monday-Thursday 8:00 a.m.-6:00 p.m.;
Friday 8:00 a.m.-4:00 p.m.

Appointments available per counselor

Services: Outpatient counseling for individuals, couples, and families of all ages, for mental health and alcohol/drug problems. Private insurance, Medicare/Medicaid, and private pay accepted. Serving Forest, Oneida, and Vilas Counties.

Wisconsin Recovery Connection

Telephone: (866) 812-8231

Website: www.recoveryconnection.com/substance-abuse-statistics-by-state/wisconsin

ALZHEIMER'S DISEASE & OTHER DEMENTIAS

Alzheimer's Association Wisconsin Chapter

Rhinelander Outreach Office

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

Website: www.alz.org/wi

Contact: Julie St. Pierre

E-mail: jstpierre@alz.org

Address: 8A W. Davenport St., Suite 224
Rhinelander, WI 54501

Counties Served: Ashland, Bayfield, Florence, Forest, Iron, Langlade, Lincoln, Price, Vilas & Oneida

The Alzheimer's Association of Wisconsin is a non-profit organization, affiliated with the National Alzheimer's Association in Chicago. Services offered include: support group meetings, 24-hour telephone National helpline number at (800) 272-3900, conference and workshops, in-service training, and chapter library.

Alzheimer's Family & Caregiver Support & Program-Forest County

Telephone: (800) 699-6704

ADRC of the Northwoods

Friendly Village Nursing & Rehabilitation

Telephone: (715) 365-6832

Address: 900 Boyce Dr. Rhinelander, WI 54501

(See Nursing Home Section)

National Family Caregiver Support Program

Telephone: (800) 699-6704

ADRC of the Northwoods

(See Aging Services Section)

Northern Wisconsin Memory Diagnostic Center

Telephone: (715) 361-4560

Address: 2251 N. Shore Dr., Rhinelander, WI 54501

Rennes Health & Rehab Center

Telephone: (715) 420-0728

Address: 1970 Navajo St., Rhinelander, WI 54501

The Bay at Nu Roc Health and Rehabilitation Center

Telephone: (715) 674-4477

(See Nursing Home Section)

Wisconsin Alliance for Family Caregiving

Website: www.caregiver.org

A network of organizations and family caregivers that provides education, resources, and support to family caregivers statewide.

ALZHEIMER'S DISEASE CONT.

Wisconsin Alzheimer's Institute

Telephone: (608) 890-2524

Fax: (608) 265-9122

Address: 610 Walnut St., 9th Floor, Suite 957,
Madison, WI 53726

E-mail: wai@medicine.wisc.edu

Website: www.wai.wisc.edu

Services: WAI is an academic University of Wisconsin School of Medicine and Public Health Center and focuses on Alzheimer's disease and related dementias.

Wisconsin Family Caregiver Support Program

Telephone: (866) 229-9695 • Milwaukee

Website: www.wisconsinacaregiver.org

Services designed to help local and long distance family members and friends who care for: persons age 60 or over; individuals with Alzheimer's disease or related dementias regardless of age.

ASSISTIVE TECHNOLOGY RESOURCES

Forest County Digital Navigator Program

Get Home Internet-We help you find options & programs to make connecting affordable.

Get Devices & Assistance-The program provides troubleshooting and devices for people who need them.

Get Tech Skills- Learn the skills you need to use your technology safely and confidently.

Contact Your Digital Navigator at 200 E. Madison Street., Crandon, WI 54520 or forest.extension.wisc.edu/digital-navigator-program

Grandcare

Service: Grandcare facilitates an assessment for individuals living in their own home to determine the best set-up based on the individual's needs. If Grandcare is utilized in a residential setting, the assessment and set up is the responsibility of the care provider. Most of the options within Grandcare's system are customizable to individual needs.

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

Midstate Independent Living Choices, Inc

MILC offers loan and demonstration program of Assistive Technology for consumers to try equipment before making a commitment to purchase. MILC is not a vendor of equipment, but can help get you connected to vendors and possibly funding resources. (See Disabilities Resource section for more services and contact info).

Safe Wander

Service: Safe Wander is a wearable wireless sensor. It sends an instant alert to the caregiver's phone when the wearer starts to get up from the bed or chair before their feet hit the ground, even if the caregiver is further away.
Website: <https://www.safewander.com>

Tech Enhanced Life

Service: This site focuses on improving the quality of life for older adults, utilizing technology to enhance and optimize the ability to live life to the fullest.
Website: www.techenhancedlife.com

WisTech

Service: Assistive Technology Program offers device loan and demo. You can browse the data base of the Independent Living Centers to see what devices are in the inventory and available for loan or demo.
Website: <https://www.wisconsinat4all.com>

CAREGIVER SUPPORT

Family Caregiver Support Program - ADRC of the Northwoods

Telephone: (800) 699-6704

(See Aging Agencies Section)

CHURCHES

(Some churches may not be represented below. Please check your local paper or the yellow pages.)

Argonne Community Church

Telephone:

Address: 7945 Pine St., Argonne, WI 54511

Service Time: Sunday at 8:30 a.m.

Bethel Baptist Church

Address: 1776 East Ave., Wabeno, WI 54566

Contact Person: Pastor Ben Larson

Service Time: Sunday at 9:00 a.m.

Christ Lutheran Church-WELS

Telephone: (715) 478-5620

Address: 9126 SHwy. 32, Hiles, WI 54511

Vacancy: One joint service at St. Pauls 9:15

E-mail: pastor@northwoodslutheran.org

Website: www.northwoodslutheran.org

Forest Larger Parish Presbyterian Church Lakewood, Wabeno, Laona

Telephone: (715) 473-3803

Locations:

4347 N. Branch St., Wabeno, WI 54566, 10:00 a.m.

5265 Linden St., Laona, WI, 11:30 a.m.

15552 Hwy. 32, Lakewood, WI, 8:00 a.m.

Mailing Address: P.O. Box 129, Wabeno, WI 54566
Contact: R. Lee Jennings, Jr. Minister
Pastor: Rev. Ronald Lawrence
E-Mail: forlarpar@centurylink.net
Website: forestlargerparishpc.com
Service Time: Lakewood - Sunday 8:30 a.m., Wabeno -
Sunday 10:30 a.m. November begins one service at 9:30
a.m.; November - Lakewood; December - Wabeno; January
- Laona

Good Shepherd Lutheran Church

Telephone: (715) 478-3555 or (715) 889-4610
Address: 1507 N. Lake Ave., Crandon, WI 54520
Mailing Address: P.O. Box 146, Crandon, WI 54520
Contact Person: Pastor Jamie Bauknecht
Service Time: Sunday, 10:30 a.m.

Lake Lucerne Gospel Chapel

Telephone: (715) 478-2677
Address: 5132 Jaeger Rd., Crandon, WI 54520
Mailing Address: 604 N. Grandview, Crandon, WI 54520
Contact Person: Don Dewing, Pastor
Service Time: Sunday, 10:00 a.m.

Lakeland Baptist Church

Telephone: (715) 478-3901
Contact Person: Pastor Ezra Billings
E-mail: lakelandbaptistcrandon@proton.me
Address: 106 S. Hazeldell Ave., Crandon, WI 54520
Service Time: Wednesday at 6:00 p.m. and Sunday at 10:00
a.m. & 5:00 p.m.; Sunday School at 9:00 a.m.

Midwest Indian Mission

Telephone: (715) 478-2730
Fax: (715) 478-2731
Mailing Address: P.O. Box 187, Crandon, WI 54520
Contact Person: Rev. Don Dewing, Director
E-mail: ardtndd@newnorth.net
Website: www.midwestindianmission.org
Services: Lake Lucerne Gospel Chapel, Crandon (10:00 a.m.
Sunday); Sunnyside Community Church, Carter (10:00 a.m.
Sunday); Waba Nun Nung Gospel Chapel, Mole Lake (10:00
a.m. Sunday); New Hope Shelter and Transitional Housing;
Shelter Number 715-478-3669; Wasmogishek Food Pantry

Pentecostal Church of God

Location: Alvin, WI
Pastor: Della Rosenow
Sunday Worship Service, 10:30 a.m.
Wed. Bible Study 10:30 a.m.

Praise Chapel Community Church

Telephone: (715) 478-7755
Address: 200 East Sixth St., Crandon, WI 54520
Mailing Address: P.O. Box 364, Crandon, WI 54520
Contact Person: Senior Pastor Franz Gerber
Website: www.praisechapelccc.com

Services: Food pantry, Kid's Club, senior fellowship, weddings,
funerals, women's & men's bible studies. Serving Forest
County. Sundays, 10:00 a.m.; Sunday School during the
school year 9:00 a.m. Wednesday night Bible Study 6:30 p.m.
For more information go to our website.

St. Ambrose Catholic Church

Telephone: (715) 473-2511
Address: 1793 Elm Street & Hwy. 32, Wabeno, WI 54566
Mailing Address: P.O. Box 280, Wabeno, WI 54566
Contact Person: Fr. Praveen Pamiseti
Cell: (715) 219-6338
Mass at St. Ambrose, Wabeno, Sunday 10:30 a.m. and
Wednesday 4:00 p.m.
Mass at Lakewood Sunday 8:30 a.m. and
Saturday 4:00 p.m. (year round)

St. John Lutheran Church-Laona (LC-MS)

Telephone: (715) 674-3836 or (715) 889-3474
Address: 5502 Beech St., Laona, WI 54541
Contact Person: Vicar, Jamie Bauknecht
Vacancy: One joint service at St. Pauls 9:15

St. John Lutheran Church-Pickerel (LC-MS)

Telephone: (715) 484-3382
Address: N8934 Hwy 55, Pickerel, WI 54465
Contact: Pastor Rick Kelm (402) 200-0190 Mon. 10:30 a.m.
Service Time: Sunday 9:00 a.m.
Sunday Bible Study: 8:00 a.m.
After School Program: Wednesday, 4:00-5:30 p.m.

St. Joseph Catholic Church

Telephone: (715) 478-3396
Address: 208 N. Park Ave., Crandon, WI 54520
Contact Person: Fr. Kennedy Gaspar, Administrator
E-mail: stjosephscrandon@gmail.com
Service Time: Saturday at 6:00 p.m. and Sunday at 8:30 a.m.
Services Offered: Pastoral

St. Leonard's Catholic Church

Telephone: (715) 674-3241
Address: 5330 Beech St., Laona, WI 54541
Contact: Fr. Anil Polumari
Cell: (920) 883-9799
E-mail: stleonardlaona@gmail.com
Mass: Tuesday-Friday, 7:30 a.m.
Mass: Saturday at 4:00 p.m. and Sunday at 9:00 a.m.

St. Luke's United Methodist Church

Telephone: (715) 478-3797
Address: 301 S. Lake Ave., Crandon, WI 54520
Contact Person: Pastor Debra Spira (906) 236-4396
Pastors Hours: Wed. 8:00-1:00 by appt.
Secretary: Elizabeth Plummer (715) 478-3948
E-mail: stlukesumccrandon@gmail.com
Service Time: Sunday at St. Luke's, Crandon 8:300 a.m., Sunday
School held during school year same time as service.

CHURCHES CONT.

St. Paul Lutheran Church, WELS

Telephone: (715) 478-5620
Address: 501 N. Park Ave., Crandon, WI 54520
Vacancy: One joint service at St. Pauls 9:15 am
Website: www.northwoodslutheran.org
E-mail: pastor@northwoodslutheran.org
Service Time: Sunday at 9:15 a.m.

St. Stanislaus Kostka Church

Telephone: (715) 336-2334
Address: 521 U.S. Hwy. 8, Armstrong Creek, WI 54103
Contact: Fr. (Lou) Lourdu Mandanu
Service Time: Saturday at 4:00 p.m. at St. Joan of Arc,
Goodman and Sunday at 10:30 a.m. at St. Stanislaus,
Armstrong Creek.

Sunnyside Community Church

Telephone: (715) 478-0084
Address: Hwy. 32, Carter, WI 54566
Contact Person: Pastor Adam Dewing
Sundays Service: 10:00 a.m.

Trinity Lutheran Church

Telephone: (715) 473-5633
Address: 1741 Forest Ave., Wabeno, WI 54566
Contact Person: Pastor Willitz (608) 294-8940
Website: www.trinityrisensavior.com
Servics: Sunday 9:30 a.m.

Waba Nun-Nung

Telephone: (715) 478-2617
Address: Hwy 55 at Mole Lake, Crandon
Contact: Pastor Richard Jensen (715) 784-0250
Service Time: Sunday at 10:00 a.m.

CLOTHING

Christian Thrift Store

Telephone: (715) 473-6509
Address: 4541 N. Branch St. Wabeno, WI 54566
E-mail: christianthriftstore@gmail.com
Services: Reasonably priced, gently used clothing, home
decor, small kitchen appliances, etc.
Hours: Monday-Friday 11:a.m.-4:00-p.m.,
Saturday 11:00 a.m.-3:00 p.m.
Donations accepted Monday-Friday 11:00 a.m.-3:00 p.m.;
Saturday, 11:00 a.m.-2:00 p.m.

Goodwill Industries of North Central Wisconsin

Telephone: (715) 623-3767
Address: 2405 Hwy. 64 E, Antigo, WI 54409

Telephone: (715) 362-7565
Address: 2181 Lincoln St., Rhinelander, WI 54501
Services: Gently used and new items, job training programs
and opportunities for people with barriers to employment,
and a drop site for donations.
Monday-Saturday 9:00 a.m.-8:00 p.m.;
Sunday 9:00 a.m.-7:00 p.m.

CONSUMER PROTECTION

Benefit Specialist Program

(See Aging Services Section)

Better Business Bureau of Wisconsin, Inc. Consumer Protection Division

Telephone: (800) 273-1002 or (414) 847-6000
Website: www.bbb.org/Wisconsin

Consumer Hotline of the Agriculture Trade and Consumer Protection

Telephone: (608) 224-5012 or (608) 224-5058 (TDD)
Address: P.O. Box 8911, Madison, WI 53708-8911
Websites: <https://datcp.wi.gov> or www.datcp.wi.gov

National "Do Not Call" Registry

Telephone: (888) 382-1222 or 1-866-290-4236 (TTY)
Website: www.donotcall.gov
Telephone numbers placed on the National "Do Not Call"
don't expire. Most telemarketers should not call your
number once it has been on the registry for 31 days.

National Fraud Information Center

Telephone: (202) 835-3323 ext. 815
Website: www.fraud.org
Services: A project of the National Consumers League is
working to combat the growing menace of phone fraud. If
you receive a phone call that you suspect is a scam, please
call 1-202-835-3323, ext. 815.

Wisconsin "Do Not Call" List

Telephone: (888) 382-1222
Website: [datcp.wi.gov/Pages/Publications/
NoCallConsumerFAQ286.aspx](http://datcp.wi.gov/Pages/Publications/NoCallConsumerFAQ286.aspx)

State of Wisconsin Department of Financial Institutions

Telephone: (800) 452-3328
Website: www.wdfi.org
All questions and/or complaints regarding banks, credit
unions, credit cards, charitable organizations, loan
companies, consumer credit, payday loans, state-chartered
banks, currency exchange, notaries, professional fund
raisers, debt collection agencies, mortgage companies and
investments.

CONTINUING EDUCATION

Forest County UW-Madison Extension

Forest County - UW Extension Courthouse
Telephone: (715) 478-2212
Fax: (715) 478-2015
Address: 200 East Madison St., Crandon, WI 54520
Area Extension Director – Amber Rehberg
Healthy Communities Coordinator – Karly Harrison
FoodWise Administrator: Florence, Forest, Vilas, Oneida,
Taylor, Price, Langlade, Lincoln – Terri Kolb
FoodWise Nutrition Educator: Forest, Oneida, Vilas – Mary
Stys
4H Educator – vacant

Learning in Retirement

Telephone: (715) 365-4491 or (800) 544-3039 Ext. 4491
TTY/TTD: 800-947-3529
Address: P.O. Box 518, Rhinelander, WI 54501
E-mail: LIR@nicoletcollege.edu
Website: www.nicoletcollege.edu/lir
Learning in Retirement at Nicolet College offers numerous
just-for-the-fun-of-it learning opportunities for Northwoods
seniors. Annual membership is \$45.00 and allows members
to attend several social events and take as many or as
few classes as they wish. Classes are offered at multiple
locations.

Nicolet Area Technical College

Telephone: (715) 365-4493 or (800) 544-3039
TTY/TTD: 800-947-3529
Website: www.nicoletcolledge.edu
Address: 5364 College Dr., Rhinelander, WI 54501
Services: Nicolet College provides numerous opportunities
for educational degrees, short-term training and
educational and cultural enrichment. Area retirees actively
pursue lifelong learning through college's continuing
education classes. Learning in Retirement, and the
college's Nicolet Live! Theater series. Contact the college
for information on current offerings.

COUNSELING

(See Health, Mental Section)

CRISIS INTERVENTION

Community Access Crisis Intervention Services

Telephone: (715) 478-3871
Fax: (715) 478-2725
Website: www.newcap.org
Hours: Fridays 8:00-12:00

Crisis Line (Crisis Intervention Link)

Telephone: (888) 299-1188
The Human Service Center
Address: 705 E. Timber Dr., Rhinelander, WI 54501
Services: A confidential, 24-hour, 7- days 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 Forest, Oneida and Vilas Counties. There are no
fees charged.
Energy Services Inc. for Fuel and
Electric Assistance (WHEAP)
Telephone: (715) 245-2400
Address: 300B S. Lake Ave., Crandon, WI 54520
After hours emergency, call sheriff's department.

NEWCAP, Inc.

Address: 212 N. Lake Ave., Crandon, WI 54520
Services: Community Access Crisis Intervention Services
include: Emergency Food Assistance Program (TEFAP)
through the food pantries; Emergency Food and Shelter
Program (FEMA); Information and referrals; Outreach
Program; Weatherization; Community Health Services.
Hours: Monday - Thursday 8:00 a.m.-4:30 p.m.,
Closed Fridays

Tri-County Council on Domestic Violence and Sexual Assault, Inc.

Telephone: (715) 478-3780, (715) 362-6841 or
(800) 236-1222 (24-hour crisis line)
Fax: (715) 478-3796
Address: P.O. Box 233, Rhinelander, WI 54501
E-mail: tccforest@hotmail.com
Website: www.tri-countycouncil.org
Services: Temporary safe housing, food, support and
advocacy for victims of domestic abuse, sexual assault and
their children; emergency transportation, 24-hour crisis
hotline, crisis intervention and support; legal advocacy,
criminal justice support, community education, assistance
with Judicare, crime victim compensation and restraining
orders; supportive services, medical and personal
advocacy; safety planning, information and referrals. All
services are free of charge and confidential.
Hours: Monday-Friday 8:00 a.m.-4:00 p.m.

DENTAL CARE

Bridge Dental Clinic of Antigo

Telephone: (715) 627-4383
Fax: (715) 627-4322
Address: 1111 Langlade Rd., Suite 103 Antigo, WI 54409
Website: www.bridgeclinic.org
Services: General dentistry. Serves all counties. Call for an
appointment

DENTAL CARE CONT.

Family Health Center - Rhinelander Dental

Telephone: (715) 420-1400
Address: 2268 North Shore Dr., Rhinelander, WI 54501

Forest County Potawatomi: Health and Wellness Center - Dental

Telephone: (715) 478-4313
Fax: (715) 478-4492
Address: 8201 Mish Ko Swen Dr., P.O. Box 396, Crandon, WI 54520
Website: www.fcpotawatomi.com

Marshfield Clinic - Rhinelander Center

Telephone: (715) 420-1400
Address: 2268 North Shore Dr., Rhinelander, WI 54501
Accept insurance, including MA. We also accept private payments and have financial assistance programs.

Northlakes Community Clinic

Telephone: (715) 276-6321
Fax: (715) 276-1428
Address: 15397 Hwy 32, Lakewood, WI 54138
Mailing Address: P.O. Box 179, Lakewood, WI 54138
Services: Medical, dental, behavioral health, and enabling services. Certified Application Counselors to assist individuals to enroll in the new health insurance marketplace. Serving Oconto, Forest, Langlade, Marinette, and Florence counties.
Satellite dental clinic located at 840 Arbutus Ave., Oconto, WI - (920) 516-7107
Hours: Monday-Friday 7:00 a.m.-5:00 p.m.

Peter Christiansen Dental Center

Telephone: (715) 588-4269
Address: 128 Old Abe Rd., Lac du Flambeau, WI 54538

Potrykus Family Dentistry

Telephone: (715) 546-2101
Fax: (715) 546-4331
Address: 1858 Superior St., Three Lakes, WI 54562

Forest County Nutrition Sites

24 HOUR ADVANCE REGISTRATION/CANCELLATION REQUIRED

LOCATION	DAYS	FOR RESERVATIONS CALL
Alvin Nutrition Site Alvin Town Hall Hwy. 55 N., Alvin, WI	12:00 p.m. Thursday	Site (715) 545-4063 Manager: Dale Reetz (262) 707-2490
Armstrong Creek Nutrition Site Community Center South Hwy. 101, Armstrong Creek, WI	11:30 a.m. Tues. & Wed.	Site (715) 336-2218 Manager: Sharon Gile (715) 889-1235
Crandon Nutrition Site Crandon Community Building 601 W. Washington St., Crandon, WI	12:00 p.m. Mon., Tues., & Wed.	Site (715) 478-3040 Manager: Tammy Collins (715) 889-4843
ADRC of the Northwoods	Call by 1:00 p.m. working day before meal to register/cancel.	Forest Co. Office on Aging: (715) 478-3256
Forest County Potawatomi 5460 Kak Yot Lane, Crandon, WI	Please call for meal schedules	(715) 478-4715
Laona Nutrition Site Laona Senior Center 5277 Linden St., Laona, WI	12:00 p.m. Mon., Tues., & Wed.	(715) 889-3116 Manager: Peggy Alderton
Sokaogon Chippewa Senior Center Hwy. 55, Crandon, WI	Please call for meal schedules	(715) 478-1229
Wabeno Nutrition Site Wabeno Town Hall 4473 N. Branch St., Wabeno, WI	11:30 a.m. Mon., Tues., & Wed.	(715) 889-0123 Manager: Linda McEwen

Mailing Address: P.O. Box 410 Three Lakes, WI 54562
 E-mail: contactus@potrykusfamilydentistry.com
 Contact: Jacque Deditz, Office Manager
 Services: Offering complete dental care Tuesday & Wednesday 7:30 a.m.-4:00 p.m. Serving all areas.

Sokaogan Chippewa Health Clinic

Telephone: (715) 478-5180
 Address: 3144 Vanzile Rd., Crandon, WI
 Accepts Insurance, MA

Timber Drive Dental, Inc.

Telephone: (715) 365-1800
 Fax: (715) 365-1806
 Address: 521 E. Timber Dr., P.O. Box 579
 Rhinelander, WI 54501
 E-mail: info@timberdrivedental.com
 Serving Rhinelander and the surrounding communities,
 Monday-Wednesday 8:00 a.m.-5:00 p.m.

DIALYSIS UNITS

Aspirus Langlade Hospital Kidney Care

Telephone: (715) 623-9777
 Fax: (715) 623-9454
 Address: 501 Aurora St., Antigo, WI 54409
 (in St. Joseph's Outpatient Building)

Davita Northern Star

Telephone: (715) 356-0132 or 1-800 424-6589
 Fax: (715) 356-6392
 Address: 311 Elm St., Woodruff, WI 54568
 Website: www.davita.com
 Services: Dialysis. Monday-Saturday 6:00 a.m.-4:30 p.m

Davita Rhinelander

Telephone: (715) 362-3718 or 1-800-424-6589
 Address: 1306 Lincoln St., Rhinelander WI 54501
 Website: www.davita.com

DINING

Meal Sites: ADRC of the Northwoods

Please register by calling the site manager or ADRC of the Northwoods (800) 699-6704 one work day in advance of meals.

Alvin Nutrition Site

Telephone: (715) 545-4063
 Location: Alvin Town Hall
 Serving Time: Thursday @ 12:00 p.m.
 Site Manager: Dale Reetz (262) 707-2490

Hildebrand Funeral Home
 & Cremation Specialists

OFFERING AFFORDABLE FUNERAL & CREMATION OPTIONS

Complete Traditional Funeral Package - \$7,800
 Traditional Cremation Package - \$5,200
 Memorial Service Package - \$4,400
 Simply Burial - \$4,800
 Simply Cremation - \$1,500

For more information on how our funeral home can save your family thousands of dollars on funeral expenses, please call 715-365-4343

HILDEBRAND FUNERAL HOME
 24 E. Davenport St. - Rhinelander, Wisconsin
www.hildebrandrussfh.com
 A friend to families since 1888
 Locally owned and operated

3-983336

Affordable Housing

Serving Rhinelander, Crandon, Phelps, Boulder Junction, Minocqua, and Land O' Lakes

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

CCB Housing Management
 An Operation of Catholic Charities Bureau

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

An Equal Housing Opportunity Provider
www.ccbhousing.org

855820

DINING CONT.

Armstrong Creek Nutrition Site

Telephone: (715) 336-2218

Location: Armstrong Creek Community Center

Serving Time: Tuesday and Wednesday @ 11:30 a.m.

Site Manager: Sharon Gile (715) 889-1235

Crandon Nutrition Site - Crandon Community Building

Telephone: (715) 478-3040

Serving Time: Monday, Tuesday, & Wednesday 12:00 p.m.

Site Manager: Tammy Collins (715) 889-4843

Laona Nutrition Site - Laona Senior Center

Telephone: (715) 889-3116, Peggy Alderton

Serving Time: Monday, Tuesday & Wednesday

12:00 p.m. (noon)

Forest County Potawatomi Meal Site

Telephone: (715) 478-4715

Address: 5456 Kak Yot Lane, Crandon, WI 54520

Sokaogon Chippewa Senior Center Meal Site

Telephone: (715) 478-1229

Address: 3154 Hwy 55, Crandon, WI 54520

Hours of Service: Monday-Friday 11:30 a.m.-12:30 p.m.

Wabeno Nutrition Site - Wabeno Town Hall

Telephone: (715) 889-0123, Linda McEwen

Serving Time: Monday, Tuesday, & Wednesday 11:30 a.m.

DISABILITIES RESOURCES

ADRC Disability Benefit Specialist

ADRC of the Northwoods

Crandon Office:

Telephone: (800) 699-6704

Fax: (715) 499-5057

Address: 300 S. Lake Ave., Crandon, WI 54520

Services: Assists individuals 18-59 years old in identifying resources and accessing services.

Brain Injury Resource of Wisconsin Inc.

Telephone: (262) 770-4882

Address: 511 N. Grand Ave., Waukesha, WI 53186

E-mail: admin@bircofwi.org

Division of Vocational Rehabilitation

Telephone: (800) 662-5330 or (715) 365-2610

Fax: (608) 327-6400

Address: 51 N. Brown St. Ste. A, Rhinelander, WI 54501

E-Mail: dvr@dwd.wisconsin.gov

Website: www.dwd.wisconsin.gov/dvr

Services: Career guidance and counseling, job search and

placement assistance, information and referral services, transition to work services, supported employment services, rehab tech, vocational and other training. Serving Forest, Oneida, Langlade, Tomahawk and Vilas Counties
Hours: Monday-Friday 8:00 a.m.-12:00 p.m., 12:30-4:00 p.m.

Headwaters, Inc.

Telephone: (715) 369-1337

Fax: (715) 369-1793

Address: 1441 East Timber Dr., Rhinelander, WI 54501

Website: www.headwatersinc.org

Services: Headwaters, Inc. is a not-for-profit transitional community based work/rehabilitation center operating since 1969. We have over 40 years of experience providing services to people with intellectual disabilities, autism spectrum disorders, chronically mentally ill, brain injury, physically disabled, individuals who are economically disadvantaged, and children with special needs in Forest, Oneida, and Vilas counties.

Hours: Monday-Friday 8:00 a.m.-3:30 p.m.

Inclusa

Telephone: (877) 622-6700

Office Location: 300 S. Pelham St., Rhinelander, WI 54501

(office is open by appointment only)

Website: www.Inclusa.org

Services: Inclusa is a State certified Managed Care Organization designed to offer the Family Care program to eligible elders and adults with disabilities. Our goal is to support you and the community you call home. We are here to help you connect to the resources you need to live the life of your choosing.

Business Hours: Monday-Friday 8:00 a.m.-4:30 p.m.

Lakeland Care, Inc

Telephone: (715) 420-2450 or (877) 227-3335

Address: 232 S. Courtney Street (Trig's Shopping Center), Rhinelander, WI 54501

Website: www.lakelandcareinc.com

Services: Local managed-care organization administering the Medicaid-funded Family Care long-term care program which helps frail elders and adults with disabilities get the services they need to remain in their homes. This comprehensive and flexible program offers services to foster independence and quality of life for members, while recognizing the need for independence and support. The program offers better choices, improved access to services, improved overall quality of life by focusing on people's health and social outcomes and does so in a cost-effective manner.

Hours: (Open by appointment only) 8:00 a.m. - 4:30 p.m.

Midstate Independent Living Choices, Inc.

Telephone: (715) 344-4210 or (800) 382-8484

(TTY): (715) 344-4414

Address: 3262 Church St., Stevens Point, WI 54481

Website: www.milc-inc.org

Services: MILC is publicly supported non-profit agency serving persons with disabilities of all ages. Services include, but are not limited to: Information and referral, advocacy, Independent living skills training, peer support, transition services (Nursing Home/Assisted Living to community living, incarceration to community living, transition services for youth with disabilities to life beyond high school).

Assistive technology (Loan, Demonstration, and training), community education, recreation, and more.

Serving Adams, Florence, Forest, Langlade, Lincoln, Marathon, Oneida, Portage, Taylor, Vilas, and Wood Counties and Lac du Flambeau, Ho Chunk, Forest County Potawatomi, and Sokaogon Chippewa Tribes

Hours: Monday-Friday 8:30 a.m.-5:00p.m.

The Human Service Center

Telephone: (715) 369-2215 or (800) 236-8787

Fax: (715) 369-2214

Address: 705 E. Timber Dr., P.O. Box 897
Rhineland, WI 54501

Website: www.thehumanservicecenter.org

Services: Assessment and referral, care coordination, and treatment for individuals of all ages in need of AODA - Developmental Disability and/or Mental Health services. Serving Forest, Oneida, and Vilas counties.

TMG IRIS Consultant Agency

Telephone: (844) 864-8987

Address: 1 S. Pinckney St., Ste 320, Madison, WI 53703

E-mail: info@tmgwisconsin.com

Website: www.tmgwisconsin.com

As Wisconsin's first certified IRIS Consultant Agency, TMG partners with thousands of adults with disabilities and older adults statewide, empowering them to enjoy meaningful lives in their communities. IRIS participants and their families choose and control the supports that work best for them.

When you choose TMG as your ICA, your local IRIS Consultant will get to know you, listen, and understand what's important in your life. Then together, we create a plan that is unique to your long-term care goals. TMG's knowledgeable, compassionate consultants become key allies in achieving long term care goals.

DRIVER'S LICENSING

Department of Transportation Division of Motor Vehicles

Crandon Location

Telephone: (608)264-7447

Address: 110 S. Lake Ave., Crandon, WI 54520

Hours: Tuesday/Thursday 7:00 a.m.-5:00 p.m.

Rhineland Location

Telephone: (608)264-7447

Address: 510 N. Hanson Lake Rd., Rhineland, WI 54501

Hours: Monday-Friday 8:30 a.m.-4:45 p.m.

ELDER ABUSE/ DOMESTIC ABUSE

911

Anywhere in Forest County for an emergency. Stay on the phone to give relevant information until asked to hang up.

Forest County Department of Social Services

Telephone: (715) 478-3351

Forest County Potawatomi Health and Wellness Center Behavioral Health Services

Telephone: (715) 478-4332

Office of Crime Victim Services

Telephone: (608) 264-9497

(800) 446-6564 (victims only)

TTY/TTD: (800) 947-3529

Fax: (608) 264-6368

Address: P.O. Box 7951, Madison, WI 53707

Website: www.doj.state.wi.us

Services: Crime victim compensation, victim/witness assistance.

Hours: Monday-Friday 7:45 a.m.-4:30 p.m.

Sokaogon Chippewa Family Service Domestic and Elder Abuse

Telephone: (715) 478-6451

Tri-County Council on Domestic Violence and Sexual Assault

Telephone: (715) 478-3780

(See Crisis Intervention Section)

EMERGENCY RESPONSE UNITS-LIFELINE PROGRAMS

Lifeline Program

Located in Northern Wisconsin

Telephone: (800) 635-6156

Lifeline Program: Lifeline is a personal response service that ensures quick assistance whenever help is needed. Lifeline lets you maintain independence and gives family peace of mind knowing help is available 24 hours a day., 365 days a year. When the button you wear is pushed,

EMERGENCY RESPONSE CONT.

it activates the lifeline to call for help. Most companies provide both home landline and cellular systems, however, each company sets their own prices, may or may not have installation or activation fees, some offer added features. You may want to call to find the company that best meets your needs. Note: Forest County Health Department no longer offers Lifeline services.

Connect America

Telephone: (800) 619-9114
Website: www.connectamerica.com

Dickinson County Healthcare

(See Hospital Section)

Freedom Alert

Telephone: (800) 519-2419
Website: www.freedomalert-911.com

Lively

Telephone: (800) 918-8543
Website: www.lively.com

Medical Alert

Telephone: (800) 800-2537
Website: www.medicalalert.com

Phillips Lifeline

Telephone: (855) 681-5351
Website: www.lifeline.phillips.com

VRI

Telephone: (800) 860-4230
Website: www.vricares.com

EMERGENCY SERVICES

911 anywhere in Forest County for an EMERGENCY

- Fire and Rescue • Ambulance
- Police/Sheriff/Highway Patrol

Dial 911 and stay on the phone to give all relevant information until you are asked to hang up.

American Red Cross

Telephone: Help, 24/7 1-800-236-8680 or 1-800-RED-CROSS (1-800-733-2767)
Services: Emergency needs for help in case of disaster, fire, emergency communications for military personnel and their families.

Emergency Food Program NEWCAP, Inc.

Telephone: (715) 478-3871
Fax: (715) 478-2725

Address: 212 N. Lake Ave., Crandon, WI 54520

Website: www.newcap.org

Services: EFSP addresses the needs that arise during time of crisis. Serving Forest County.

Hours: Monday & Thursday 8:00-12:00; 12:30 4:00 p.m.

Forest County Emergency Management

Telephone: (715) 478-3430

Fax: (715) 478-3431

Address: 200 East Madison St., Crandon, WI 54520

E-mail: forestem@co.forest.wi.us

Contact: Stephanie Montgomery

Website: www.co.forest.wi.gov

Hours: Monday-Thursday 8:00 a.m.-4:30 p.m.,
Friday 8:00 a.m.-12:00 p.m.

MedicAlert Foundation

Telephone: (800) 432-5778

Address: 101 Lander Ave., Turlock, CA 95382

Website: www.medicalert.org

Services: Medical emergency ID products to identify your medication or medical conditions in case of an emergency.

Hours of service: Monday-Friday 6:00 a.m.-4:40 p.m.

EMPLOYMENT

Northern Advantage Job Center

Telephone: (715) 365-1500

Fax: (715) 365-7836

Address: 51A N. Brown St., Rhinelander, WI 54501

Website: www.wisconsinjobcenter.org

Staffworks Group-Wisconsin, Inc., Nicolet Staffing

Telephone: (715) 365-1342

Address: 71 S. Stevens St., Rhinelander, WI 54501

E-mail: rhinelander@nicoletstaffing.com

Website: www.nicoletstaffing.com

Services: Temporary staffing in all areas of business.

Serving Vilas, Lincoln, Oneida, and Forest counties. Hours: Monday-Friday 8:00 a.m.-4:00 p.m.

ENERGY ASSISTANCE

Wisconsin Home Energy Assistance Program (WHEAP) Energy Services Inc.

Telephone: (715) 245-2400

Address: 300 Lake Ave., Crandon, WI 54520

Program: October 1-May 15

Services: WHEAP administers the federally funded Low Income Home Energy Assistance Program and Public Benefits Energy Assistance Program. In addition to regular heating and electric assistance, specialized services include: emergency fuel assistance, counseling for energy conservation and energy budgets, pro-active co-payment

plans, targeted outreach services and emergency furnace repair and replacement.

FINANCIAL ASSISTANCE

Benefit Specialist

Forest County Elder Benefit Specialist
Telephone: (800) 699-6704
ADRC Disability Benefit Specialist -
Crandon & FC Potawatomi
Telephone: (800) 699-6704

Forest County Department of Social Services

Telephone: (715) 478-3351
Services: Economic Support, Kinship, Medical Assistance,
Food Share.

Forest County Potawatomi Family Services

Telephone: (715) 478-4433 or (800) 960-5479
Fax: (715) 478-7294
Address: 5415 Everybody's Rd., Crandon, WI 54520
Mailing Address: P.O. Box 340, Crandon, WI 54520
Website: www.fcpotawatomi.com
Services: FCP Family Services Team is a partnership that serves as a bridge to strengthen and build foundations for families through unified services by sharing and exchanging data collection resources and reporting mechanisms while ensuring and preserving Forest County Potawatomi culture. Serving Forest County Potawatomi Tribal & community members.
Hours: Monday-Thursday, 7:00 a.m. -5:00 p.m.

Movin' Out Inc.

Telephone: (608) 251-4446 or (877) 861-6746
Address: 902 Royster Oaks Dr., Suite 105,
Madison, WI 53714
E-mail: info@movin-out.org
Website: www.movin-out.org
Movin' Out Inc. is a housing organization providing information and assistance, housing counseling, and financial help for purchase and rehabilitation to Wisconsin households that include a family member with a permanent disability.

Rural Development, USDA

Telephone: (715) 524-8522
TTY: (715) 345-7614
Fax: (866) 296-9296
Address: Shawano Area Office, 603B Lakeland Road,
Shawano, WI 54166
E-mail: wi-rd-shawano@usda.gov
Website: www.rd.usda.gov/wi
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.

SeniorCare Elder Benefit Specialists

Customer Service Line: (800) 657-2038
Prescription drug coverage for Wisconsin residents 65 or older. Four levels of program participation depending upon income.

Sokaogon Chippewa Family Services

Telephone: (715) 478-7600
Fax: (715) 478-7618
Address: 10808 Sokaogon Dr., Crandon, WI 54520
Website: www.sokaogonchippewa.com
Services: Economic Support: General Assistance, Welfare to Work, TANF, Native Employment Works, Kinship Care, W.I.A., Medical Assistance, Food Share and Wisconsin Shares.
Hours: Monday-Thursday 7:00 a.m.-5:00 p.m.

WHEDA – Property Tax Deferral Loan Program Wisconsin Housing & Economic Development Authority

Telephone: (800) 334-6873 or TTY: (800) 943-9430
Address: P.O. Box 1728, Madison, WI 53701-1728
Services: Allows individuals 65 or older with a limited income to convert equity from their home into cash to pay all or a portion of their property taxes. Approved borrowers make no monthly payments on principle and interest until ownership of property is transferred, or until the borrower no longer lives in the home.
Closed 12:00 p.m. to 1:00 p.m.

FINANCIAL COUNSELING

Forest County UW-Madison Extension

Forest County - UW Extension Courthouse
Telephone: (715) 478-2212
Fax: (715) 478-2015
Address: 200 East Madison St., Crandon, WI 54520
Area Extension Director – Amber Rehberg
Healthy Communities Coordinator – Karly Harrison
FoodWise Administrator: Florence, Forest, Vilas, Oneida, Taylor, Price, Langlade, Lincoln – Terri Kolb
FoodWise Nutrition Educator: Forest, Oneida, Vilas – Mary Stys
4H Educator – vacant

Lutheran Social Services (LSS)

Telephone: (888) 607-6775 or
(414)-246-2300 (main office)
Address: 133 N. 25th St., E, Superior, WI 54880
Website: www.lsswis.org
Services: LSS is a non-denominational, non-profit certified by the NFCC to provide counseling services: free budget and credit counseling, debt management plans, required bankruptcy pre-filing counseling and bankruptcy pre-discharge education, and credit report reviews. Access by phone, internet and in person (in Superior). Serving Wisconsin and Upper Michigan.

FOOD

Forest County Potawatomi Family Services

(See Financial Assistance Section)

Home Delivered Meals: ADRC of the Northwoods

Telephone: (800) 699-6704

(See Aging Agencies Section)

Home Delivered Meals: Forest County Potawatomi

Telephone: (715) 478-4715

Home Delivered Meals: Sokaogon Chippewa Community Elderly Center

Telephone: (715) 478-1229

NEWCAP Food Pantry

Telephone: (715) 478-3871

Fax: (715) 478-2725

Address: 212 North Lake Ave., Crandon, WI 54520

Website: www.newcap.org

Services: The NEWCAP Food Pantry Program provides emergency food supplies for households in a crisis situation.

Office Hours: Monday-Thursday 7:30 a.m.-5:00 p.m.; Friday 8:00 a.m.-12:00 p.m.

Food Pantry distribution: Mondays & Thursdays 8:00 a.m.-12:00 p.m.; 12:30 p.m.-4:30 p.m.

Ruby's Pantry

Telephone: (651) 674-0009

Website: www.rubyspantry.org

Location Rhinelander National Guard Armory

Address: 1136 Military Rd., Rhinelander, WI 54501

Days and hours: 3rd Tuesday of the Month

Registration begins at 4:00 p.m.

Food Bundles available 5:00-6:30

Services: Ruby's Pantry 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 shared purchase.

Stockbox

Telephone: (715) 478-3256

E-mail: officeonaging@co.forest.wi.us

Contact: Kathy Fohrman

Services: Provides healthy food every month to improve the diet and nutrition of low-income seniors 60 and older. Date and location may vary.

Wasmogishek Food Pantry

Telephone: (715) 478-2677

Fax: (715) 478-2731

Address: 601 N. Summit, Crandon, WI 54520

Mailing Address: P.O. Box 187, Crandon, WI 54520

E-mail: ardtndd@newnorth.net

Contact: Teleka Dewing, Director

Services: Food and some personal hygiene products. Visits are limited to once per month. Serving Forest County and surrounding areas, no residence requirement.

Hours: Mondays and Wednesdays 11:00 a.m.;

Fridays 5:00-7:00 p.m.

GAMBLING PROBLEMS

Aspirus Behavioral Health-Rhineland

Telephone: (715) 361-2805 or (800) 779-2881

Wisconsin Commission on Problem Gambling

Telephone: (800) 426-2535

24 hrs/day, 7 days/week

GRANDPARENTS

Foster Grandparent Program

(See Volunteer Section)

HEALTH EDUCATION

Aspirus St. Mary's Hospital

Telephone: (715) 361-2000 or (800) 578-0840

Address: 2251 N. Shore Dr., Rhinelander, WI 54501

NEWCAP Community Health

Telephone: (715) 478-3871

Fax: (715) 478-2725

Hours: Monday & Thursday 8:00 a.m.-3:00 p.m.;

Tuesday & Wednesday 8:00 a.m.-4:30 p.m.

HEALTH AND WELLNESS

Forest County Potawatomi (FCP) Community Center

5471 The Place Where Everyone Comes to Play Road,
Crandon, WI 54520

Phone: (715) 478-6500

The Forest County Potawatomi Community Center stands as a vital resource for the community, showcasing a striking design inspired by the eagle, a symbol of resilience and unity. Packed with features that encourage exploration and engagement, this state-of-the-art facility includes a 50-yard turf track, a challenging rock climbing wall, and a gymnasium that can accommodate three basketball courts. Other highlights are an aquatic center for

recreational activities and swimming, various classrooms for educational pursuits, a Fab-Lab for innovation, a woodshop for craftsmanship, an industrial kitchen for culinary projects, and an expansive community space for events and gatherings. The center is dedicated to fostering a vibrant community spirit and promoting health, cultural expression, and connection among individuals of all ages.

YMCA of the Northwoods

Telephone: (715) 362-9622
Address: 2003 E. Winnebago St., Rhinelander, WI 54501
Website: www.ymcaofthenorthwoods.org
Services: Health, fitness and wellness programs for all ages including arthritis water exercise classes, Smart Weight Loss for Seniors, Strength Training for Seniors, Moving for Better Balance, Silversneakers Membership programs, aquatic exercise programs, pickleball, table tennis, and senior basketball. Golden Adventures and monthly lunch speaker programs are also available.

HEARING RESOURCES

Aspirus Medical Group – Rhinelander Audiology Department

Main office: Aspirus Medical Group-Rhinelander.
Telephone: (715) 361-4560
Address: 2251 N. Shore Dr., Rhinelander, WI 54501
Website: www.aspirus.org
Hours: Monday-Friday 8:00 a.m.-5:00 p.m.
Outreach offices: Tomahawk & Eagle River.
Services: Audiologic evaluations, balance testing, communication counseling, hearing aid fitting and servicing by doctors of audiology.

Hearing Advantage, LLC

Telephone: (715) 362-3711 or (866) 904-2698
Fax: (715) 420-1686
Address: 181 S. Anderson St., Rhinelander, WI 54501
Website: www.hearingadvantagellc.com
Services: Hearing tests, hearing aids, hearing aid repair, amplified telephones, hearing protection, aural rehabilitation, tinnitus therapy. Serving Minocqua, Wisconsin Rapids, Phillips and Wausau (Schofield).
Monday-Friday, 8:00 a.m.-4:30 p.m.

Hearing Industries Association, Inc.

Telephone: (202)975-0905
Website: www.betterhearing.org

Midstate Independent Living Choices, Inc.

(See Disabilities Resources Section)

Office for the Deaf and Hard of Hearing Northeastern Region, Rhinelander Office,

Telephone: (855) 359-5252
TTY: (888) 241-9430

Fax: (608) 264-9899

Address: Central Office, 1 West Wilson Street,
Room 558, P.O. Box 2659,
Madison WI 53701-2659

Website: www.dhs.wisconsin.gov/odhh
Services on a variety of topics tailored to the unique needs of Deaf, Deaf-Blind, or hard of hearing residents, including, but not limited to, Available Technologies for Accessibility, Community Services and Resources and Communication with People who are Deaf, hard of hearing and Deaf-Blind.

HOME HEALTH CARE

Aspirus at Home

Telephone: (715) 847-2600 or (800) 600-8296
Address: 520 N. 32nd Ave., Wausau, WI 54401
Website: www.aspirus.org
Services: Skilled nursing, physical and occupational therapy, speech, home health aide, and medical social worker. Hospice in Michigan and Wisconsin.
Hours: Monday-Friday 8:00 a.m.-4:30 p.m.
24 hour on-call nurse.

Compassus Home Health Rhinelander & Arbor Vitae Agencies

Telephone: (888) 671-7871
Fax: (877) 292-4636
Address: 111 East Davenport St., Rhinelander, WI 54501
Services: Skilled nursing, physical therapy, occupational therapy, speech therapy, home infusion, home health aide, and medical social worker.
Website: www.compassus.com

Christian Servants HomeCare

Telephone: (920) 642-3329
Website: christianservantshomecare.com
Location: Covers Forest County
Services: Provides non-medical care from respite, camaraderie, or transportation, to 24/7 care including meals, bathing, medication reminders, cleaning, and more.

Dickinson Home Health

(See Hospital Section)

Helping Hands Senior Homecare Services, LLC

Telephone: (715) 362-4625 or Cell: 715-360-4695
Address: 5241 Lassig Rd., Rhinelander, WI 54501
Area Served: 50 mile radius from Rhinelander
Services: Light housekeeping, hygiene, bathing, home-cooked meals, errands, shopping, laundry, companionship, medication reminders, 24/7 respite care hospice.
See ad on back cover.

Loving Touch Home Care, L.L.C.

Telephone: (715) 362-9132; Cell: (715) 490-5800
E-mail: paul@lovingtouchhomecare.com



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



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

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HOME HEALTH CARE CONT.

Website: www.lovingtouchhomecare.com
 Services: Loving Touch Home Care LLC provides outstanding care for all people, regardless of age or medical condition. We specialize in, but are not limited to, Alzheimer's and Dementia care, elder care, and geriatric care management.

The Bay@Suring Home Health & Rehabilitation Center

Telephone: (920) 842-4132
 Address: 425 Manor Dr., Suring, WI 54174
 Services: Nursing, Physical Therapy, Occupational Therapy, Speech Pathology and Home Health Aide

Stay at Home Care, LLC

Telephone: (715) 350-4210
 Fax: (715) 350-4432
 Address: 813 5th Ave., Suite, 1, Antigo, WI 54409
 Website: www.Stay-at-Homecare.com
 Service Area: Forest, Langlade, Lincoln, Marathon & Oneida Counties
 Services Provided: Personal Care-assistance with bathing, dressing, grooming, mobility, medications, and toileting. Supportive Care – assistance with light housekeeping, meal prep, laundry, errands, grocery shopping and respite
 Services Provided: Up to 24 hours/day, 7 days/week. Depending on staff availability.

Village Caregiving

Telephone: (920) 510-4761
 Address: 4321 W. College Avenue, Appleton, WI 54915
 Email: michaeljones@villagecaregiving.com
 Website: www.villagecaregiving.com
 Services: Providing home care assistance, routine housework, cooking and serving, companionship, bathing assistance. Bonded and insured.

HOMELESS SHELTERS

New Hope Shelter & Transitional Housing

Telephone: (715) 478-3669
 Fax: (715) 478-2731
 Address: 601 N. Summit Ave., P.O. Box 187
 Crandon, WI 54520
 Contact: Micah Dewing, Director
 E-mail: director@shelter.net
 Website: www.newhopeshelter.net
 Services: NHSTH is a short term emergency residential program that provides homeless families, single women, and single men with up to 90 days of shelter and case management services. Youth group Sunday 6:00 p.m. Shelter Gym

Northwoods Alliance for Temporary Housing/ Frederick Place

Telephone: (715) 369-9777
Address: 204 W. Frederick St., Rhinelander, WI 54501
Website: www.nathnorthwoods.com
Serves Forest, Langlade, Lincoln, Oneida, and Vilas counties. Frederick Place is a 16 bed emergency, temporary shelter for families, women, and men who are experiencing homelessness.

HOSPICE CARE

Compassus Hospice Rhinelander & Arbor Vitae Agencies

Telephone: (388) 380-5983
Website: www.compassus.com
Services: Skilled Nursing, home health aide, chaplain, medical social worker, bereavement, massage therapy, pet therapy, & veteran recognition

The Bay at Nu Roc Health and Rehabilitation Center

Telephone: (715) 674-4477
Address: 3576 NuRoc Ln., Laona, WI 54541
E-mail: info@wroc-health.com
Special hospice benefits are available for veterans.

HOSPITALS/MEDICAL FACILITIES

Aspirus Antigo Clinic

Telephone: (715) 623-2351
Fax: (715) 627-0606
Address: 110 E. Fifth Ave., Antigo, WI 54409
Hours: Monday-Friday; 8:00 a.m.-5:00 p.m.

Aspirus Cardiology

Telephone: (715) 847-2611
Fax: (715) 361-3040
Address: 2275 N. Shore Dr., Rhinelander, WI 54501
Services: Specialists in heart and blood vessel diseases, heart care and weight loss.
Hours: Monday- Friday; 8:00 a.m.-5:00 p.m.

Aspirus Eagle River Hospital

Telephone: (715) 479-7411
Address: 201 E. Hospital Rd., Eagle River, WI 54521

Aspirus Elcho Clinic

Telephone: (715) 275-4011
Fax: (715) 275-4012
Address: W10618 Clinic St., Elcho, WI 54428
Hours: Monday-Friday. 8:00 a.m.-5:00 p.m.

Aspirus Good Samaritan Hospital

Telephone: (715) 536-5511
Address: 601 South Center Ave., Merrill, WI 54452
Website: www.aspirus.org
Hours: 8:00 a.m.-8:00 p.m. Monday-Friday; Urgent Care

Aspirus Howard Young Medical Center – Woodruff

Telephone: (715) 356-8000
Address: 240 Maple St., Woodruff, WI 54568
Website: www.aspirus.org

Aspirus Iron River Hospital

Telephone: (906) 265-6121
Fax: (906) 265-3098
Address: 1400 W. Ice Lake Rd., Iron River, MI 49935
Website: www.aspirus.org

Aspirus Koller Behavioral Health

Telephone: (715) 361-2805
Address: 1020 Kabel Ave. (Outpatient) or
Aspirus St. Mary's Hospital (715) 361-2000
2251 N. Shore Dr., Rhinelander, WI 54501

Aspirus Langlade Hospital

Telephone: (715) 623-2331
Fax: (715) 623-9440
Address: 112 E. Fifth Ave., Antigo, WI 54409
Website: www.langladehospital.org/main/home.aspx
Walk-in Clinic-7 days a week; 8:00 a.m.-8:00 p.m.
Serving Langlade, Forest, Menomonie, Oconto, Oneida, Lincoln, Marathon, and Shawano counties.
Services: Hospital and clinic services including ER, primary care, urgent care clinic, pain clinic, adult day services, assisted living facility, cancer center, dialysis, and many more.

Aspirus Medical Group – Crandon

Telephone: (715) 478-6300
Fax: (715) 478-6313
Address: 400 W. Glen St., Crandon, WI 54520
Website: www.aspirus.org
Services: Internal medicine, family medicine, surgery, women's health, orthopedics, rheumatology, behavioral health, occupational therapy, speech therapy, lab & radiology services, diabetes services.
Hours: Monday-Friday 7:30 a.m.-4:30 p.m.

Aspirus Medical Group – Eagle River

Telephone: (715) 477-3000
Address: 930 East Wall St., Eagle River, WI 54521

Aspirus Medical Group – Merrill

Telephone: (715) 539-5600
Fax: (715) 539-5610
Address: 333 E. Main St., Merrill, WI 54452
Website: www.aspirus.org

Aspirus Medical Group – Rhinelander

Telephone: (715) 361-5480
Fax: (715) 361-5499
Address: 1630 N. Chippewa Dr., Rhinelander, WI 54501
Walk-in Clinic-Monday-Friday 8:00 a.m.-7:00 p.m.;
Weekends: 8:00 a.m.-7:00 p.m.;
Holidays:

Aspirus Medical Group – Rib Mountain

Telephone: (715) 393-3900 (main switchboard)
Fax: (715) 393-3816
Address: 3301 Rib Mountain Dr., Wausau, WI 54401
Website: www.aspirus.org

Aspirus Medical Group – Weston

Telephone: (715) 393-3860 or (844) 690-6102
Address: 3301 Cranberry Blvd., Weston, WI
Clinic is located on 2nd floor
Website: www.aspirus.org
Hours: Walk-In Saturdays-8:00a.m.-1:00 p.m.

Aspirus Medical Group – Woodruff

Telephone: (715) 356-8140
Fax: (715) 356-8140
Address: 240 Maple St., Woodruff, WI 54568
Services: Patient centered medical home care.
Hours: Monday, Wednesday & Friday 8:00 a.m.-5:00 p.m.; Tuesday 7:00 a.m.-6:00 p.m.

Aspirus Outpatient Therapies

Telephone: (715) 361-2300
Address: 200 Winnebago St., Rhinelander, WI
Website: www.aspirus.org
Services: Physical, occupational, and speech therapy.

Aspirus Outpatient Therapy Services – Weston YMCA

Telephone: (715) 355-5701
Address: 3402 Howland Ave., Weston, WI 54476
Website: www.aspirus.org

Aspirus Regional Cancer Center, Department of Aspirus Wausau Hospital

Telephone: (715) 847-2866 or (877) 405-6866
Address: 215 N. 28th Ave., Wausau, WI 54401
Website: www.aspirus.org

Aspirus Rhinelander Clinic

Telephone: (715) 361-5480
Fax: (715) 361-5499
Address: 1630 N. Chippewa Dr., Rhinelander, WI 54501
Website: www.aspirus.org
Services: Family practice, xray, lab, CT, MRI, therapies, specialty services. Call to inquire.

Aspirus Saint Mary's James Beck Cancer Center

Telephone: (715) 361-2140
Address: 2251 N. Shore Dr. #200, Rhinelander, WI 54501
Services: Chemotherapy for cancer treatments, infusion therapies, and treatment of blood disorders.

Aspirus Saint Mary's Hospital – Rhinelander

Telephone: (715) 361-2000
Emergency: (715) 361-2100
Address: 2251 North Shore Drive, Rhinelander, WI 54501
Website: www.aspirus.org

Aspirus Wausau Family Medicine

Telephone: (715) 675-3391
Fax: (715) 675-4253
Address: 425 Wind Ridge Dr., Wausau, WI 54401
Website: www.aspirus.org
Services: Obstetrics, pediatrics, adult health, mental health, licensed clinical social work. Serving the Greater Wausau area, Mosinee, Merrill.
Hours: Monday-Friday, 8:00 a.m.-5:00 p.m.

Aspirus Wausau Hospital

Telephone: (715) 847-2121
Fax: (715) 847-2216
Address: 333 Pine Ridge Blvd., Wausau, WI 54401
Website: www.aspirus.org

Aspirus Weston Clinic

Telephone: (715) 241-5400
Fax: (715) 241-5424
Address: 4005 Community Center Dr., Weston, WI 54476
Website: www.aspirus.org
Services: Primary care, walk-in services, lab, radiology, CT, open MRI, mammograms, bone density, ultrasound. Serving Weston/Wausau Area.
Walk-in: Monday-Friday 7:00 a.m.-7:00 p.m.; Saturday 8:00 a.m.-4:00 p.m.
Primary Care: Monday-Friday 8:00 a.m.-5:00 p.m.

Dickinson County Healthcare System

Telephone: (906) 774-1313
Address: 1721 S. Stephenson Ave.,
Iron Mountain, MI 49801
Website: www.dchs.org
Services: Acute health care. General medical and surgical.

Florence Medical Center and Pharmacy

Telephone: (715) 528-4775
Fax: (906) 228-0201
Address: 1010 Olive Ave., Florence, WI 54121
Mailing Address: P.O. Box 380, Florence, WI 54121
Website: www.dchs.org
Services: Family medicine, lab services, xray services, and physical therapy. Serving Florence, Iron, and Dickinson counties.
Hours: Monday-Friday 8:00 a.m.-5:00 p.m.

**Forest County Potawatomi:
Health and Wellness Center**

Telephone: (715) 478-4300
Address: 8201 Mish Ko Swen Dr., Crandon, WI 54520
Website: www.fcpotawatomi.com
Services: The Forest County Potawatomi Health and Wellness Center (HWC) offers a multitude of services, including Primary Care, Pediatric Care, Dental, Women's Health, Mental Health, AODA, Podiatry, Optometry, Laboratory, Rehabilitation Services and Imaging to Forest County and the surrounding communities. The team at the HWC takes great pride to ensure each patient has a pleasurable experience from the moment he or she enters the HWC, to the moment he or she leaves.
Clinic Hours: Monday-Friday 7:00 a.m.-5:00 p.m.
Froedtert Hospital & Medical College of Wisconsin
Telephone: (414) 805-3666
Address: 9200 W. Wisconsin Ave., Milwaukee, WI 53226 and 900 N92 St., Milwaukee, WI 53226

Marshfield Clinic – Marshfield

Telephone: (800) 782-8581
Address: 1000 N. Oak Ave., Marshfield, WI 54449

Marshfield Clinic – Minocqua Center

Telephone: (715) 358-1000 or (800) 347-0673
Address: 9576 Hwy. 70, Minocqua, WI 54548
Website: www.marshfieldclinic.org
Services: Complete health care for the entire family. Hours: Monday-Friday 8:00 a.m.-5:00 p.m. Some primary care services offered before 8:00 a.m., or after 5:00 p.m. Call (715) 358-1160 for details.

Marshfield Medical Center

Telephone: (715) 387-1713 or (800) 221-3733
Fax: (715) 387-5240
Address: 611 St. Joseph Ave., Marshfield, WI 54449
Website: <https://marshfieldclinic.org>

Marshfield Medical Center – Minocqua

Telephone: (715) 358-1710
Fax: (715) 358-1715
Address: 9576 Hwy. 70 W, Minocqua, WI 54548

Northlakes Community Clinic

Telephone: (715) 276-6321
Fax: (715) 276-1428
Address: 15397 Hwy 32, Lakewood, WI 54138
Mailing Address: P.O. Box 179, Lakewood, WI 54138
Services: Behavioral health, chiropractic and enabling services. Certified Application Counselors to assist individuals to enroll in the new health insurance marketplace. Serving Oconto, Forest, Langlade, Marinette, and Florence counties.
Medical Hours: Monday-Thursday 9:00 a.m.-6:00 p.m.
Friday 7:00 a.m.-4:30 p.m.

**Palliative Care Program-Aspirus
Saint Mary's Hospital – Rhinelander**

Telephone: (706) 361-2000
Address: 2251 North Shore Dr., Rhinelander, WI 54501
Website: <https://healthcare.aspirus.org>
Services: Assist people with cancer and other illnesses that may be life-limiting to ensure understanding of their illness; clarify priorities and identify appropriate resources to offer the best quality of life as possible during the course of their illness.

Saint Joseph's Outpatient – Aspirus Center

Telephone: (715) 623-2331
Address: 501 Aurora St., Antigo, WI 54409

St. Mary's Hospital Medical Center

Telephone: (920) 498-4200
Address: 1726 Shawano Ave., Green Bay, WI 54303
Website: www.stmgb.org

St. Vincent Hospital

Telephone: (920) 433-0111 or (800) 236-3030
Address: 835 S. Van Buren St., Green Bay, WI 54301
Website: www.stvincenthospital.org

Sokaogon Chippewa Health Clinic

Telephone: (715) 478-5180
Address: 3144 VanZile Rd., Crandon, WI 54520

UW Health – University Hospital

Telephone: (608) 440-6400
Fax: (608) 263-6401
Address: 4602 East Park Blvd., Madison, WI 53792
Website: www.uwhealth.org

**VA Community Based Outreach Clinic –
Rhinelander**

Telephone: (800) 215-8262
Address: 639 W. Kemp St., Rhinelander, WI 54501

VA Medical Center – Iron Mountain

Telephone: (800) 215-8262
Address: 325 E. H. St., Iron Mountain, MI 49870
Website: www.ironmountain.va.gov
Serves: Upper Peninsula of Michigan and Northern Wisconsin, providing primary and specialty care services; limited emergency and acute inpatient care.

Weston-Marshfield Medical Center

Telephone: (715) 393-3000
Address: 3400 Ministry Pkwy., Weston WI 54476
Website: www.marshfieldclinic.org

HOUSING

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.

	Studio Apt.	1 Bedroom	2 Bedrooms	Subsidy Available	Allow Pets
Grace Lodge (Amy Gray) 1000 Day St., Rhinelander • 715-365-1234	12	16	4	Yes	Yes
Lakeshore Assisted Living Apts. 12440 Warpath Ln., Minocqua • 715-356-2911	21	16	5	No	Depends
Milestone Senior Living 4686 N. Shore Dr., Rhinelander • 715-361-1100	22 (Apts.)	18	4	No	Yes
Milestone Senior Living 2332 Railroad St., Eagle River • 715-479-8018	1	14	1	No	Yes

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 care per week. All individuals admitted to CBRF's MUST have a ADRC assessment completed prior to admission. Family Care funding can assist in providing supportive care services in the older adults own residence or in a CBRF. Talk with the CBRF Manager for more details.

	Capacity	Private Rooms Available	Dementia	Wheelchair	Incontinence	24 hr. Awake Care	Pets
Cumberland Heights - Rhinelander 251 Westhill Rd. • 715-365-6789	16	Yes	Yes	Yes	Partial Care	Yes	No
County Terrace 26 533 E. Timber Dr., Rhinelander (715) 365-33245	15	Yes, 15	Yes	Yes	Yes	Yes	Yes
County Terrace 27 1450 W. Phillips St., Rhinelander (715) 365-3324	15	Yes	Yes	Yes	Yes	Yes	No
Dianne's Home in the Northwoods 717 Indiana St. • 715-337-2035	15	Yes	Yes	Yes	Yes	Yes	No
Heritage House - Rhinelander 25 E. Frederick St. • 715-369-1407	8	Yes, 7	Yes	No	Yes	No	No
Lakeshore 12440 Warpath Ln. • 715-356-2911	15	Yes	Yes	Yes	Yes	Yes	Depends
Lakeshore 12339 Warpath Ln. • 715-356-2911	15	Yes	Yes	Yes	Yes	Yes	Depends
Lakeshore 2187 Katie's Ln. • 715-356-2911	8	No	Yes	Yes	Yes	Yes	Depends
Lakeshore 2201 Bolten Lk. • 715-356-2911	8	Yes	Yes	Yes	Yes	Yes	Depends
Milestone Memory Care - Rhinelander 4686 N. Shore Dr. • 715-361-1100	22	Yes	Yes	Yes	Yes	Yes	Yes
Milestone Senior Living - Eagle River 2332 Railroad St. • 715-479-8018	19	Yes	Yes	Yes	Yes	Yes	Yes
Our Home - Lake Tomahawk 6416 Flicker • 715-277-2010	16	Yes, 12	Yes	Yes	Yes	Yes	No
Maplewood Villa - Armstrong Creek 9343 State Hwy. 101 • 715-336-2044	16	Yes	Younger	Yes	Yes	Yes	Dogs/ No Cats

HOUSING

Subsidized Housing

Acorn Apartments

Telephone: (715) 394-2012 or (888) 276-0246
Address: 508 W. Washington, Crandon, WI 54520
Website: ccbhousing.org
Services: One-bedroom apartments for seniors 62 years of age or older and annual income must be within the income ceiling for Forest County. Rent is 30% of the tenant's monthly income and includes all utilities.

Beech Apartments

Telephone: (715) 478-5030
Address: 5255 Beech St., Laona, WI 54541
Contact: A & M Services, Jason Gruett
P.O. Box 26, Crandon, WI 54520

Fairfield Homes

Telephone: (715) 478-5990
Fax: (715) 362-4093
Address: 400 E. Elm St., Crandon, WI 54520
Services: HUD subsidized facility for individuals 62 years of age or older, handicapped or disabled welcome. One bedroom apartments, all utilities, garbage removal, and off street parking are included in rent.

Glenview Senior Apartments

Telephone: (608) 822-7368 or (800) 938-3229
Fax: (608) 822-4779
Address: 607 N. Prospect Ave., Crandon, WI 54520
Mailing Address: DAK Management Co., Inc.
1020 Lincoln Ave., Fennimore, WI 53809
E-mail: dakmanagement@tds.net
Website: www.dakgroup.org
Services: Low income housing. Housing based on 30% of annual gross income if available.
16 units, all one bedroom
Hours: Monday-Friday 8:00 a.m. to 4:30 p.m.

Grant Street Apartments

Telephone: (715) 478-5030
Address: 400 West Grant St., Crandon, WI 54520
Mailing Address: P.O. Box 26, Crandon, WI 54520
Contact: A & M Services, Jason Gruett
Services: Family housing - one or two bedroom apartments.

Housing Enterprise of Wabeno- Orchard Ridge Apartments

Telephone: (608) 822-7368 or (800) 938-5648
Fax: (608) 822-4779
Address: 1761 & 1765 Maple Ave., Wabeno, WI 54566
Mailing Address: DAK Management Co., Inc.,
1020 Lincoln Ave., Fennimore, WI 53809
E-mail: dakmanagement@tds.net



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

398539

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

EXCEPTIONAL CARE.  *extraordinary* LIVING.

HOUSING CONT.

Website: www.dakgroup.org

Services: Low income housing. Housing based on 30% of annual gross income if available. 2 & 3 bedroom apartments. Includes water, sewer, garbage, and heat. Serving Wabeno.

Hours: Monday-Friday 8:00 a.m.-4:30 p.m.

Laona Housing Harris Street Apt.

Telephone: (712) 262-2360

Fax: (608) 348-6550

Address: 4746 Cherry St., Laona, WI 54541

Twelve ground floor apartments that are income base and handicap assessible. Tenant pays electric bill.

Laona Manor Apartments

Telephone: (920) 606-2942

Address: 5269 Beech St., Laona, WI 54541

Services: One bedroom apartments includes heat/electricity, water, garbage disposal, on-site laundry, cable-ready, and parking. Close to restaurants, bank, pharmacy, churches, etc.

One Penny Place

Telephone: (715) 358-5541

Address: 820 3rd Ave., Woodruff, WI

Park Apartments - Family Housing

Telephone: (715) 478-5030

Address: 711 N. Park Ave., Crandon, WI 54520

Mailing Address: P.O. Box 26, Crandon, WI 54520

Contact: A & M Services, Jason Gruett

Wabeno Heights Apartments - Elderly Housing

Telephone: (715) 478-5030

Address: 4650 N. Branch St., Wabeno, WI 54566

Mailing Address: P.O. Box 26, Crandon, WI 54520

Contact: A & M Services, Jason Gruett

HOUSING/FINANCIAL ASSISTANCE

Forward Service Corporation - W2 Agency

Telephone: (715) 478-5488

Address: 201B North Lake Ave., Crandon, WI 54520

Website: www.fsc-corp.org

Services: W2 (Wisconsin Works), emergency assistance and job access loans employment and training.

Foundation for Rural Housing, Inc.

Telephone: (608) 238-3448 or (888) 400-5974

Address: 4506 Regent St., Madison, WI 53705

E-mail: ruralhousing@tds.net

Website: www.wisconsinruralhousing.org

Services: Varies dependent on funds. Mortgage and property tax foreclosure, one time rent, or security deposit for homeless prevention.

Hours: Monday-Friday 8:00 a.m.-4:00 p.m.

NURSING HOME FACILITIES

Nursing Homes: A residential facility that provides 24-hour services, including room and board to 3 or more related persons. These persons require more than 7 hours a week of nursing care due to their physical or mental condition. Costs vary according to the services and the level of care provided.

	Capacity	Medicare Certified
Bay @ Suring Health & Rehabilitation Center 920-842-2191 • 430 Manor Dr., Suring	50	Yes
The Bay at Nu Roc Health and Rehabilitation Center 715-674-4477 • 3576A Nu Roc Lane, Laona	50	Yes
Minocqua Health & Rehab Center 715-356-6016 9969 Old Hwy 70 W., Minocqua	65	Yes
The Bay at Eastview Medical Rehab Center 715-623-2356 729 Park St., Antigo	136	Yes
Friendly Village 715-365-6832 900 Boyce Dr., Rhinelander	100	Yes
Florence Health Service 715-528-4833 5778 Chapin St., Florence	73	Yes
Rennes Health & Rehab Center 715-420-0728 1970 Navajo St, Rhinelander	95	Yes

Housing Discrimination

Telephone: (800) 669-9777

NEWCAP, Inc. Section 8 Voucher Family Self-Sufficiency Program

Telephone: (715) 478-3871 (Monday-Thursday)

Address: 212 N. Lake Ave., Crandon, WI 54520

Services: A HUD program that provides rental subsidies, plus an array of other supportive services designed to enable a family to become self-sufficient.

Hours: Monday-Thursday 7:30 a.m.-5:00p.m.;

Friday 8:00a.m.-12:00p.m.

NEWCAP, Inc. Section 8 Voucher Housing Assistance Program

Telephone: (715) 478-3871 (Monday-Thursday)

Address: 212 N. Lake Ave., Crandon, WI 54520

Services: A federally funded housing program that provides rental subsidies to low-income families, senior citizens, handicapped and disabled individuals who reside in rental housing.

Hours: Monday-Thursday 7:30 a.m.-5:00 p.m.;

Friday 8:00 a.m.- 12:00 p.m.

Property Tax Deferral Loan Program (PTDL) WHEDA

Telephone: (800) 334-6873 or (800) 755-7835

Address: P.O. Box 1728, Madison, WI 53701-1728

E-mail: info@whedacom

Services: The PTDL program allows individuals age 65 and older with limited incomes to convert equity in their homes into cash to help pay their property taxes. Approved borrowers are not required to repay the loan until the borrower permanently moves out of the home, passes away, or transfers ownership of the home.

Rural Development, USDA

Telephone: (715) 524-8522

TTY: (715) 345-7614

Housing: (855) 715-8496

Fax: (715) 526-6121

Address: 603B Lakeland Rd., Shawano, WI 54166

Services: Financial assistance for repairs/improvements to very-low income owner-occupied homes.

US Department of Housing and Urban Development - Milwaukee

Telephone: (414) 297-3214

Services: Rent assistance programs have variable income limits.

WHEDA: Wisconsin Housing & Economic Development Authority

Telephone: (800) 334-6873

INCOME TAX ASSISTANCE

Internal Revenue Service

Telephone: (414) 231-2100

Address: 211 W. Wisconsin Ave., Milwaukee, WI 53203

Services: Federal tax information and problem resolution office.

Wisconsin Department of Revenue

Telephone: (715) 842-8665

Address: 730 N. Third St., Wausau, WI 54403-4700

Information and assistance on Wisconsin income taxes and homestead tax.

Hours: Mondays 7:45 a.m.-1:00 p.m.

INFORMATION AND ASSISTANCE

ADRC of the Northwoods

Telephone: (800) 699-6704

Aging & Disability Resource Center of the Northwoods

Telephone: (800) 699-6704

Aspirus Health Saint Mary's Hospital

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

Fax: (715) 361-2119

Address: 2251 North Shore Dr., Rhinelander, WI 54501

Services: Information and assistance to non-hospitalized persons of all ages in identifying and contacting community agencies. Works with individuals one-on-one and/or with families in Forest, Oneida, Lincoln, and Vilas Counties.

There is no charge for services.

Hours: Monday-Friday 8:00 a.m.-4:30 p.m.

Eldercare Locator

Telephone: (800) 677-1116

Resource to help fund local community services for seniors anywhere in the U.S. Personal care, meals, housing.

Midstate Independent Living Choices, Inc

MILC offers loan and demonstration program of Assistive Technology for consumers to try equipment before making a commitment to purchase. MILC is not a vendor of equipment, but can help get you connected to vendors and possibly funding resources. (See Disabilities Resource section for more services and contact info).

NEWCAP, Inc.

Telephone: (715) 478-3871

Address: 212 N. Lake Ave., Crandon, WI 54520

Services: Information about and access to appropriate and available community resources are provided by a toll-free phone system or simply on a walk in basis.

Hours: Thursday 8:00 a.m.-4:30 p.m.

LEGAL ASSISTANCE

Benefit Specialists

Forest County Elder/Disability Specialists

Crandon ADRC & FC Potowatomi Offices:

(800) 699-6704

(See Aging Services Section)

Lawyer Referral and Information

Telephone: (800) 362-9082

Address: P.O. Box 7158, Madison, WI 53707

Services: Free answers to simple legal questions. Also referral to government agencies, community services or private attorneys as appropriate. Replies usually within 24 hours. Monday-Friday 8:00 a.m. 5:00 p.m.

Wisconsin Guardianship Support Center

Telephone: (855) 409-9410

Address: 1414 Macarthur, Suite 306, Madison, WI 53714

E-mail: guardian@gwaar.org

Services: The Wisconsin Guardianship Support Center provides a statewide resource center on guardianship related issues for adults. The center provides technical assistance, referral and case consultation on such issues as: when does an adult need a guardian; what are the court procedures to obtain guardianship; what are the duties of a guardian; what are the alternatives to a guardianship; how does someone execute a Power of Attorney for Health Care; how does someone execute a Power of Attorney for Finances; what is a health care agent's authority; what is a financial agent's authority; how is abuse reported?

Wisconsin Judicare

Telephone: (800) 472-1638

Services: Legal services for low-income people; income based on family size. Available through NEWCAP, Inc. at telephone number (715) 478-3871, Tri-County Council on Domestic Violence at (715) 478-3780, Forest County Family Resource Center at (715) 478-4837 or Sokaogon Chippewa Family Services at (715) 478-7600.

Wisconsin State Bar

Telephone: (608) 257-3838

Website: www.wisbar.org/forpublic

Answers to simple legal questions and referrals to appropriate attorneys.

LIBRARIES

Antigo Public Library

Telephone: (715) 623-3724

Address: 617 Clermont St., Antigo, WI 54409

Website: www.antigopl.org

Hours of Operation: Monday-Thursday 9:00 a.m.-6:00 p.m.; Friday 10:00 a.m.-5:30 p.m.

Crandon Public Library

Telephone: (715) 478-3784

Address: 110 W. Polk Ave., Crandon, WI 54520

Contact: Laurie Renel-Faledas, Director

E-mail: info@crandonpl.org

Website: www.crandonpl.org

Services: Full service library with internet and wireless access. Large print material.

Hours: Monday, Tuesday, & Friday 9:00 a.m.-5:00 p.m.;

Wednesday & Thursday, 9:00 a.m.-7:00 p.m.;

Saturday 9:00 a.m.-noon.

Edith Evans Community Library

Telephone: (715) 674-4751

Address: 5216 Forest Ave., Laona, WI 54541

Contact: Felicia Albrecht, Director

E-mail: director@laonapubliclibrary.com

Website: www.laonapubliclibrary.com

Services: Internet, V-CAT (Inter-library system), Summer library program, book on tape (audio), e-books, large print books, DVDs, magazines, and newspapers.

Hours: Monday 12:00-5:00 p.m., Tuesday, Wednesday,

Thursday 8:30 a.m.-4:00 p.m.; Friday 8:00 a.m.-12:30 p.m.

Rhineland District Library

Telephone: (715) 365-1070

Address: 106 N. Stevens St., Rhineland, WI 54501

Website: www.rhinelandrlibrary.org

Hours of Operation: Monday 9:00 a.m.-7:00 p.m.; Tuesday, Wednesday, Thursday 9:00 a.m.-6:00 p.m.; Friday 9:00 a.m.-5:00 p.m.

Richard J. Brown Library/Learning Center Nicolet Area College

Telephone: (715) 365-4479 or (800) 544-3039

Wabeno Public Library

Telephone: (715) 850-3044

Address: 4556 N. Branch St., Wabeno, WI 54566

Mailing Address: P.O. Box 340, Wabeno, WI 54566

Services: Public library services, computers, free Wi-Fi, public and community services, information and assistance.

Hours: Saturday, Sunday and Monday closed; Tuesday & Friday 10:00 a.m.-5:00 p.m., Wednesday & Thursday 12:00 p.m.-5:00 p.m.

Wisconsin Talking Book & Braille

Telephone: (800) 242-8822 or (414) 286-3045
Address: 813 W. Wells St., Milwaukee, WI 53233
Website: www.talkingbooks.dpi.wi.gov

MEDICAID

Contact the Northern Income Maintenance Consortium

1-888-794-5722 - fax 1-855-293-1822,

Sokaogon Chippewa Family Services

Support Office: (715) 478-7600 for more information on any of the following subprograms.
Website: www.access.wi.gov

Medicaid Subprograms

Family Care/IRIS

FamilyCare is a Medicaid long-term care program for frail elders and adults with physical, developmental, or intellectual disabilities. People in this receive long-term care services to help them live in their own home whenever possible. There are specific financial and guidelines to meet. Call ADRC at 1-800-699-6704 for more information.

Medicaid Deductible

If a person has high medical bills and meets all other Medicaid requirements except the person's income is too high, the Medicaid deductible may be able to help.

Medicare Premium Assistance

Wisconsin Medicaid offers several subprograms to help recipients pay for their Medicare Part A and/or Part B if they meet certain income and other qualifications. (QMB, SLMB)

Medicaid Purchase Plan

Medicaid Purchase Plan (MAPP) provides health care coverage for persons with disabilities who work. It allows many disabled people to obtain Medicaid eligibility and remain eligible, even if employed, as the income limits are higher.

SeniorCare

SeniorCare is a prescription drug assistance program for Wisconsin residents who are 65 years of age or older and who meet other eligibility criteria. For more information on SeniorCare contact the SeniorCare Customer Service Hotline at 1-800-657-2038, or Elderly Benefit Specialists (800) 699-6704 (Aging & Disability Resource Center).

Tuberculosis

Wisconsin Medicaid covers outpatient (non-hospital) medical expenses for the treatment of Tuberculosis (TB) infection or TB disease.

Well Woman Medicaid

Wisconsin Well Woman Medicaid provides full Medicaid benefits to underinsured or uninsured women ages 35 to 64, who are screened through the Wisconsin Well Woman Program or enrolled in the Family Planning Waiver Program, and are in need of treatment for breast or cervical cancer.

Contact Northern Income Maintenance Consortium
Telephone: 1-888-794-5722.

MEDICAL EQUIPMENT

Apria Health Care

Telephone: (715) 384-0088 or (715) 387-6665
Fax: (715) 387-6665

Home Medical Products & Services

Telephone: (715) 369-2525
Fax: (715) 369-0942
Address: 2005B Stevens St., Rhinelander, WI 54501
E-mail: Rhinelander@homeoxygen.com
Website: www.adapthealth.com

Lincare A Linde Company

Telephone: (715) 358-3766
Website: www.lincare.com
Services: Durable medical equipment, including oxygen, oxygen nebulizers, CPAP, BiPAP, sleep therapy, wheelchairs, walkers, non-invasive vents. Serving Northern Wisconsin and parts of upper Michigan.

Midstate Independent Living Choices, Inc

MILC offers loan and demonstration program of Assistive Technology for consumers to try equipment before making a commitment to purchase. MILC is not a vendor of equipment, but can help get you connected to vendors and possibly funding resources. (See Disabilities Resource section for more services and contact info).

MEDICARE

Elder Financial Empowerment Project (Coalition of Wisconsin Aging & Health Groups)

Telephone: (800) 488-2596
The place to report suspicious ads or calls offering free benefits or help with enrollment.

Forest County Elder Benefit Specialist

Telephone: (800) 699-6704
(See Aging Agencies Section)

Forest County Potawatomi Elderly Benefit Specialist

Telephone: (715) 478-4715,
(See Aging Agencies Section)

MEDICARE CONT.

Medicare Fraud Hotline

Telephone: (800) 581-1790

Medicare Hotline

Telephone: (800) 633-4227

Medicare Part D Helpline

Telephone: (800) 926-4862

People under age 60 with a disability can call the Disability Drug Benefit Helpline at Disability Rights Wisconsin.

Medicare Part D Prescription Drug Coverage

Telephone: (800) 699-6704

Contact: Elder Benefit Specialist

Medigap Helpline

Telephone: (800) 242-1060

Helps with questions about Medicare Supplement and Medicare Advantage Plans, long-term care insurance, and employer or retiree health plans.

Social Security Administration

Telephone: (888) 868-8185

TTY/TTD (800) 325-0778

Fax: (833) 950-2186

Address: 2023 Navajo St., Rhinelander, WI 54501

Mailing Address: P.O. Box 220, Rhinelander, WI 54501

E-mail: wi.fo.rhineland@ssa.gov

Website: www.ssa.gov

Services: Social Security services and assistance to Florence, Forest, Oneida, Price and Vilas counties. Hours: Monday-Friday 9:00 a.m.-4:00 p.m.

MEMORY DIAGNOSTIC SERVICES

Marshfield Clinic - Minocqua Neuropsych Center

Telephone: (715) 358-1793

Address: 29601 Townline Rd., Minocqua, WI 54548

MENTAL HEALTH

Aspirus Koller Clinic

Telephone: (715) 361-2805 or 800-779-2881

Fax: (715) 361-2920

Address: 1020 Kabel Ave., Rhinelander, WI 54501

Forest County Potawatomi Health and Wellness Center

Telephone: (715) 478-4300

(See Hospitals Section)

Human Service Center Outpatient Clinic

Telephone: (715) 369-2215

Address: 705 E. Timber Dr., P.O. Box 897

Rhineland, WI 54501

Website: www.thehumanservicecenter.org

Services: Outpatient mental health & AODA counseling; psychiatric care.

Hours: Monday-Friday 8:00 a.m.-4:30 p.m.

USEFUL RESOURCES FOR OLDER ADULTS

AGENCY - WEB SITE (if applicable)

PHONE

AARP United Healthcare Insurance www.aarphealthcare.com	(888) 687-2277
American Cancer Society www.cancer.org	(800) 227-2345
Eldercare Locator www.eldercare.acl.gov	(800) 677-1116
Eye Care- Free for low income Elderly www.aaa.org	(800) 887-6327
Hearing Aid Hotline	(800) 521-5247
Housing Discrimination Metro Milwaukee Office Milwaukee Office Madison Office	(877) 647-3247 (414) 227-4384 (608) 266-6860
Insurance Complaint Hotline	(800) 236-8517
Lawyer Referral and Information	(800) 362-9082

AGENCY - WEB SITE (if applicable)

PHONE

Legislative Hotline	(800) 362-9472
Medicare Hotline	(800) 633-4227
Medicaid	(800) 362-3002
National Family Caregivers Association http://caringcommunity.org	(202) 454-3970
National Safety Council www.nsc.org	(800) 621-7615
No Call List - Wisconsin	(888) 382-1222
Poison Center	(800) 222-1222
SeniorCare Customer Service	(800) 657-2038
Suicide Hotline: Call or Text 988	(800) 784-2433
Veteran's Information www.va.gov	(800) 827-1000
Visual and Hearing Impaired	(800) 326-1290

Lutheran Social Services of Wisconsin & Upper Michigan

Telephone: (715) 849-3344

Fax: (715) 842-9245

Address: 115 N. 6th St., Wausau, WI 54403

Website: www.lsswis.org

Services: Counseling, adoption, Family Preservation, conditional release.

Hours: Monday-Friday 8:00 a.m.-4:00 p.m.

NorthLakes Community Clinic

Telephone: (715) 276-6321

Fax: (715) 276-1428

Clinic Contact: Mary Kay Tallier

Hours: Monday-Thursday 7:00 a.m.-6:00 p.m.;

Friday 7:00 a.m.-4:30 p.m.

Transitions Center, LLC

Telephone: (715) 365-6696

Fax: (715) 365-6768

Address: 22 N. Pelham St., Rhineland, WI 54501

Mailing Address: P.O. Box 565, Rhineland, WI 54501

E-mail: transitionscenter@frontiernet.net

Services: Outpatient counseling for individuals, couples, and families of all ages, for mental health and alcohol/drug problems. Private insurance, Medicaid, and private pay accepted. Serving Forest, Oneida and Vilas counties.

Hours: Monday-Thursday 8:00 a.m.-2:00 p.m. Friday 8:00a.m.-1:00 p.m. 2 appointments available per counselor.

NURSING HOMES

Bay @ Suring Health & Rehabilitation Center

Telephone: (920) 842-2191

Fax: (920) 842-2176

Address: 430 Manor Dr., Suring, WI 54174

Website: www.suring-health.com

Services: Full range of skilled nursing, rehabilitation, memory care and long-term care.

Florence Health Service

Telephone: (715) 528-4833

Address: 5778 Chapin St., Florence, WI 54121

Services: 24-hour nursing, physical therapy, occupational therapy, speech therapy, private Medicare suites; accepting Medicare, Medicaid, VA insurance, and private pay. Respite care stays, transportation to appointments, short term rehab stays.

Friendly Village Nursing & Rehabilitation

Telephone: (715) 365-6832

Fax: (715) 365-6665

Address: 900 Boyce Dr., Rhineland, WI 54501

Website: www.friendlyvillagerehab.com

Services: 24-hour skilled nursing long term care,

Alzheimer's and related dementia care, inpatient and outpatient rehabilitation, rehab suites, respite and hospice care.

Rennes Health & Rehab Center

Telephone: (715) 420-0728

Address: 1970 Navajo St., Rhineland, WI 54501

Website: www.rennesgroup.com

The Bay at Eastview Medical & Rehab Center

Telephone: (715) 623-2356

Fax: (715) 623-6345

Address: 729 Park St., Antigo, WI 54409

Contact: Angela Wierzba, Admissions Director

Services: Skilled nursing services, dementia care, rehabilitation services. Serving Forest and Langlade counties.

The Bay at Nu Roc Health and Rehabilitation Center

Telephone: (715) 674-4477

Fax: (715) 674-4016

Address: 3576A Nu-Roc Ln., Laona, WI 54541

Website: www.nu-roc.com

Services: Medicare, Medicaid, VA, hospice, private and respite services; professional nursing & rehabilitation services for long or short term stays; professional outpatient therapies; diversified daily activities, inpatient medical transportation.

PHARMACIES

Crandon Pharmacy

Telephone: (715) 478-3313

Fax: (715) 478-2065

Address: 101 N. Lake Ave., Crandon, WI 54520

Hours: Monday-Friday 8:30 a.m.-5:30 p.m.; Saturday 8:30 a.m.-12:00 p.m.; Closed Sunday.

Laona Pharmacy

Telephone: (715) 674-2635

Fax: (715) 674-4603

Address: 4876 Mill St., P.O. Box 8, Laona, WI 54541

Hours: Monday, Tuesday, Wednesday, Friday 9:00 a.m.-5:00 p.m., closed 12:00-1:00 p.m. for lunch. Thursday 9:00 a.m. - 1:00 p.m.

Wolf River Pharmacy

Telephone: (715) 478-3369

Fax: (715) 478-3945

Address: 600 E. Pioneer Plaza, Crandon, WI 54520

Hours: Monday-Friday 8:30 a.m.-5:30 p.m.; Saturday 9:00 a.m.-noon. Closed Sundays.

PRESCRIPTION MEDICATION ASSISTANCE

Medicare Part D

Telephone: (800) 699-6704

Patient Help Network

Telephone: (866) 828-7288

Website: www.patienthelpnetwork.org

Brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that is right for them.

SeniorCare

Forest County Elder Benefit Specialist

Telephone: (800) 699-6704

PUBLIC HEALTH

Forest County Health Department

Telephone: (715) 478-3371

Website: www.forestcountypublichealth.org

Office Hours: 8:00 a.m. to 4:30 p.m.

Health Education Services: Vaccines, blood pressure, Walk with Ease Arthritis Program radon test kits, smoking cessation assistance. Please call for fees and eligibility. Please see our website for more information about Healthy Eating and opportunities for exercise such as Walking Trails and Community Gardens.

RESPIRE CARE

Alicia's Place - Adult Day and Respite Care

Telephone: (715) 902-0848

Address: 605 South Forest Ave., Crandon, WI 54520

Email: Aliciasplace.fc@gmail.com

Services: Provides clients with a safe and secure setting to thrive through social activities and companionship.

Christian Servants HomeCare

Telephone: (920) 642-3329

Email: peggy.leonard@christianservantshomecare.com

Website: www.christianservantshomecare.com

Location: Covers Forest County

Services: Respite, supportive home care and personal care.

Cumberland Heights

Telephone: (715) 365-6789

Fax: (715) 420-0482

Address: 251 West Hill Rd., Rhinelander, WI 54501

Services: Community based residential facility, care of

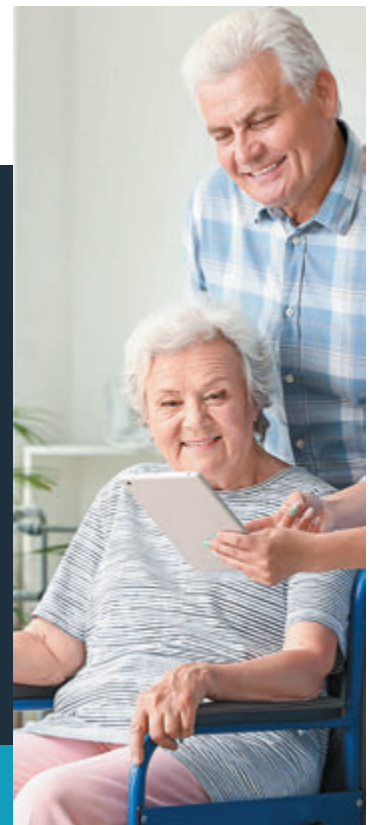


YOUR PARTNER FOR LOCAL CARE

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



elderly, activities, laundry, and meals. Serving Northern Wisconsin.

Midstate Independent Living Choices

Telephone: (715) 344-4210

Contact: Barb Haggen

Website: milc-inc.org/pas

Services: Consumer directed services including personal care, supportive home care, companion services, and respite care.

Nicolet Staffing – Rhinelander

Telephone: (715) 365-6405

Address: 8 West Davenport St., Suite 220,
Rhinelander, WI 54501

Services: A supplier of your caregiving needs, including respite care.

The Bay at Nu Roc Community Health and Rehabilitation Center

Telephone: (715) 674-4477

Address: 3576A Nu Roc Ln., Laona, WI 54541

Bay @ Suring Health & Rehabilitation Center

Telephone: (920) 842-2191

Fax: (920) 842-2176

Address: 430 Manor Dr., Suring, WI 54174

Website: www.Bay-Suring.com

Services: Skilled nursing, physical, speech, and occupational therapies, home health aides, personal care workers, and social services. Serving Oconto, Marinette, Forest, Shawano, Langlade, and Menominee counties.

SOCIAL GROUPS

The social clubs listed are not the only groups or organizations in Forest County. If anyone has more groups/clubs they would like to see in the next directory please contact the Office on Aging office at (715) 478-3256.

Crandon Lions Club

Telephone: (715) 550-5002

Address: P.O. Box 470, Crandon, WI 54520

Meetings: Dinner meetings, 3rd Tuesday of the month, 5:30 p.m. May through September at City Beach Pavillon; October through April at Lake Avenue Restaurant, Crandon.

Goodman-Armstrong Creek Lions Club

Telephone: (715) 336-2256

Meeting location: Varies

Meets on fourth Wednesday at 7:00 p.m.

Laona Lions Club

Telephone: (715) 889-0246

Meeting Location: Laona Community Center

Meets fourth Wednesday at 6:30 p.m.

Senior Snoop Shop

Telephone: (262) 385-7498

Address: 207 S. Lake Ave., Crandon, WI 54520

Located on the Forest County Courthouse Square

Open from Memorial Day- Labor Day.

Hours of Operation: Monday-Friday 10:00 a.m.-4:00 p.m.

Saturday 10:00 a.m.-2:00 p.m.

Holidays 10:00 a.m.-2:00 p.m..

Wabeno Lions Club

Telephone: (715) 889-0562

Meeting Location: Varies

Meetings, 2nd and 4th Wednesdays of the month.

SOCIAL SECURITY

Disability Benefit Specialist

Telephone: (800) 699-6704 ADR Office

Social Security Administration

Telephone: (888) 868-8185 or

TTY/TTD: (800) 325-0778

National number for general information: (800) 772-1213

Fax: (833) 950-2186

Address: 2023 Navajo St., Rhinelander, WI 54501

E-mail: wi.fo.rhinelander@ssa.gov

Website: www.ssa.gov.

Hours: Monday-Friday 9:00 a.m.-4:00 p.m.

Social Security retirement, survivor, and disability benefits.

Medicare health insurance, Supplemental Security Income for low income aged, blind, and disabled individuals.

SOCIAL SERVICES

Forest County Department of Social Services

Telephone: (715) 478-3351

Address: 200 East Madison, Crandon, WI 54520

Contact: Tracy Schumacher, Director to Forest County Department of Social Services

Services: Assistance in accessing a variety of social services programs including Adult Protective Services, Kinship, Child Care Certifications, Guardianship Services as well as a variety of Children's Services.

Our Community Cares Closet

Telephone: (715) 478-3351

Serving families and individuals in Forest County

Sokaogon Chippewa Family Services

Telephone: (715) 478-7600.

(See Financial Assistance)

SUPPORT GROUPS

Support groups are available for individuals and families that are encountering special circumstances in need of ongoing support. Examples of support groups are: Cardiac support groups; Lyme, Diabetes and Parkinson's support groups; Alcoholism; Alcoholic Anonymous; Overeaters Anonymous and others.

Because the times, dates and types of support groups available change and vary please contact the Aspirus Health Saint Mary's Hospital at (800) 847-4707 for the most recent information.

ALS Support Group

Howard Young Medical Group
Telephone: (715) 614-5125
Meets the third Friday of the month
Time: 10:00 a.m.-12:00 p.m.

Alzheimer's Caregiver Support Group ADRC of Oneida County

Address: 2100 W. Keenan Street, Rhinelander
Contact: (715) 352-4091 for more info
Meeting: Meets 3rd Thursday of each month at 1:00 p.m.
Free Call-In Caregiver Support Group
(800) 472-8008

Northwoods Parkinson's Support Group

Ascension Lutheran Church, Minocqua WI
Telephone: (715) 420-2160 for more info
Contact: Laura Peck
Meeting: 2nd Tuesday of the month from
10:30 a.m.-12:00 p.m.

Traveling Memory Café of Forest County

The ADRC of the Northwoods with the Forest County Potawatomi and Sokaogon Communities offer a traveling Memory Café in Forest County. Every fourth Thursday, Dementia Care Specialists hosts the memory café. Call 1-800-699-6704

Grief Support Groups

Arbor Vitae, Compassus

Telephone: (715) 301-7200
Address: 1571 Hwy. 51 N Ste. C, Arbor Vitae
Meetings: Meet 1st Thursday of every month at Memorial Library, Eagle River, WI
2nd Thursday of every month at Park Falls Library, Park Falls, WI 10:00 a.m.
2nd Thursday of every month at Minocqua Library, Minocqua, WI 1:00 p.m.
3rd Thursday of every month at Oneida County Department on Aging, 100 Keenan Street, Rhinelander, WI 54501 1:00 p.m.
3rd Thursday of every month at ADRV Rhinelander, 100 Keenan Street, Rhinelander, WI 1:00 p.m.
4th Thursday of every month, Merrill Enrichment Center, Merrill, WI 1:30 p.m.

Grief Support Ministry

Contact person: Mike Passarelli
Email: mikepaisan2@outlook.com

Men's Support Group, Rhinelander

Compassus
Telephone: (715) 301-7200
Address: 111 E. Davenport St. Ste. 101, Rhinelander

GOVERNMENT

Forest County Government Offices

Located in the Forest County Courthouse at 200 E. Madison Street, Crandon.

Child Support Agency	478-2157	Emergency Management	478-3430
Clerk of Circuit Court	478-3323	Land Conservation	478-1387
ADRC of the Northwoods	(800) 699-6704	Real Property Lister	478-2412
County Clerk	478-2422	Recycling Office	478-3893
Forest Administrator	478-3475	Register in Probate	478-2418
Forest County Sheriff's Dept.	478-3331	Register of Deeds	478-3823
Health Department	478-3371	Social Services	478-3351
County Judge	478-2329	UW-Madison Extension Office	478-2212
County Treasurer	478-2412	Veterans Services	478-3722
Court Commissioner	478-3085	Victim/Witness Coordinator	478-3105
District Attorney	478-3511	Zoning (Land and Water Resources)	478-3893

State Legislature

Assembly District 36: Representative Jeffrey Mursau, Telephone: (888) 534-0036

Senate District 12: Senator Mary Felzkowski, Telephone: (608) 266-2509

Meeting: Meets 4th Thursday of the month
Time: 1:00 p.m.-3:00 p.m.
St. Matthias Episcopal Church
Address: 403 E. Chicago Ave., Minocqua
Meeting: First Wednesday of the Month
Time: 6:00 p.m.-7:00 p.m.

THERAPY OCCUPATIONAL, PHYSICAL AND/OR SPEECH

Aspirus Outpatient Therapy Department

Telephone: (715) 361-2300
Address: 2003 Winnebago Dr., (YMCA Building)
Rhineland, WI 54501
Services: Occupational Therapy, Physical Therapy, Speech Therapy

Forest County Potawatomi: Health and Wellness Center

Telephone: (715) 478-4300
Rehab Department
Rehabilitation Services: Physical Therapy, Chiropractic and Orthopedic.

Health in Motion

Crandon location:
Telephone: (715) 478-6168
Address: 501 W. Lincoln St., Crandon, WI 54520
Rhineland location:
Telephone: (715) 365-5252
Address: 586 Shepard St., Rhineland, WI 54501

The Bay at NuRoc Health and Rehabilitation

Telephone: (715) 674-4477
Address: 3576 Nu Roc Ln., Laona, WI 54541

TRANSPORTATION

AARP Safe Driving Class

Aging Office (715) 478-3256
AARP trained instructors lead defensive driving training in a classroom setting. Some insurance companies offer a discount to older adults upon completion of this course. Contact the Office on Aging.

ADRC of the Northwoods Transportation

Telephone: (800) 699-6704

Forest County Potawatomi Elderly Program

Telephone: (715) 478-4715

Forest County Potawatomi Transit

Telephone: (715) 478-4779
Website: www.transit.fcpotawatomi.com

Services: Helping disabled, elderly, and other transportation disadvantaged populations with their transit needs is the core of our operations, while never sacrificing our goal to ensure every trip is important.

MTM Transit

Telephone: (636) 561-5686
Fax: (636) 561-2962
Email: marketing@mtm-inc.net
Website: mtmtransit.com

Services: Helping the disabled, elderly, and other transportation disadvantaged populations with their transit needs is the core of our operations, while never sacrificing our goal to ensure every trip is important.

New Freedom Transportation/ Center for Independent Living

Telephone: (715) 233-1070 or (800) 228-3287
Fax: (715) 233-1083
Address: 2920 Schneider Ave., SE, Menomonie, WI 54751
Website: www.cilww.com
Services: Qualified riders can use our volunteer driver or voucher programs to get to medical, educational, employment-related and social events.

Transportation Options

DAV Transportation Route



The DAV Van runs Wednesday and Thursday to Iron Mountain VA Medical Center. Reservations are made on first come, first

serve basis and appointments must be made no later than 4:00 p.m. the Thursday before the week the Veteran wants to ride. All riders must be ambulatory, the van cannot accommodate wheel chairs or oxygen containers and the driver cannot lift or attend medically to any patient. To make a reservation please call: (715) 369-6227 from 8:00 a.m. - 4:30 p.m.

Address and time of pickup is as follows:

Crandon, 200 E. Madison Street at 6:55 a.m.

Courthouse, front parking lot

Laona, 5271 Linden Street at 7:15 a.m.

Volunteer Fire Station, back parking lot

Cavour, Corner of 8 & 139 at 7:30 a.m.

No physical address

Armstrong Creek, 497 US Hwy 8 at 7:45 a.m.

Corner Store

TRANSPORTATION CONT.

Sokaogon Chippewa Community Senior Center

Telephone: (715) 478-1229

Veyo

Telephone: (866) 907-1493, call at least two business days before your visit

Website: wi.ridewithveyo.com

Services: Medicaid/Badger Care Plus non-emergency medical transportation.

VETERANS

Forest County Veterans Service

Telephone: (715) 478-3722

Fax: (715) 478-2035

Address: 200 East Madison, Crandon, WI 54520

Contact: Robb Koplien

E-mail: robbkoplien@co.forest.wi.us

Services: Veterans in Wisconsin may be eligible for a wide variety of services and benefit programs through the U.S. Department of Veterans Affairs and through the Wisconsin Department of Veterans Affairs. In addition to his role as a benefit counselor, the service officer is an advocate for veterans and can assist in appealing adverse decisions.

VA Community Based Outreach Clinic - Rhinelander

Telephone: (715) 362-4080

Fax: (906) 779-7454

Address: 639 W. Kemp St., Rhinelander, WI 54501

Services: Physical therapy, and mental health along with primary care for veterans

Wisconsin Veterans Home at King

Telephone: Admissions (888) 458-5586 or (715) 258-5586

Website: www.vetshome.com

This state licensed facility is open to veterans and their spouses for long term care. The home is located on Rainbow Lake in Waupaca County and provides skilled nursing, memory care, and some domiciliary care. For more information contact the Forest County Veterans Office 715-478-3722.

Wisconsin Women Veterans

Wisconsin Department of Veterans Affairs

Telephone: (800) 947-8387 or (608) 267-1797

Address: 201 W. Washington Ave.

P.O. Box 7843, Madison, WI 53707-7843

Website: www.dva.state.wi.us/womensvets.asp

Services: To address the needs of women veterans in Wisconsin, the Department of Veterans Affairs has created an initiative that will provide advocacy for women veterans.

VISION RESOURCES

American Council of the Blind

Telephone: (800) 424-8666

Email: info@acb.org

Eye Clinic of WI – Antigo

Telephone: (715) 623-6662 or (800) 472-0033

Fax: (715) 623-2400

Address: 109 State Hwy 64, Antigo, WI 54409

Mailing: P.O. Box 689, Wausau, WI 54402-0689

Website: www.eyeclinicwi.com

Hours: Monday-Friday 8:00 a.m.-5:00 p.m.

Eye Clinic of WI - Rhinelander

Telephone: (800) 472-0033

Fax: (715) 261-8665

Address: 2 E. Ocala St., Rhinelander, WI 54501

Website: www.eyeclinicwi.com

Hours: Monday-Friday 7:15 a.m.-5:00 p.m.

Eye Clinic of Wisconsin - Wausau

Telephone: (715) 261-8500 or (800) 472-0033

Fax: (715) 261-8671

Surgery Center: (715) 298-5500

Address: 801 1st Street, Wausau, WI 54401

Mailing: P.O. Box 689, Wausau, WI 54402-0689

Website: www.eyeclinicwi.com

Hours: Monday-Friday 7:15 a.m.-5:00 p.m.;

Saturday by appointment only

Forest County Potawatomi Health & Wellness Center Optical Dept.

Telephone: (715) 478-4300

Address: 8201 Mish ko swen Dr., Crandon, WI 54520

Website: www.fcpotawatomi.com

Hours: Monday-Thursday 7:00 a.m.-5:00 p.m.

Garrett Eye Center

Telephone: (906) 774-1404 or (800) 428-8149

Address: 1301 Carpenter Ave., Iron Mountain, MI 49801

Marshfield Clinic – Wausau Optical Center

Telephone: (715) 841-4950

Fax: (715) 841-4972

Address: 2727 Plaza Dr., Wausau, WI 54401

Hours: Monday-Friday 8:00 a.m.-4:00 p.m.



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

What is Elder Abuse?

When a person, 60 years and older is subjected to physical abuse, material abuse, neglect, or self-neglect as defined below.

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 elder abuse occurring in Forest County, please call the

**Forest County
Department of Social Services
715-478-3351**

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

VISION RESOURCES CONT.

Pearl Vision

Telephone: (715) 623-2180

Fax: (715) 623-7244

Address: 2616 US Hwy 45, Antigo, WI 54409

Mailing Address: P.O. Box 238, Antigo, WI 54409

E-mail: pvantigo@midlinevision.com

Services: Eye care services.

Serving Northern Wisconsin.

Hours: Monday, Wednesday, Thursday, Friday

8:00 a.m.-5:00 p.m.; Tuesday 8:00 a.m.-7:00 p.m.

State of Wisconsin Bureau for the Blind and Visually Impaired

Telephone: (715) 365-2804

Fax: (715) 365-2705

Address: 2187 N. Stevens St., Suite C

Rhineland, WI 54501-8043

Wisconsin Council of the Blind and Visually Impaired

Telephone: (800) 783-5213

Sharper Vision Store: (608) 237-8100

Address: 754 Williamson St., Madison, WI 53703

Website: www.wcblind.org

Wisconsin Talking Books & Brail

(800) 242-8822 or (414) 286-3045

Website: www.dpi.wi.gov/talkingbooks

(See Libraries Section)

VOLUNTEER OPPORTUNITIES

(See Nursing Homes Section)

Foster Grandparent Program

Telephone: (715) 588-3324

Great Lakes Inter-Tribal Council

WEATHERIZATION

NEWCAP, Inc.

Telephone: (715) 478-3871

Fax: (715) 478-2725

Address: 212 N. Lake Ave., Crandon, WI 54520

Sokaogon Chippewa Family Services

Telephone: (715) 478-7600

(See Financial Assistance)

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The ADRC is integrating with Forest County Aging.
We will be the ADRC/Aging Department of the Northwoods starting 01/01/2025.
The ADRC and Aging are taking the one-stop shop approach with integrating services.
The integration will bring two departments together as one so it is easier to access programs.



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The ADRC's Mission... Linking Individuals to Needed Services.

The ADRC's Goal... To empower individuals to make informed choices by providing streamline access to services & benefits.

The ADRC Serves...

**Older Adults • Adults with Disabilities • People Living with Dementia • Caregivers
• Family Members • Guardians • Low-Income Households • Homeless Individuals**

ADRC Specialists help the general public, with a special focus on older adults and people with disabilities. We offer information and access to a wide range of community support and helps connect people to programs and services.

Our Dementia Care Specialist provides information and support for people living with dementia and their caregivers, to ensure the highest quality of life possible while living at home.

Our Disability Benefit Specialist assists individuals ages 18-59 with disabilities, helping them locate and navigate a wide range of community services, educating people about options and connecting them to programs and services, including public and privately funded supports.

Our Elder Benefit Specialist provides services for individuals ages 60 and older, focusing on Medicare, insurance and guiding clients through the complex world of benefit programs, in some cases, under the supervision of an attorney.

Senior Nutrition Program: Individuals age 60 and over, enjoy a nutritious meal in a social setting at 5 locations (Alvin, Armstrong Creek, Crandon, Laona, Wabeno). Home delivered meals available for those unable to attend their local meal site if deemed eligible.

Alzheimer's Family Caregiver Support: Financial assistance for families and caregivers of persons with Alzheimer's Disease and other irreversible dementias.

Volunteer Opportunities: Volunteers are our corner stone. A variety of opportunities are available for all ages.

Transportation:
[FOREST-COUNTY-TRANSPORTATION](#)



ADRC/Aging of the Northwoods

300 S. Lake Avenue, Crandon, WI 54520
1-800-699-6704 • ADRCofthenorthwoods.org
Hours: Mon-Fri 6:30 AM-5 PM.



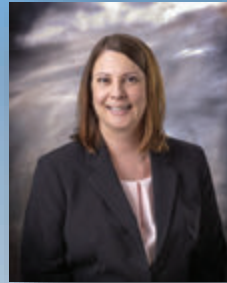
**HOUGUM
LAW FIRM, LLC**
ESTATE PLANNING & ELDER LAW



**Attorney
Alan Hougum**



**Attorney
Amanda Trecartin**



**Attorney
Tracey Wall**



**Attorney
Crystal Sargent**

Serving all of Wisconsin with offices in Wausau & Rhinelander

**305 S. 18th Ave., Ste 200
Wausau, WI 54401
(715) 843-5001**



**158 S. Anderson St., Ste 3
Rhinelander, WI 54501
(715) 365-3232**

- ◆ Asset Protection
- ◆ Revocable Living Trusts
- ◆ Wills
- ◆ Powers of Attorney
- ◆ Trust Administration
- ◆ Medicaid Qualification
- ◆ Nursing Home Crisis Planning
- ◆ Elder Law
- ◆ Probate
- ◆ Tax Planning Strategies
- ◆ Charitable Giving
- ◆ Limited Liability Companies
- ◆ Marital Property Agreements
- ◆ Special Needs Trusts

Hougumlaw.com